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Under Construction: 25 Life-Building Tools for Addicts in Recovery

By Rick H.

WestBow Press, United States, 2012. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Rick H. often starts his talk at recovery meetings with this statement: I come here because the Rick of old will drink again. So I need to change, and this is where my professors are. He then adds that, to live a sober, happy life, he had to find a replacement for the alcohol that he used in his struggles to cope with the realities of life. That replacement includes a set of tools that he relies on to contend with all of life's ups and downs. They reflect a wide range of powerful insights and practical wisdom gathered over twenty years from fellow recovering addicts in countless meetings, retreats, and workshops. Realizing the power of compiling and sharing this life-changing information in one source, and recognizing that every addict needs such a toolkit, Rick wrote Under Construction. Its primary purpose is to provide a simple reference guide consisting of twenty-five life-recovery tools, described in a practical, easy-to-read format along with real-life stories of how these tools have been applied. In addition, he includes probing questions...



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Reviews

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