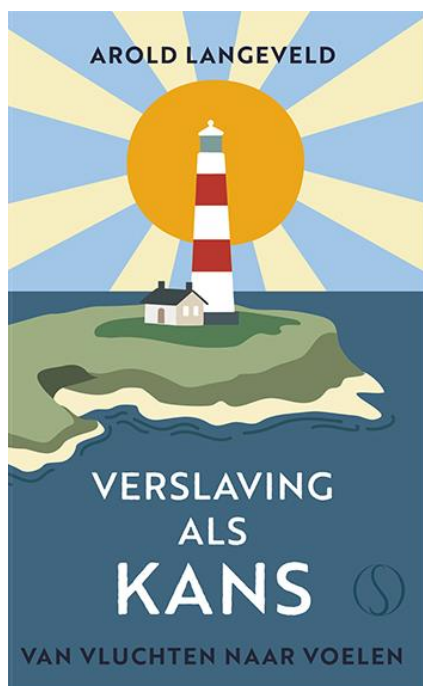


# SANTASADŌ

## Arold Langeveld - The Opportunity of Addiction

From Fleeing to Feeling

HEALTH | PERSONAL DEVELOPMENT | PSYCHOLOGY



We are all addicted. To drugs, stimulants, success, control, smartphones... Addiction isn't an abnormality or illness, it is an integral part of being human. Yet people who struggle with addiction tend to reject themselves. And it is exactly this self-rejection that will keep the addiction going on. Fighting the addiction does not lead to liberation but increases the tension you want to free yourself from.

In *The Opportunity of Addiction* Arold Langeveld shows a different path. He challenges you to view your addiction as an opportunity instead of an enemy. He invites you to stop fighting and start feeling what you have been suppressing for so long. To relax in who you really are and learn how to live with the here-and-now, just like it is. Becoming free from addiction is like coming home when you never really left.

*The Opportunity of Addiction* is a new, fresh, and loving perspective on addiction, supported by real-life examples, practical exercises and reflections. A valuable guide to deal both with your own addiction and the addiction of a loved one.

Published in November 2022 | Paperback | 312 pages | ca. 80,000 words

- English sample translation available
- Dutch edition published by Samsara Books

## ABOUT THE AUTHOR



**Arold Langeveld** (b. 1966) is a coach and counselor for high-performers and Dutch celebrities to deal with anxiety, visibility, and addiction. He received training from the international speaker and well-respected enlightenment teacher Scott Kiloby and has worked in various rehab clinics. Arold is a speaker on non-duality and addiction and has shared the stage with renowned addiction expert Gabor Mate at Science and Non-Duality conference SAND in San José, CA. Arold has co-written an article with author Joan Tollifson and has acted in the movie *All or Nothing* (2013)

in which he played himself.

## RECOMMENDATIONS

"Arold Langeveld is an expert by experience as a therapist, something that is missing from regular addiction care. He thinks differently and outside of the box. Which is very valuable for many people with an addiction and their loved ones."

**Bram Bakker**, former psychiatrist with over twenty years' experience in addiction care, and author

"Arold has been working a long time on providing people with a special approach to break their addiction. This book is a clear and moving report of his unique methods."

**Jan Geurtz**, author and teacher on Tibetan Buddhism

"Arold has changed a lot of things in my life. He showed me with calmness and love that I matter. With comforting calmness he has enabled me to take action to overcome my addiction. As a result, I am now living the best life I can imagine."

**Dave Roelvink**, model, DJ, media personality

"An emotional and intellectual book on using harmful substances. This is one of the better books as the author doesn't condemn the addiction but clarifies the underlying issues. The book is heartwarming and special, and impressive!"

**Fokko Ketel**, Core Institute

"It is refreshing to read that the mechanics of all addictive connections are the same: the desire to become one with something and temporarily lose ourselves. So quitting with an addiction is an identity crisis we bring upon ourselves. Letting go of something that seems to protect you, but is creating an unsafe situation at the same time. The chains that hold you back have been forged by your own thoughts: 'In reality, the door is wide open.' An inspiring and solid book, also for those who don't think that they are addicted."

**Raf Stevens**, Insight Review

"Arold knows what he's talking about. You feel and read it in his carefully chosen language, the stories, the insights, the knowledge, and exercises. He had many conversations with people who are fighting their addiction, and has learned from what they had to tell him. These are the lessons he shares in his book."

**Ritzo**, Goodreads Review

"A wonderful and inspiring book about connectedness, written with compassion."

**Carlos**, Goodreads Review

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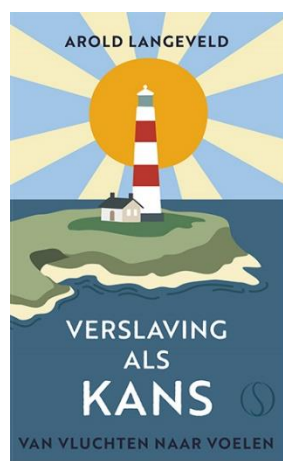
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