



What Addicts Know: 10 Lessons from Recovery to Benefit Everyone

By Christopher Kennedy Lawford, Drew Pinsky

BenBella Books. Paperback. Book Condition: new. BRAND NEW, What Addicts Know: 10 Lessons from Recovery to Benefit Everyone, Christopher Kennedy Lawford, Drew Pinsky, New York Times bestselling author Christopher Kennedy Lawford revisits addiction in his latest book, What Addicts Know, this time framing the discussion in an entirely new way--the lessons addiction and recovery offer to those of us who haven't battled addiction. For too long, society has considered addicts as an unfortunate group that faces incredible and unique challenges. The reality is that the challenges of the addict are faced--to a greater or lesser extent--by all of us. In a "more is better" society, it's indisputable that we've all experienced cravings and denied the truth about our destructive behaviors--traits shared by addicts who've successfully overcome them. What Addicts Know offers the coping and wellness skills necessary to overcome life's obstacles and self-improvement tips for everything from conquering an unhealthy consumption of junk food, to overcoming toxic relationships. These techniques are not just for addicts; they are for all of us. No one until now has related the lessons and life skills that can be drawn from the collective experience of people in recovery from addiction, particularly the ways those...



READ ONLINE
[5.06 MB]

Reviews

The publication is not difficult in go through better to comprehend. I could comprehended everything using this created e publication. Its been designed in an exceptionally easy way in fact it is merely soon after i finished reading through this ebook by which basically transformed me, modify the way i really believe.

-- **Taylor Gleason**

This publication is definitely not effortless to get going on reading but very fun to learn. It really is writer in simple terms rather than difficult to understand. Its been printed in an extremely simple way and it is merely right after i finished reading through this pdf by which basically changed me, alter the way in my opinion.

-- **Scotty Paucek**