

CROSSING
THE ZONE 60
DEGREES
BELOW ZERO

Hossein Dezhakam

Translated into English by Saeed Moeini

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Crossing the Zone below 60 degrees

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چاپ اول . ۱۳۹۲

۲۰۰۰

12 \$

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مؤلف:

مترجم:

ناظر چاپ:

ناشر:

نوبت چاپ:

تیراژ:

قیمت:

Message:

*I bring you water, drink it until
you are well watered but not under
the water,*

*I'm high, as high as the
indomitable summits; however you
come onto my pinnacle equipped so
that you can observe the
magnificence,*

*I grow enough so that darkness,
and night engulf the earth and sky,
but you find the light through the
greenery and sit on its wing and fly*

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These dear friends of mine assisted me in making this book a success without expecting anything in return; only out of respect for the dignity of the human being.

Be youthful and vibrant as the green valleys.

Author

A note from the author's son

I screamed and punched the table with all my strength as my body was trembling with anger.

My mother and younger sisters were looking at me with a shocked expression on their faces.

My father opened the door to my room and said, "you know how to raise your voice!"

He left without saying another word, and I was all alone in my room. I couldn't tolerate my father's indifference towards the family anymore and expressed my anger by yelling.

It had been years that our family was in a crisis and everything was a mess. My father's business had failed and it was confiscated by the bank since the loans hadn't been paid.

We had no source of income, and hadn't paid our rent for a few months. We barely survived with my mum's salary and we had lost contact with our relatives. My father had been on the run because of creditors, and his office was closed down due to his debts.

Until my first year in high school my father constantly drank alcohol after work, and then went to bed. Sometimes he smoked opium as well. Ever since I was in my teenage years I had witnessed my dad's conditions deteriorating day by day, and he seemed indifferent to everything around him. I asked

There is a famous proverb that says: "it doesn't matter who says what, it matters what is said."

Rumi's poem:

"One should seek my secrets from within me and not from his own perception"

Author

Preface

The purpose of publishing this book is to clarify the hypothesis of narcotic addiction and its cure. This is a very simple approach towards the problems an addict faces in the battle of overcoming addiction.

The research on this book has been stated in a way that all kinds of people with different background can understand, and use it.

This book highlights the situation of many alcoholics and drug addicts and the reasons for their constant failures in quitting their addiction.

In this book families and relatives of the addicts are provided with information in order to recognize addiction in their loved ones, and also raise their awareness so that they can assist their patients on the path to recovery.

Finally, this research would pave a way to new perspectives for medical experts and researchers in this field and enable them to achieve a better understanding on substance abuse treatment as there are many drug addicts who are tired of their addiction but can't find a way out.

Important teachings are discussed in this book that is from Masters whose identities need not be known. Right now their teachings are valuable, not who they are, or where they are.

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In the name of the Supreme Power, the Beneficent and Merciful

The Supreme Power's remembrance in every place is the remembrance of the self, like the drop to the ocean.

Crossing the zone 60 degrees below zero is a documented research on hypothesis of substance abuse and its cure.

Recommended for:

Individuals struggling with drug addiction, families, doctors, researchers, and judges

Up to now hypothesis of narcotic addiction has not been approached correctly in the world.

In fact, this book is a self guide on curing substance abuse as an illness.

towards me, so that you can see the unbelievable,

*You can transform all that exist
with the power of your own
intellect into the best and come to
the point where you started.*