



Life in Bite-Sized Morsels: Learning to Live Life on Life's Terms

By Kyczy Hawk

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Once the illusions about using drugs and alcohol have been smashed one faces the more subtle aspects of recovery and leading a recovered life. Addiction can be a teflon process sometimes slipping from one behavior to another: food, consumerism, sex, love, affection, internet activity and so on. How can one keep centered when falling out of balance in any of these areas? Life in Bite-Sized Morsels is a book about those challenges and finding solutions. Each piece is short, more like a share at a twelve step meeting rather than a chair. Taking personal experiences or awarenesses and noting them down, similar in manner to a journal entry, Hawk explores life's challenges, learning to accept life on life's terms.

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