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News Release

Book Release: Self-Help Book for Families with Loved Ones Struggling with Substance Misuse

Pathroot Health CEO Releases the Second in a Series Focused on Personal Insights Gained from the Struggles and Overdose Death of Her Daughter

Overview: *Lessons from Laura: Book Two* "Hindsight is 20/20" is the second in a series that follows Carolyn Bradfield's journey with her daughter as both struggled for 15 years to manage Laura's addiction, only to lose her to overdose in December 2017. This book looks back on Laura's life, decisions Carolyn made as her mother, and what she might have changed with the benefit of hindsight.

Greenville, South Carolina — June 26, 2024 —Pathroot Health, a pioneer in behavioral health technology, today released the second in a series of books by the company's CEO, Carolyn Bradfield, *Lessons from Laura: Book Two* "Hindsight is 20/20." "Hindsight is 20/20" explores the challenges families face when loved ones struggle with substance misuse, alcoholism or addiction. The book offers insights from personal stories along with guidance on how to manage difficult situations to achieve a better outcome.

"Hindsight is 20/20" is a sequel to Lessons from Laura: Book One "The Knock on the Door," the Number 1 new release on Amazon in Drug Dependency & Recovery. In "The Knock on the Door," Bradfield shares the challenges she and Laura faced in battling addiction, and the aftermath when Laura overdosed and died. The emotions and experiences in the book highlight the challenges of living with a family member who is struggling with the disease of addiction. The goal is to prepare families with tools to understand the disease and how it affects every member of the family. "Hindsight is 20/20" offers practical advice on prevention, how to repair family dynamics, and ways to better manage and support family members that face drug or alcohol dependency.

"As the parent of an adolescent or young adult you make decisions every day that affect the trajectory of their life, sometimes for the better, sometimes not," said Carolyn Bradfield author of the 'Lessons from Laura' series. "Even with the best of intentions, I made mistakes in dealing with Laura's drug use, my attempts at trying to force recovery and the relationship challenges between Laura, me and other family members. Hindsight is always 20/20 and looking back it's easier to see how my decisions were counterproductive to helping Laura manage her disease, embrace recovery, and become a functional adult."

Lessons from Laura: Book Two "Hindsight is 20/20" addresses:

- Prevention Strategies: Explore different strategies to understand a child's risk and ways to prevent substance misuse.
- The Ripple Effect: Understand the profound effects addiction has on the entire family.
- Mental Health Challenges: See how other issues like depression and anxiety factor in when someone struggles with addiction.

- Seeking Help: Understand your paths to get help when your adolescent, young adult, spouse or parent needs treatment.

What sets this book apart:
Carolyn shares her honest portrayal of what was going on in Laura's life as she struggled through substance misuse and treatment and her responses as she tried to help. She reveals the decisions that she made at the time, the impact those decisions had on those around her, and what she would have changed that might have made a difference.

Lessons from Laura: Book Two "Hindsight is 20/20" is available in paperback or to download from Amazon at Lessons from Laura.

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About the Author
Carolyn Bradfield founded and sold four technology companies and established Phoenix Outdoor, a licensed adolescent therapy program in Asheville, NC focused on substance misuse and family support. Her personal experience with her daughter Laura, who tragically died from an overdose in 2017, gives Bradfield insight and a passionate drive to support families facing substance abuse and addiction challenges. She currently runs Pathroot Health an online service for families struggling with addiction and substances: www.pathroot.com.

About Pathroot Health

Pathroot Health empowers providers, employers, and payers to deliver value-based care by supporting patients and their families post-treatment with technology-driven engagement and monitoring solutions. Pathroot's remote patient monitoring platform connects wearables from Apple, Google, Samsung, and Oura to track real-time data, including vitals, sleep quality, exercise, mood, and daily engagement. AI-based predictive analytics assess relapse risk, providing early intervention alerts to treatment teams, families, managed care organizations, (MCO) and Employee Assistance Programs (EAP).

For more information on Pathroot's beta program and upcoming monitoring integration, visit https://pathroothealth.com.