

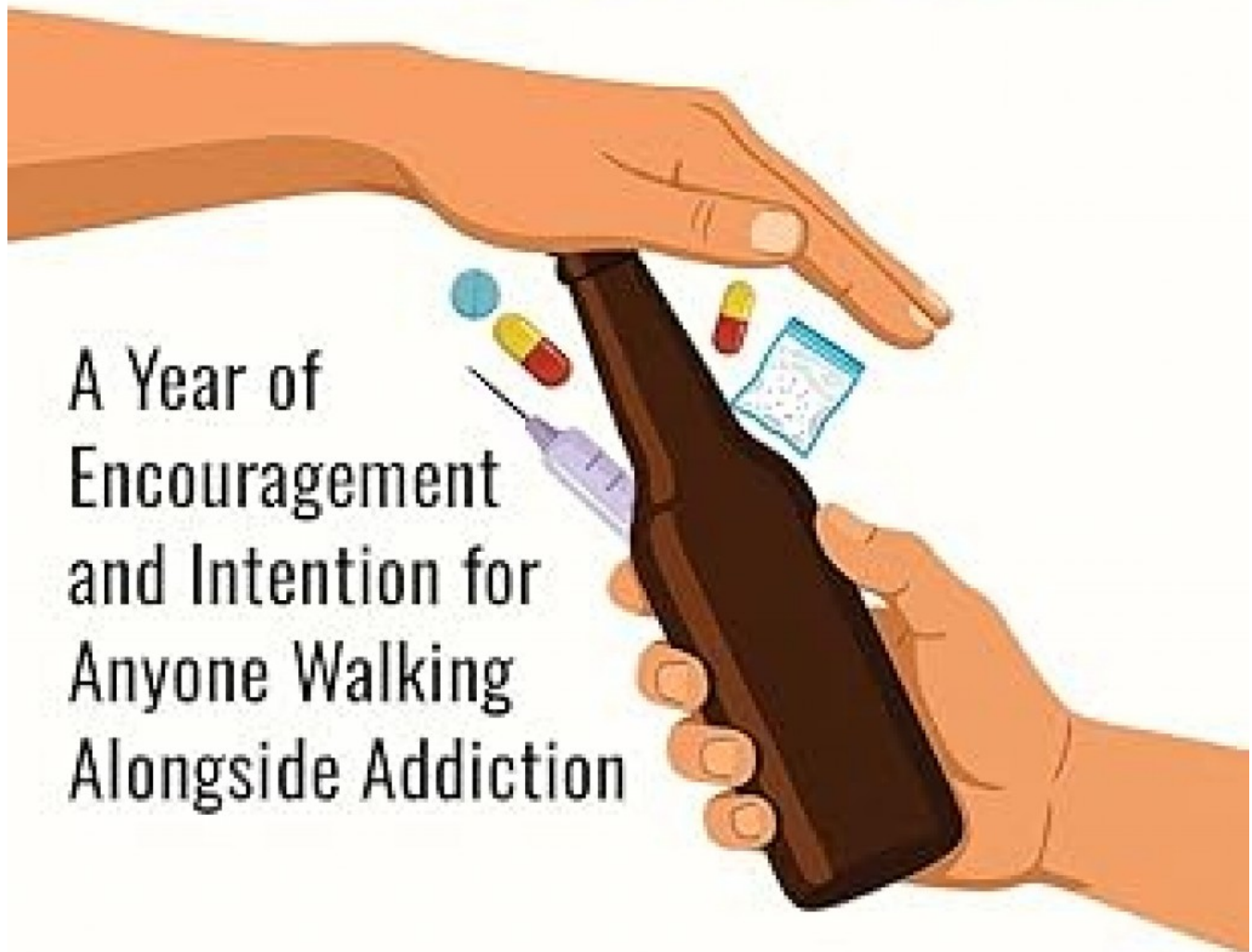
Bridging Worlds: Author Nakita Coelho-Villiarimo Offers a Year of Dual Compassion

for Both Sides of the Addiction Journey

NAKITA COELHO-VILLIARIMO, MSW

LOVING SOMEONE WITH ADDICTION

A Year of
Encouragement
and Intention for
Anyone Walking
Alongside Addiction



Honolulu, Hawaii Dec 17, 2025 ([IssueWire.com](https://www.issuewire.com)) - Author and social worker Nakita Coelho-Villiarimo, MSW, has released two powerful, complementary daily guides, *Loving Someone with Addiction* and *Sobriety for All Stages*. Drawing on both professional insight and profound lived experience, the books establish a unique, holistic resource for individuals navigating the often-isolating worlds of recovery and supporting a loved one.

