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What to Put in Your Head: Now That the Alcohol Is Out

By Melissa Grant

Outskirts Press, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.What to Put in Your Head What to Put in Your Head goes beyond the standard advice offered by most self-help guidebooks. Her reference geared toward addicts and alcoholics in recovery, and the family and friends supporting them in their efforts indeed provides wise counsel and advice for those struggling through alcoholism and addiction. But here's where author Melissa Grant veers from the expected path: Grant, herself a recovering alcoholic, spent two years poring over nearly a hundred source books for material, culling from them the wisdom and inspiration that is sure to connect with readers on their own journeys to recovery. Many of these meaningful quotations come from writers opining on topics unrelated to addiction, but whose wise words apply beautifully to the experiences of those facing alcoholism and addiction. This one-of-a-kind collection of sage and inspirational quotations includes observations from the famous and not-so-famous about courage, truth, serenity, recovery and humor that will resonate with addicts and recovering addicts.



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