

## True Freedom From Addiction with Andra Prowant

### Warrior Arise! Podcast [Show Notes]

*The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.*

*As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promised land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.*

Andra Prowant is a Certified Life Coach, Emotional Intelligence Specialist, and CADC-1 Addiction Counselor who is passionate about empowering men, women, and young adults to break through any circumstance or life pattern that leaves them stuck, stagnant, or stale personally, professionally, relationally, or spiritually. Andra's extensive training in Biblical inner healing and ministry parallels her holistic lens of conditioning the muscles of the mind, will, and emotions, to become "fit" in choices, and responses to life. She empowers her clients to discover and live from their God-given purpose, while developing their internal resources that results in a strong sense of identity, life balance and an overall sense of well-being. Her desire for others to experience freedom fuels her passion to help individuals overcome addiction, and mental health issues such as anxiety, and depression. She believes a pharmacy focused approach is only a short term answer at best and utilizes brain based tools and spiritual growth to achieve breakthrough and long term balance. In this episode, Andra recounts some of her own journey to discovering her passion and purpose and shares how she helps clients break free from bondage, heal, and thrive. She specifically discusses her work with substance abuse and how her clients get true freedom from addiction.

During our conversation, Andra:

- Shares the impactful experiences that made her who she is today.
- Walks us through how she got from pain and struggle to her passion and purpose.
- Shares her thoughts on why people stay stuck in the bondage and struggle of addiction.
- Shares how she helps people break free from addiction and experience true freedom.
- Enlightens us on what she does that is transformational and so powerful in helping people recover their true identity.
- Shares the details of her new specialized recovery group called "Re-covered" and how to register.
- Shares some encouragement and inspiration for those people who are stuck in the struggle to have hope that there is freedom.

#### Quotes from this Episode:

"I felt the love and the presence of God come over me in a way that is so supernatural, but yet so tangible. And that changed me that day." — Andra Prowant

"I realized that our purpose is not in what we do. It's actually an assignment, what we do is the assignment. The assignments can change, but our purpose doesn't change." — Andra Prowant

"I learned how coaching and counseling are so important, both of those are so important in the healing process. 70% of those girls never went back to the lifestyle they had after a year in the program." — Andra Prowant

"You have to face it to replace it." — Andra Prowant

"We've lost is our identity, our God-given identity and we're trying to work and actually trying to get back the harmony." — Andra Prowant

**"You are struggling with an addiction problem, but you are not a problem. You are not identified by God as an addict." — Andra Prowant**

**Resources:**

Email: Andrap@arisecounselingandcoaching.com

Website: <https://arisecounselingandcoaching.com/andra/>

Re-Covered Group: <https://arisecounselingandcoaching.com/andra/recovered/>

Facebook: <https://www.facebook.com/conniejoneslpc>

Instagram: <https://www.instagram.com/arisecounselingandcoaching/>

**Golden Timestamp:**

**14:46-16:04 - Shares how she discovered and started her coaching life journey.**

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