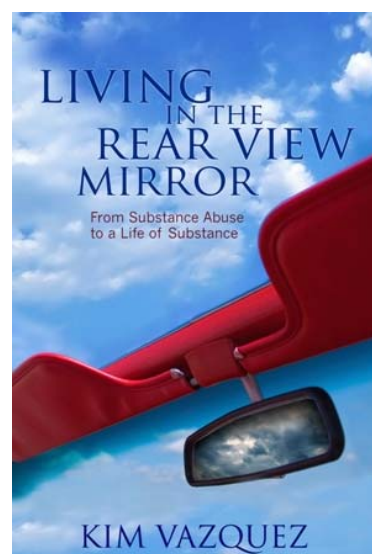


# Story of Recovery Tells a Stark Truth No One Could Make Up or Imagine

**Author is Clean and Sober After a  
Visit From an Angel**



**ROSEVILLE, CALIFORNIA** -- Author James Frey's *A Million Little Pieces* was an Oprah best-seller and remained atop the New York Times Best Sellers List for 15 straight weeks. That is until it was learned that Frey's memoir of a life of addiction and recovery was replete with little lies, big exaggerations, and untruths that led to the author's fall from stardom and Random House offering refunds to its customers.

In the shadows of Frey's rapid rise and fall, author Kim Vazquez has released her memoir of a life of addiction and recovery that is powerful and straight-forward.

Vazquez's diminishing self-worth and fall into a destructive lifestyle, bad relationships and addiction to drugs and alcohol is a nightmare shared by thousands, but the book reveals a unique story of how Kim was sobered up by a healing angel who got her on the wagon and kept her on!

This gripping story of a trapped victim released by positive interventions is told in *Living in the Rear View Mirror: From Substance Abuse to a Life of Substance* (ISBN 978-1934937846, 2009, 284 pages, [www.kimvazquez.com](http://www.kimvazquez.com), [www.journeywithangels.com](http://www.journeywithangels.com)).

Until 2006 Vazquez, a successful businesswoman with a haunted past, resisted the visits from angels, and other paranormal activities in her life. Kim kept trying to stay two steps ahead of the pain in her past but failed. The emotional pain led to crushing migraine headaches lasting 12 years, causing her to seek escape in painkillers and alcohol.

After a dramatic visit from an angel, Kim experienced the miracle that led her to sobriety and her own rebirth as a successful, happy and content person leading the life of her dreams.

*Living in the Rear View Mirror* is a compelling and powerful memoir, written with courageous honesty, that takes the reader into the mind of a woman struggling to leave her past behind and find her self-worth. Through recovery, Kim finds spirituality and begins to walk the path toward a life better than she had ever imagined.

Vazquez wrote ***Living in the Rear View Mirror*** to offer hope to others who suffer from addiction or from negative thoughts that dominate their minds and block them from happiness. “Our thinking patterns define whether we have good lives or tough lives,” says Vazquez. “Unchecked negative patterns will wreak havoc in your life and lead you to very dark places. If you have a thinking pattern that is creating misery for you, you can make a decision to change your thinking. Those who suffer also need to know they have help available from other realms; they just need to learn how to access it. It will take diligence to change habits that are old grooves but life will become easier and happier.”

A key part of Vazquez’s recovery was the support and assistance she received from a 12 Step Program. In recovery, Kim now helps other women who are seeking better lives. She is a successful mortgage broker and also helps others tap into their spiritual side as a spiritual counselor and through Angel Readings.

Among the ideas ***Living in the Rear View Mirror*** prompts readers to consider are:

- Angels are waiting to help you but you must ask for help.
- What is planted in your mental garden – flowers or weeds?
- Nothing that happens in life is a waste of time.
- Your body has all the answers. Give up all thinking and rationalizing and let your gut instinct and intuition lead to your life of dreams.
- Suffering is a habit, a mentality that must be challenged until it’s released. Then you can enter a glorious existence.
- Releasing anger and resentments is vital for your health.
- No one in the world can give you self-worth or happiness. The only path there is in your own hands.

### **About Kim Vazquez**

*Kim Vazquez is a mortgage broker and former business owner who found her true calling in helping others tune into their spiritual guidance. Although it took 24 years from her first angel sighting for her to embrace her spiritual gifts, she now derives the greatest joy from using these abilities to improve the quality of others’ lives. She conducts Angel Readings through her practice, works as a spiritual counselor, and offers workshops and seminars in Placer County, California where she lives with her husband. She can be reached at [www.kimvazquez.com](http://www.kimvazquez.com) or [www.journeywithangels.com](http://www.journeywithangels.com).*

-END-

**Media Contact:** For a review copy of ***Living in the Rear View Mirror: From Substance Abuse to a Life of Substance*** or to arrange an interview with Kim Vazquez contact Scott Lorenz of Westwind Communications at [scottlorenz@westwindcos.com](mailto:scottlorenz@westwindcos.com) or by phone at 734-667-2090 or by cell at 248-705-2214.