

# Alcohol Treatment For The Best of Your Life



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Malibu, California, February, 2009 -- There's a way to relax and be as stress free as possible while undergoing [alcohol treatment](#) in Malibu California.



And yes, it's the same Malibu that's home to many celebrities and those seeking a California beach lifestyle.

Many strolls through the beachside location will help focus thoughts on the changes ahead. Chefs

prepare terrific meals which you may eat in the airy and light dining room. Guest rooms are spa-like and refreshing. There's a new buzz going around about addiction treatment, and you'll find the answer right here at Sunset Malibu. Relaxing in the lovely gardens or taking in a Pacific sunset, or perhaps talking with new friends also undergoing treatment, or just being alone in your guest suite reading a book, will help you focus on addiction treatment and getting better.

Alcohol addiction is a monster of a disease and it's often chronic. But, how do you even contemplate breaking out of the mold of this treacherous path? Trying to make a go of getting better on your own

is, to quote an old cliché, a great uphill battle. Once you have decided for yourself that life must get better, contact the professionals here at Sunset Malibu. Just making that first decision to call and receive any information you need, will relieve a lot of stress that you may be feeling.

Undergoing an [alcohol rehab program](#) is not easy. The thing is about any kind of addiction treatment – it must be personalized to be effective. While advice from a friend may be of help in some ways, why not save yourself a lot of time and wasted energy – energy not directed towards getting better – by going direct to the source for one of the best in Southern California. The huge number of programs offered here at this facility helps ensure that each person that needs help gets it and can be sure that the treatment is a perfect fit.

The kinds of programs offered at Sunset Malibu are called holistic. They treat the whole person here instead of focusing on just the drug-caused problems. It is like, at most rehab places, they are treating just your hand or perhaps maybe just a foot or leg. And



honestly, how good would that be? A whole human being with an addiction problem has to be treated as a whole person, hence the holistic approach.

People from every ethnic group and background can suffer from the disease of alcoholism. Best results are obtained when a recovery program is tailored to each individual's needs. And why not undergo this recovery in a facility that offers luxury amenities and a smaller number of guests? How can recovery and the experience itself be very effective if there are few undertrained staff, many people trying to get help at the same time, and a mediocre organization that is merely "doing their best"? Sometimes in literature, addiction is almost glamorized. It is not glamorous. It is a disease and what's glamorous about a disease?

When you sign up for [addiction treatment](#) at Sunset Malibu the cliff side vista and blue Pacific vistas will help you to relax and concentrate. They have two acres of wonderful grounds, gourmet chefs, five star-like guest rooms, even a personal trainer for the gym. The fitter you are mentally, the better you will be able to concentrate on recovery from your addiction. Someone you know may have descended into the living purgatory that can be addiction. Don't let it happen to you when help is close at hand.

So, if you have decided to "give it a go" and begin your recovery to health and a sense of wellbeing, try the new approach at Sunset Malibu. After your stay is over here, and as you are driving away, you know deep inside that whenever you pass by Sunset Malibu, at whatever time of the day, you will always think of this place as your sunrise, and never your sunset.

**About**

**Sunset**

**Malibu:**

Professional staff offer the most gentle and effective care for alcohol, drug and food addictions, plus depression.

**Contact Details: Cliffside Malibu**

**1-800-501-1988**

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