Coelho-Villiarimo's work is centered on the principle of self-reclamation and the power of taking the healing journey "one day at a time." Her writing style is intentionally non-overwhelming, providing 365 days of encouragement and reflection designed to meet readers exactly where they are.

A Dual Approach to Healing

The author's mission is to create a safe, supportive space for complex, imperfect healing. She addresses the immense emotional weight of addiction from two distinct, yet equally important, perspectives:

- ***Loving Someone with Addiction***: This guide is specifically for the partners, family members, and friends carrying the ripple effects of addiction. It focuses on the painful, necessary work of returning to the self and establishing personal peace. The central theme is learning to "hold love in one hand and your own peace in the other" (from *Loving Someone with Addiction*).
- ***Sobriety for All Stages***: Addressed to the individual in recovery, this book is designed as "a companion, a safe space, and a community" (from *Sobriety for All Stages*). It offers direct, affirming language and tools for building courage, gentleness, and hope in the daily transformative process of sobriety.

The Voice of Compassionate Authority

Coelho-Villiarimo's voice is defined by its ability to blend empathetic support with professional grounding. The tone is consistently warm, non-judgmental, and authentic, born from the author's belief that "healing doesn't have to be cold or clinical" (from Author Bio).

"I don't write to have all the answers. I write to create space—space to grieve differently, to heal imperfectly, and to move forward at a pace that feels manageable."

— **Nakita Coelho-Villiarimo, MSW**

The book's format is characterized by simple, direct syntax and accessible language, ensuring clarity even during moments of emotional distress. Each daily entry includes an Intention section to encourage readers to slow down, reflect, and consciously move forward at their own pace.

Why These Books Matter

In a market often saturated with clinical advice, Coelho-Villiarimo's guides resonate because they are deeply influenced by her cultural upbringing in Hawai'i and the enduring values of *‘ohana* (family) and community. They matter because they validate the difficulty of the journey, emphasizing that

vulnerability and imperfection are part of the process, and that the smallest acts of self-care are truly extraordinary.

About the Author

Nakita Coelho-Villiarimo, MSW, is a writer and clinician dedicated to bridging clinical understanding with everyday language. She holds a Master of Social Work degree and is currently pursuing a doctorate in psychology with a focus on grief. Writing from a place of lived experience, not distance, her work centers on sobriety support, encouragement, and the impact of addiction on families. Her voice is deeply shaped by her background in Hawai'i, honoring culture and community as foundational elements of healing.

Availability and Contact

Loving Someone with Addiction and *Sobriety for All Stages* is available now in print and digital formats through major online retailers.

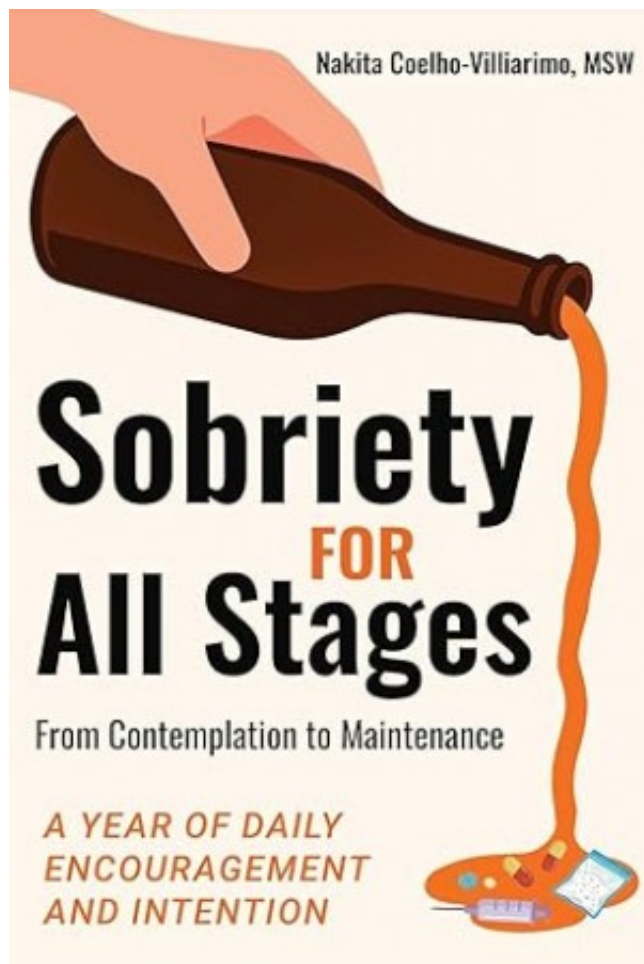
For bulk orders, media inquiries, interviews, or speaking engagements focused on grief, recovery, or family support, please contact:

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[Loving Someone With Addiction](#)

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