



# ...If You're Willing to Fight For It

**Exclusive Interview with Eric McCoy**  
 Author of "Pain, Failure and Misery are the Stepping Stones to Success"

## "FIGHT!"

No matter where you are, what you've done and what you think you cannot do, ...you can! You can do anything, be anything, have anything you like ...if ...if you're willing to fight for it!"

Eric McCoy knows his mantra all too well, because it embodies his life.

81% of Americans (about 200 Million people) *want* to write a book "some day"; pretty much, none do. I looked for a stat, but gave up. I'll stick by "almost none". Eric McCoy didn't write a book, in my opinion, he wrote a damn good book. Its called "Pain, Failure and Misery

## are the Stepping Stones to Success"

The first couple words of the book drew me in; I think it might draw in just about anyone. "*I killed that motherfucker ...*" Definitely didn't start out on the boring side. Kinda reached out through the pages, **grabbed me, and didn't let go.** By the way, the "motherfucker" he was talking about, who got killed, was Eric, himself. (We got into this in our interview)

As I read beyond these first few words, the first paragraph, chapter and so on, ... all of it was the same. It just never let go; led me, page by page, whether it was Eric's rollercoaster, wild

story, including crazy "Meth rides", 4 arrests in 6 months, incarceration, then getting clean, relapsing, getting clean again, choosing to help others in addiction, becoming certified as an Addictions Treatment Counselor (CATC II) or ...his deep thoughts on labeling or his staunch position against a "one size fits all" type treatment modality, ... chapter by chapter, it was really, really great.

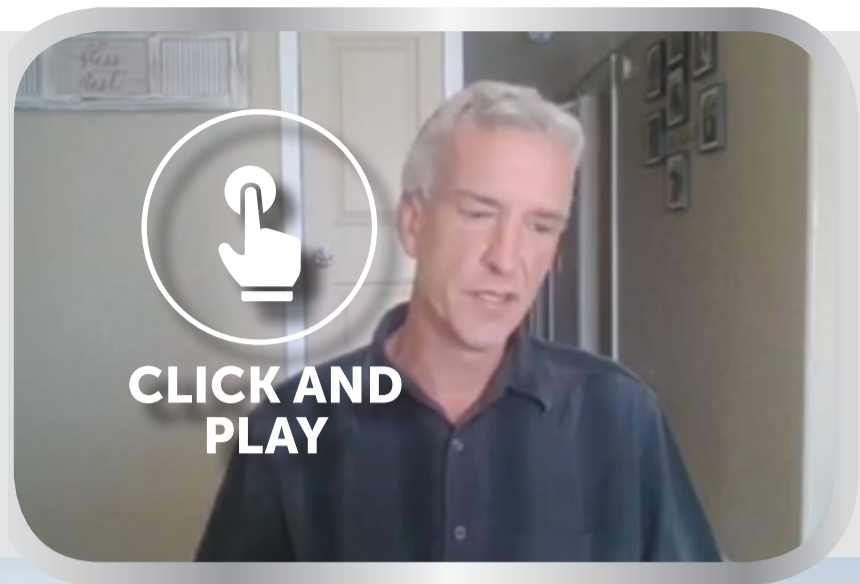
I'll spotlight a few things here, which really impacted me, not only in the book but also from our interview, but, ...you gotta get the book.

The central theme, thread or lesson of "Pain, Failure and Misery are the Stepping Stones

YouTube

EXCLUSIVE INTERVIEW WITH  
**ERIC MCCOY**

Article and Interview by Recovery Today Editor  
in Chief, Rob Hannley



SELF IMPROVEMENT

*Pain, Failure and Misery are the Stepping Stones to Success* is a story of triumph that only pain and misery could bring. It is a story of hope that is offered for our youth, our family and friends who are suffering from chemical dependency, for those who have lost loved ones as they didn't have to die in vain, and for clinicians who are seeking a way to think that may differ from the norm so we can offer tools to save lives. With an average of 7 Americans dying every hour from a drug overdose it is time we stop focusing on the reduction of supply, because it isn't working and focus on demand. It is time we do something and that time is now.

