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Recovery 2.0: Move Beyond Addiction and Upgrade Your Life

By Tommy Rosen

Hay House Inc, United States, 2015. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. Through more than 20 years of recovery from addiction, noted yoga teacher Tommy Rosen learned a lot about what works and what doesn't work in recovery. From his explorations on the yoga mat and in 12-Step rooms, he found a path to sustainable recovery that includes mind-body practices, a profound look at diet, and a more holistic and inclusive perspective on the 12 Steps. This led him to realize that recovery happens in stages, and that by utilizing the best practices of the 12 Steps in combination with yoga and meditation, he could achieve lasting freedom from addiction. In Recovery 2.0, Tommy shares his own past struggles with addiction and the powerful insights that helped him to identify and break free from the obstacles that stand in the way of recovery. Building off the key tenets of the 12-Step program, he lays out an innovative approach where deeper levels of detoxification and transformation allow you to uproot addiction and thrive. In these pages, you'll find: * A new way of looking at addiction as a vibratory frequency that...



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