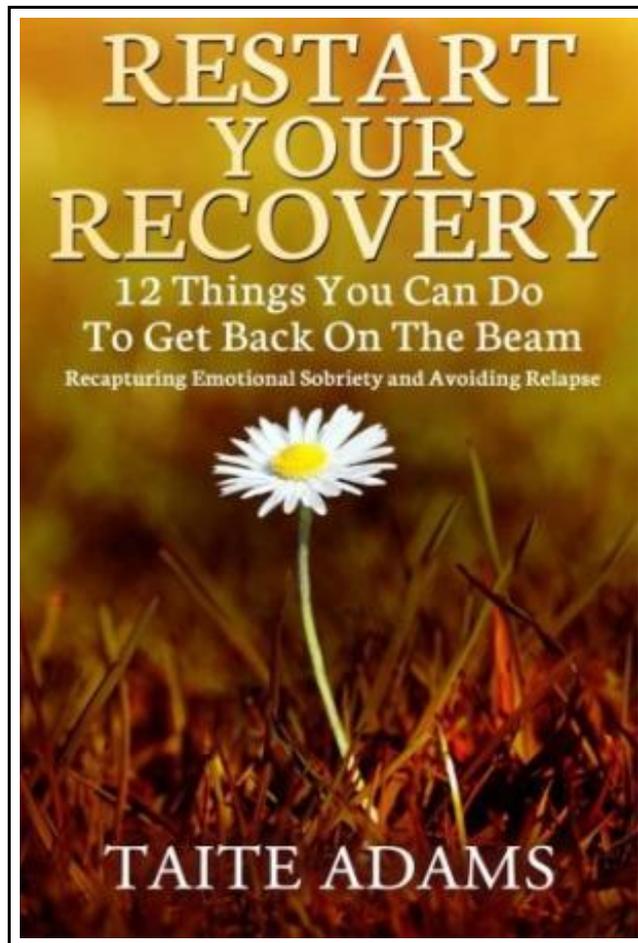


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RESTART YOUR RECOVERY - 12 THINGS YOU CAN DO TO GET BACK ON THE BEAM: RECAPTURING EMOTIONAL SOBRIETY AND AVOIDING RELAPSE (PAPERBACK)



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Rapid Response Press, United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Getting clean and sober for many was a struggle and a life-changing process. Alcoholism and addiction is something that takes so much from so many and requires a great commitment to recover from. What we learn is that recovery from addiction is a lifetime process and something that must be maintained on an ongoing basis, as we are never really cured of this disease. Unfortunately, many of us get better quickly and we may forget just how bad it really was or how good it can be in recovery. Priorities change and sobriety often takes a back seat to family, career and other commitments. When our recovery program begins to suffer, so do we and those around us as emotional sobriety goes out the window. **Restart Your Recovery - 12 Things You Can Do to Get Back on the Beam**, now in its 2nd Edition, is a book about re-establishing oneself in recovery, recapturing emotional sobriety, avoiding relapse and finding new beginnings. It is a powerful message of renewal balanced with a set of very clear action items designed to pave a new and stronger pathway in recovery for those who have been struggling with priorities and emotional sobriety. With a clear approach to providing suggested actions, and drawing on her own history of struggle and renewal in recovery, author Taite Adams is able to give the struggling person in recovery hope and provide a clear direction for a way back. Some of the areas that are addressed in detail are: What is Emotional Sobriety? Why We Move Away From Recovery Signs of Relapse Actions You Can Take To Get Back on The Beam The...

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