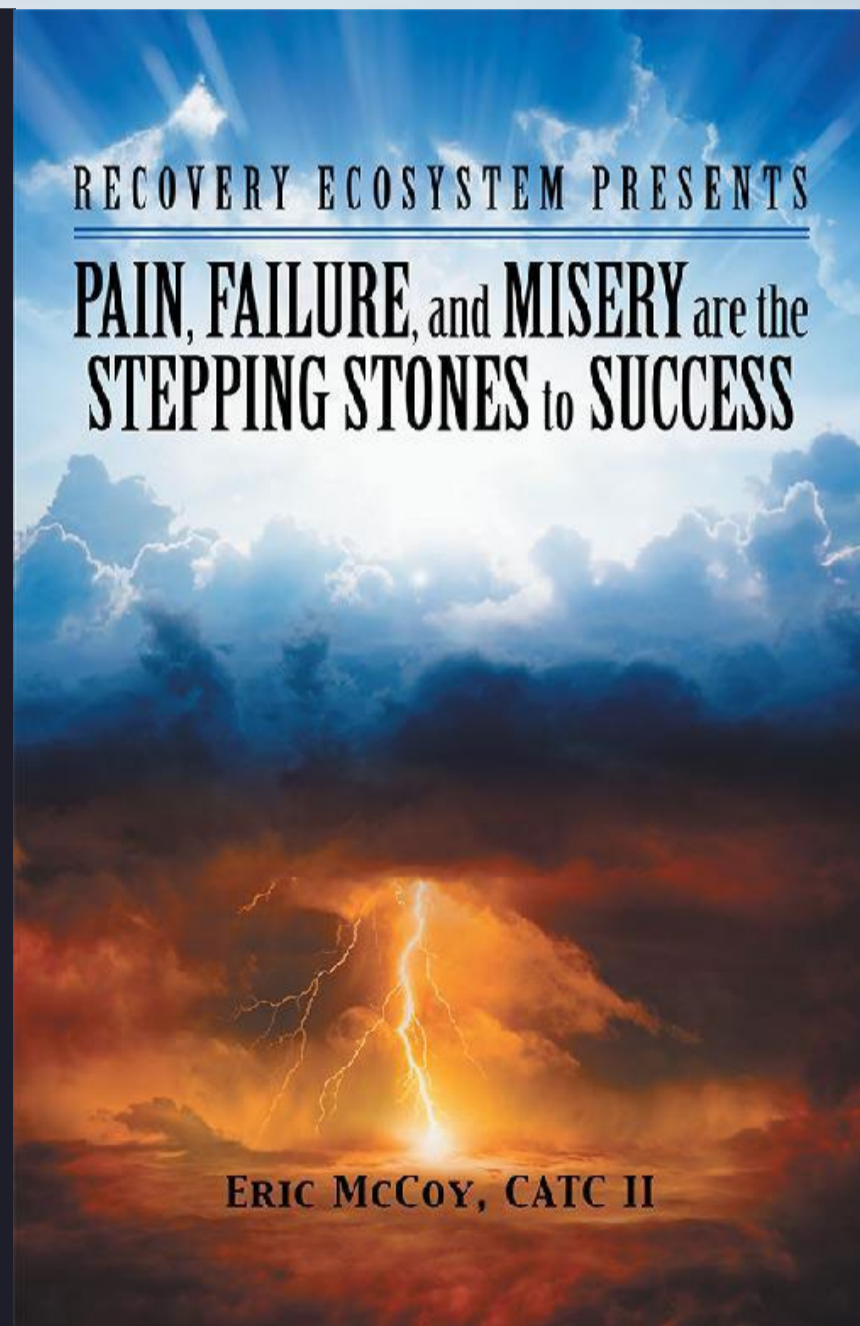


**ERIC MCCOY**, who is working to give a voice to those that have died from a drug overdose and advocating for those still suffering by sharing his story of pain and how he was able to use his suffering to achieve a success he never imagined. He is a certified counselor who has been working in the substance abuse industry for about sixteen years and has acquired an ability to reach people by his unique tactics that doesn't fall in the normal scope of treatment. He is a six time convicted felon who was facing fifteen years in prison in 2001 which is where

he has impressed upon a conviction that, "no matter where you have been or what you have done, you can do anything you want if you are willing to fight for it."

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to Success" is something every addict in recovery should recognize, ...responsibility and is found in the last line of the poem at the beginning of chapter 1, "The first step toward your future is to stop and take the blame."

