

I was introduced to Red on Oct. 19, through my best friend, Sandra. My daughter had been begging me to try rehab but I refused. Every time it was suggested. Sandra and Anna Maria spoke to Red and he came to my home to meet with the three of us. Red knew I needed to detox because Anna Maria and Sandra told him that if I didn't, I would kill myself. I was desperate for help but I was scared to death to make the commitment to go into rehab. I was scared to give up the booze, even though I know I wanted it to kill me.

I detoxed at discovery in Marlboro for one week, thanks to Red and

his team. I don't regret it for a second. I attend meetings regularly, stay in touch with my sponsor and pray daily. That's what gets me through to stay sober. Along with the love and support of my friends and family. Do I crave a bottle? Yes. But I will not do it. I am stronger and happier than I have ever been in years.