



Living Recovery

By Joe Klaas

Ballantine Books. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 8.5in. x 5.7in. x 0.7in. These words, familiar to recovering people everywhere, describe the challenging realities we must face when we begin recovering from an addiction. And as life goes on there is a tremendous need for meaningful recovery support. Learning to deal with the different stages of growth and the new emotions that surface during the recovery process requires new living skills. Now all the pamphlets in the bestselling Hazelden Pocket Power series have been collected in this inspirational volume. Living Recovery provides an in-depth look at twenty-two tools for recovery, and offers pragmatic guidance in penetrating, yet easy-to-read reflections on: -- Accepting Criticism-- Forgiveness-- Freedom from Fear-- Gratitude-- Great Expectations-- Honesty-- Hope-- Humility-- Inadequacy-- Just for Today-- Letting Go-- Living the Principles-- Loneliness-- Loving Relationships-- Miracles in Recovery-- Patience-- Prayer and Meditation-- Reaching Out to Others-- Serenity-- Surrender-- Understanding Rejection-- When Doors Close So whether you're recovering from addiction or you live or work with someone who is, the principles of Twelve Step living outlined in this book can guarantee a richer, healthier life. One hundred percent of the net proceeds from the sales of the Random House edition of...



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