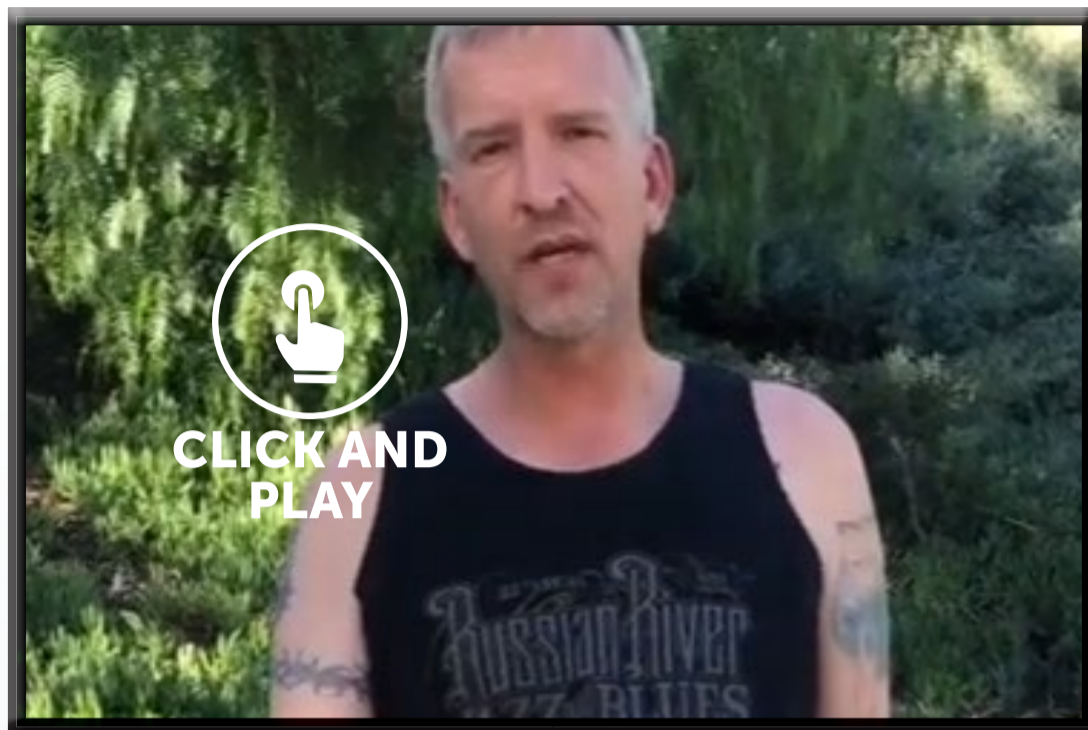
I loved this! I'm a big believer in taking ownership of anything and everything I can in my life. It could be mental health, it could be family or relationships; it could be virtually any situation. It's a very, very tough pill to swallow because it means I get to own all

the bad shit, as well as the good but... it also gives me a feeling of both freedom and control that I can make different decisions, hopefully better ones, which lead to ... a better life. I'm all about taking 100% responsibility in every area of my life.

The second piece I'll spotlight, and I don't want to give to much away because you do want to read it, is **regarding labels and labeling things**. I'm also a big believer in the power of the spoken word that we begin to create outcomes in our lives, good or bad, by first saying them ... out loud. Particularly, if they start with "**I am**", two of the most powerful words you can say.

**Should we label ourselves addicts and alcoholics?** This is a cunning disease. A disease, which tells us, we don't have a disease. However, there is an ongoing discussion that labeling ourselves this way, ... kind of limits us and keeps us in a loop. Personally, I don't care how people recover, its very personal, which is really the whole point of Eric's book, as well. As long as it works for you and you truly love yourself and others ...and they love you back, I really don't care.

As we've said, from before we published our first issue, "**Recovery Today is a magazine of hope**". When things are going our way or we screwed



up really, really bad, we often think, "*this is it*", "*it's the end*". "*I'm tool old*" "*too this*", "*too that*", "**there's no hope**". The last item I'll spotlight from Eric's book and it was also the last part of our interview is specifically intended for those who feel... there is no hope. He wrote it, for convicted felons but it really applies to anyone. I know it applies to me. "**No matter where you have been or what you have done, you can do anything you want if you are willing to fight for it.**" There is always hope. Fight for it.

I thoroughly enjoyed interviewing Eric. He's deep, insightful, with a great sense of humor and compassion which shines through. You'll enjoy our interview as well.

**-Article and Interview by Recovery Today Editor in Chief, Rob Hannley**

You can reach Eric at his website at: [https:// RecoveryEcosystem.net](https://RecoveryEcosystem.net)



Eric McCoy, CATC II, is an Author and Addictions Treatment Counselor, who has worked in the substance abuse industry for sixteen years and has the unique ability to reach people by his unique tactics that do not fall in the normal scope of treatment. He is voice to those that have died from a drug overdose and advocate for those still suffering, by sharing his story of pain and how he was able to use his suffering to achieve a success he never imagined. He is a six time, convicted felon who was facing fifteen years in prison in 2001 which is where he has impressed upon a conviction that, "no matter where you have been or what you have done, you can do anything you want if you are willing to fight for it."