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Book Review: The Happy Addict. All in all, this is a fine book by a really happy addict in recovery. Burgess has a wealth of good suggestions, common-sense and practical exercises and should be an inspiration to many who are now or will be in recovery from alcoholism or drug addiction (or both).

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Every day, I'm looking for new inspirations, new colors and new ideas to create beautiful designs to share with others who have the same addiction as me. But what I love the most it's to be able to make them available to everyone and to share them for free.

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The drug itself generally makes the addict happy, and although some might call it a fake happiness, its a form of happiness nevertheless. You could say all drug addicts have been happy for at least some of the time they were using if only because the drug made them temporarily happy.

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