Xulon Press Author Releases A Book on Caffeine Addiction

The author knows the bondage of those who are addicted to caffeine, and what they face daily, she wants readers to know it is something you can overcome, as she has been delivered from it.

ALTAMONTE SPRINGS, Fla. (PRWEB) November 22, 2018 -- Within the pages of Patricia Rittmayer’s book, Caffeine: My Addiction and Deliverance ($12.49, paperback, 9781545640371; $5.99, ebook, 9781545640388), readers will find a book about the author’s deliverance from her caffeine addiction. By writing her story, Rittmayer hopes this book will help those who are addicted to caffeine—whether in food or in drinks—to show there can be deliverance in their addiction to caffeine and there is a way out.

With so many people secretly addicted to caffeine, whether chocolate or energy drinks, Rittmayer knows the pain and absolute bondage they feel, and face, daily.

“I'm probably the only one that has really addressed this problem in an actual book truthfully,” says Rittmayer. “The different horror stories of what has happened to people mentally, physically and even death.”

Patricia Rittmayer was born in Chicago and moved to Florida. She was a caffeine addict for over 20 years. She has worked in marketing, sales, customer service, the mortgage industry, and been a franchise owner. She has received several achievement awards in sales and Christian leadership.

Xulon Press, a division of Salem Media Group, is the world’s largest Christian self-publisher, with more than 12,000 titles published to date. Caffeine: My Addiction and Deliverance is available online through xulonpress.com/bookstore, amazon.com, and barnesandnoble.com.
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