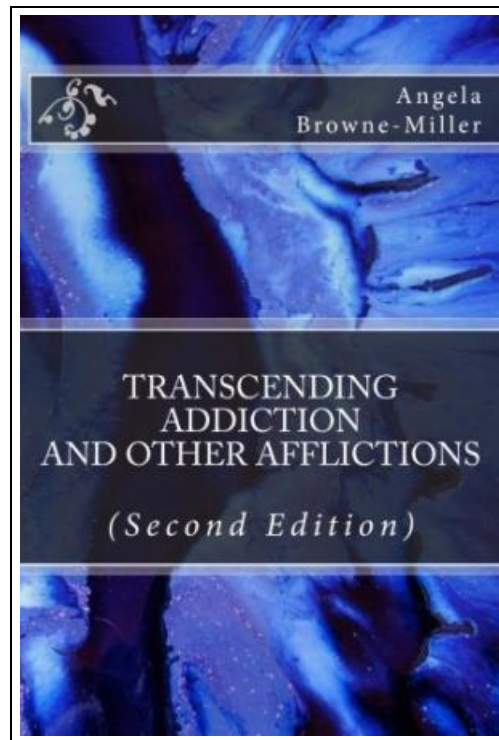


## Transcending Addiction and Other Afflictions (Second Edition) (Paperback)



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Metaterra Publications, United States, 2012. Paperback. Condition: New. Language: English. Brand new Book. Transcending Addictions and Other Afflictions, (Second Edition), with over 30 illustrations and diagrams, is the newest version of this book of worldwide popularity. This Second Edition adds, to the already highly valuable and practical material of the First Edition, a whole new and broader understanding of both drug/alcohol and non-drug addictions.TRUE PERSONAL CHANGE HAS SO MANY ASPECTS: PHYSICAL, NUTRITIONAL, SOCIAL, SPIRITUAL, MENTAL -- EVEN CELLULAR. Only change on all levels can break or rewire a problem addiction to a substance, a behavior, an emotional pattern, or a state of mind. In this new second edition of TRANSCENDING ADDICTION AND OTHER AFFLICTIONS, Dr. Angela Browne-Miller maps the life management and state of mind & spirit management steps involved in making both minor and major change on all levels. These steps work together to bring about a shift in personal patterning. This is the newest edition of this book which builds new information regarding addiction onto the founding material found in the first edition. Among the many addictions and habits that can be addressed by the steps in this book are: alcohol, drug, smoking, marijuana, gambling, gaming, Internet, pornography, sex, love, relationship, eating, work, self-mutilation, nail biting, and many other addictions and habits. Note that just about any behavior that becomes both problematic to self or others (even dangerous) and out of hand (difficult to control or resist) is a problem addiction in some way.



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