



The Healing Journey Through Addiction: Your Journal for Recovery and Self-renewal (Paperback)

By Phil Rich, Stuart A. Copans

John Wiley and Sons Ltd, United States, 2000. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Make the journey from addiction to recovery From a dependence on narcotics, alcohol, or gambling, to food, tobacco, or sex, addiction is a life-draining condition that can seriously damage physical and mental health and destroy relationships. But whatever the cause, whatever the level, it is possible to free yourself from this debilitating disease and regain control of your life. Through recording, exploring, and expressing your thoughts and feelings about your experiences, as well as discovering invaluable recovery information and resources, this guided journal and workbook will help you reach a uniquely personal, healing understanding of your addiction, your life, and your choices. Above all, The Healing Journey Through Addiction will help you figure out for yourself how to best deal with your dependence. Acclaim for The Healing Journey Through Addiction . Drs. Rich and Copans have written a comprehensive and creative book on recovery from addictive disorders, addressing the many emotional, interpersonal, and spiritual facets of recovery. This book is full of useful information and provides a sense of hope for change and growth. The journal exercises will increase...



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