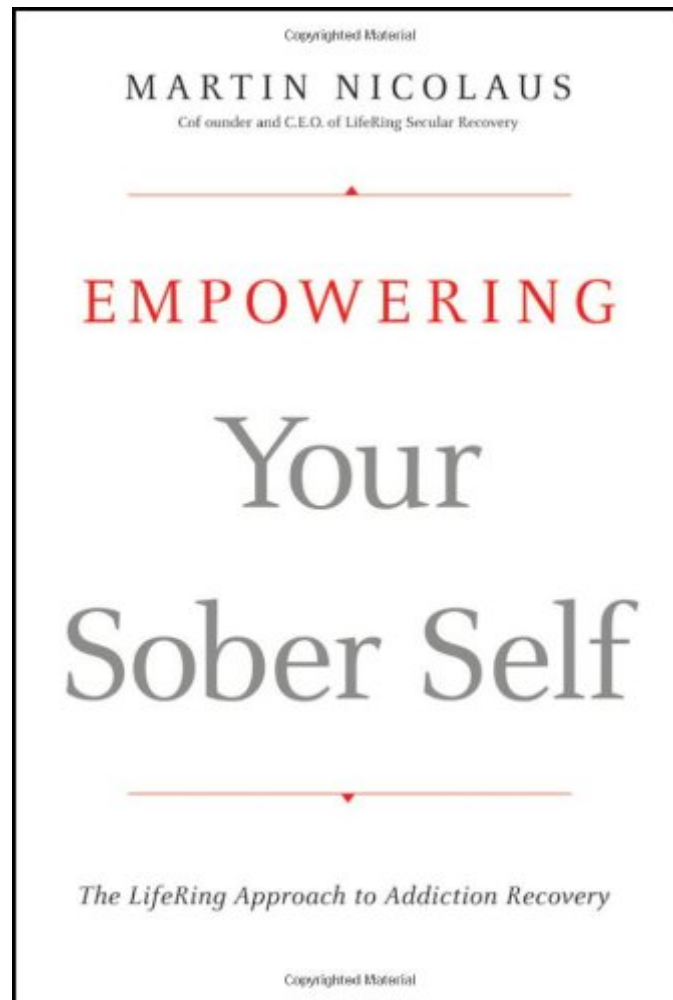


Empowering Your Sober Self: The LifeRing Approach to Addiction Recovery PDF



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Empowering Your Sober Self: The LifeRing Approach to Addiction Recovery by Martin Nicolaus
ISBN 047037229X

A powerful alternative to Alcoholics Anonymous This book details an increasingly popular program of recovery for the increasingly large number of people who are uncomfortable with what they perceive to be the religious overtones of Alcoholics Anonymous. A program of individual spiritual empowerment that focuses on the ability to not submit to that first impulsive desire, Empowering Your Sober Self focuses on sobriety, self-help, and secularity (no formal religious affiliations). Most important to this program is the concept of a personal and unique recovery program that may or may not include attending groups. The book includes many illustrative stories, along with exercises and self-tests used in LifeRing training. Martin Nicolaus (Berkeley, CA) is cofounder and principal spokesperson for the burgeoning LifeRing movement, as well as a public-interest attorney.

Empowering Your Sober Self: The LifeRing Approach to Addiction Recovery Review

This Empowering Your Sober Self: The LifeRing Approach to Addiction Recovery book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Empowering Your Sober Self: The LifeRing Approach to Addiction Recovery without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Empowering Your Sober Self: The LifeRing Approach to Addiction Recovery can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Empowering Your Sober Self: The LifeRing Approach to Addiction Recovery having great arrangement in word and layout, so you will not really feel uninterested in reading.