



Six Essentials to Achieve Lasting Recovery

By Sterling T. Shumway, Thomas G. Kimball

Hazelden Publishing & Educational Services. Paperback. Book Condition: new. BRAND NEW, Six Essentials to Achieve Lasting Recovery, Sterling T. Shumway, Thomas G. Kimball, This book offers six guiding principles that are key to lasting recovery from addiction to alcohol and other drugs. It will help you understand why they're important, how they relate to the Twelve Steps, and why they work. Anyone who has recovered from addiction to drugs or alcohol knows that getting sober is only the beginning. Working the Steps, patching life back together, and living sober are where the real work lies. While the Twelve Steps provide a program of lifelong recovery, recovery experts Sterling Shumway and Thomas Kimball have identified six essential values, or principles, that reinforce the Steps and that are key to achieving lasting recovery:

- * o Hope: A reawakening after despair; to live with greater confidence
- * o Healthy Coping Skills: Managing the pain and stress of life
- * o Sense of Achievement and Accomplishment: Moving beyond the limits of addiction toward personal goals
- * o Capacity for Meaningful Relationships: The positive support and connection with family and peers
- * o Unique Identity Development: The emergence of a unique positive identity
- * o...



READ ONLINE
[3.04 MB]

Reviews

This is the finest book i have got study right up until now. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Keanu Johns**

This is the finest book i have read until now. It is filled with wisdom and knowledge You can expect to like just how the author compose this ebook.

-- **Tobin Lesch**