



Confessions of a Sociopath: Criminal Behavior, Drug Addiction, Alcoholism: One Man's Story of Breaking Free

Andrew L. Morgan

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"Confessions of a Sociopath" tells the true story of Andrew Morgan. Morgan could be your neighbor. He could be a business colleague. He could be your best friend. But Morgan is struggling with an issue that not even those closest to him know about. Morgan is a sociopath. He has no conscience. He commits atrocious acts - rampant infidelity, larceny and pathological lying - without regret, remorse or guilt. Morgan suffered a career setback while still in his 20's. It affected him so profoundly that he was diagnosed as suffering from Anthropophobia, which is defined as "a pathological fear of people or human company." It is an extreme, pathological form of shyness and timidity. For a man whose career is rooted in sales and marketing - and who had been highly successful at it before suffering the trauma of his "setback," such a diagnosis only caused him to spiral even further downward. To deal with his condition, a friend recommended he see a psychiatrist. Morgan did. And he was prescribed a highly addictive anti-anxiety medication, which began twenty years of dependence on the drug. He was an addict. Morgan also began drinking heavily because alcohol had the same anti-anxiety effect as his drugs - Xanax. At his peak, Morgan was taking up to 20 mg per day -- ten times the maximum daily therapeutic dose. So in addition to being an addict, he was also now an alcoholic - a drunk. Warned of the dangers of combining alcohol and Xanax, Morgan did so anyway. In this case, it wasn't that $3+3=6$, but more like $3 \times 3=9$. And with his inhibitions gone while he was under the influence of drugs and booze, Morgan committed some of the most repugnant acts imaginable. Ultimately, this is a story of triumph. But before the victory over his addictions, Morgan had caused a lot of damage to his reputation, his career, his family -- and himself. Now "clean and sober," he tells his story -- something which he would not have been able to do during his active addictions and when he was in complete denial.

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