

THE ROAD TO RECOVERY FROM ADDICTION

Addiction can quietly tighten its grip on your life, pulling you in deeper before you even realize it. A simple indulgence can spiral into a habit you can't escape. Understand how to break free from the clutches of addiction by watching true stories of people who turned to God and received help from the community on *Ek Nayee Zindagi* on Colors TV at 6:30 am Monday to Friday.

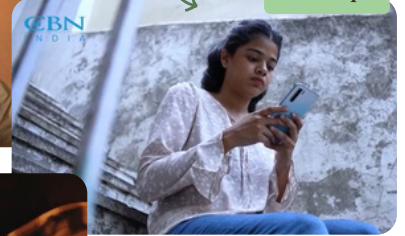
Alcohol addiction led to voices telling him to end his life. Can Brijesh be saved?

9th Sept



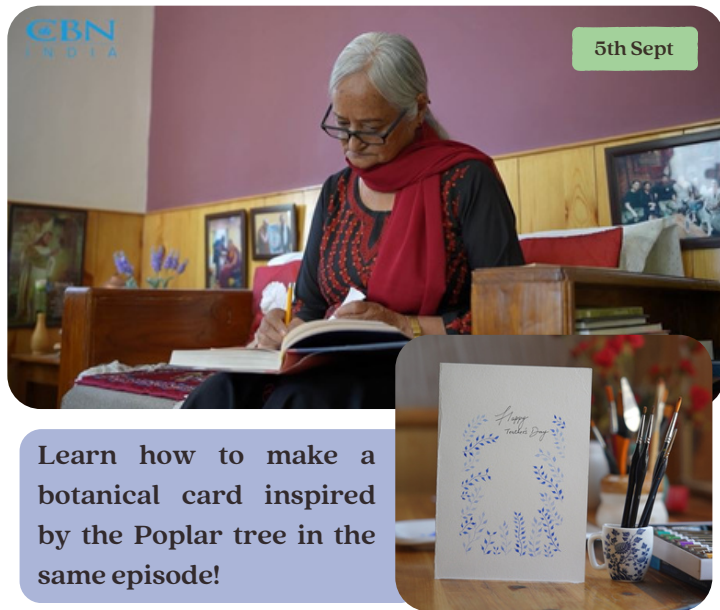
Can Prashansa be pulled out of her phone addiction?

16th Sept



25th Sept

Achong's brothers sent him to rehab. Will he break free from alcohol addiction?



5th Sept

Learn how to make a botanical card inspired by the Poplar tree in the same episode!



▶ We have a Ladaki Special: **Teacher's Day** episode on CBN India YouTube and *Ek Nayee Zindagi* in Hindi and Ladaki for you! Hear the beautiful story of a sixth-generation teacher from Ladak who loves and nurtures each child.

▶ We've got brand new hymns for you to hum along to! Exclusively on CBN India YouTube, watch beautiful and melodious hymns sung by St Patrick's Church, Bengaluru, St Ursula Girls High School Nagpur, St Thomas School, Ghaziabad, and Robson Memorial Cathedral Ajmer, Rajasthan from the comfort of your home! Remember to share your favorite song with your friends and family!



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