



Recovery Is Motion

By David James Michell

Chipmunkpublishing, United Kingdom, 2013. Paperback. Book Condition: New. 201 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.The goal of this book is to have a unified, four-stage, recovery curriculum which can be implemented by and through group process, as well as, individually. Each phase of this book will reinforce the clinical aspects of the recovery-based model. The book will teach consumers the recovery skills and promote the motivation of a continuous engagement in that recovery. The book will reveal opportunities for the consumer to gain individual insight with open discussions on topics, with the aim of grasping the concepts of recovery as it pertains to each individual s journey. A personal journal is suggested for the consumer s use, which will serve as a tool of reflection and guidance, as needed, for use in their own recovery. Throughout each phase, an overview of outcomes can be examined by the consumer as they see recovery success taking place in their own eyes. The growth process in each phase of the recovery book can be measured among the consumers goals as they ascertain recovery through the promotion of wellness and the knowledge gained from the recovery...



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-- **Alayna Kuphal**

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Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other cows, because she has a very special...



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