



Conscious Recovery Undo: A Fresh Perspective on Addiction (Paperback)

By Tj Woodward

Balboa Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Conscious Recovery is a ground breaking and effective approach to viewing and treating addiction that will transform your life. Author and spiritual teacher T.J. Woodward is changing the conversation about addiction, because he recognizes that underneath all addictive behavior is an essential self that is whole and perfect. T.J. Woodward's Conscious Recovery moves beyond simply treating behaviors and symptoms. It focuses on the underlying root causes that drive destructive patterns, while providing clear steps for letting go of core false beliefs that lead to addictive tendencies. Whether it is unresolved trauma, spiritual disconnection, or toxic shame, these challenges need to be addressed in order to achieve true and permanent freedom. Conscious Recovery offers a pathway toward liberation that can assist you in creating a life filled with love and connection. It explores methods for changing the ways of thinking that keep you stuck in a pattern of hopelessness, so you can come into alignment with an existence overflowing with compassion and purpose. T.J. Woodward calls this the great remembering - reclaiming the truth of who and what you essentially are.



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