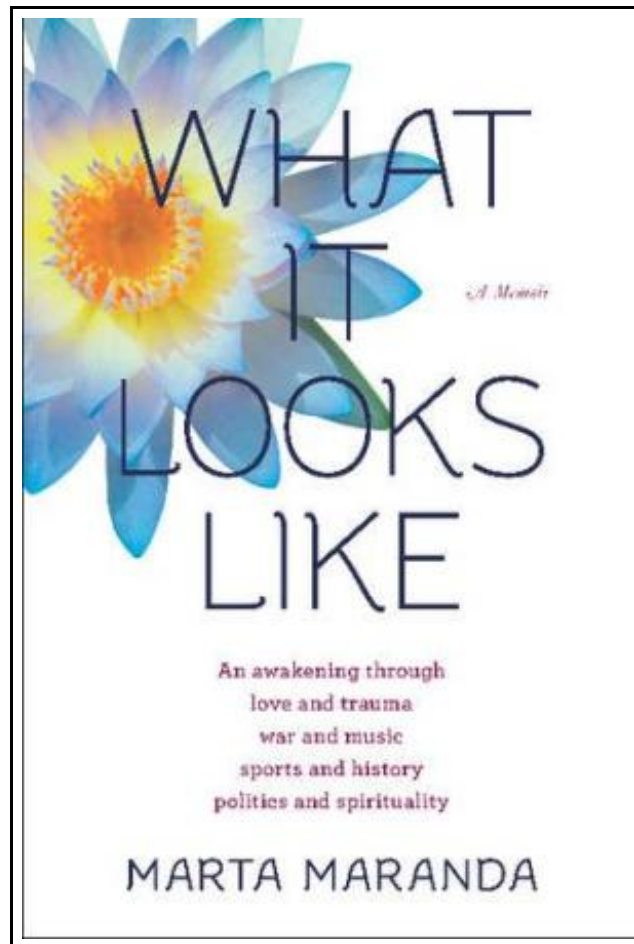


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WHAT IT LOOKS LIKE: AN AWAKENING THROUGH LOVE AND TRAUMA, WAR AND MUSIC, SPORTS AND HISTORY, POLITICS AND SPIRITUALITY (2ND REVISED EDITION)



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Alchemy Publishing. Paperback. Book Condition: new. BRAND NEW, What it Looks Like: An Awakening Through Love and Trauma, War and Music, Sports and History, Politics and Spirituality (2nd Revised edition), Marta Maranda, Marta Maranda, despite not having the substance or behavioral addictions generally associated with rehab, checked herself into a five-week addiction treatment program-one week after a family member checked out-to discover her part in the dysfunction in her life. Inspiring and personal, What It Looks Like tells the compelling tale of what led to her decision to enter rehab voluntarily and sober, her five weeks in the clinic alongside approximately seventy addicts, and the changes she made in her life following her stay. Her journey takes her inward on a quest of self-exploration and healing, out into the world as she makes her way through the wars, politics, history, sports, and spirituality that deeply altered her course, and finally home as she rebuilds her life piece by piece. Her reflections about America and the world pre-- and post--9/11 provide a rich context for anyone who believes that the choice to heal within also comes with the responsibility to help heal our world. What It Looks Like is an intelligent story of accountability and vulnerability, awareness and acceptance, and, ultimately, transformation and redemption. Rich in detail and powerful stories, Marta Maranda's book will leave you feeling informed, enlightened, and emboldened to take your own steps toward changing and healing your life.



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