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Healing the Addictive Personality: Freeing Yourself from Addictive Patterns and Relationships

By Lee L Jampolsky PH.D.

CELESTIAL ARTS, United States, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Since 1991, Dr. Lee Jampolsky's self-help classic *Healing the Addictive Mind* has given well over 100,000 people around the world the tools to create significant change in their lives. Now he continues his proven and trustworthy blend of practical and positive psychology with *HEALING THE ADDICTIVE PERSONALITY*. Dr. Jampolsky's straightforward approach, based on firsthand experience, presents ways of healing addictive thinking, behavior, and destructive relationship patterns with forgiveness, compassion, and the potential for limitless opportunity through an eleven-week action plan. A personal note from the author: Many people live in a self-imposed prison and don't even know it. I did. For years I was so busy building walls I did not see that I was imprisoning myself behind them. My addictive thinking and behavior became the bars of my cell. I denied feeling empty inside and instead looked for new things to acquire, substances to take, and goals to achieve in order to feel better about myself. Sometimes I felt momentarily free, powerful, and whole, but in the end my addictive cycle only compounded my loneliness and despair. If...



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