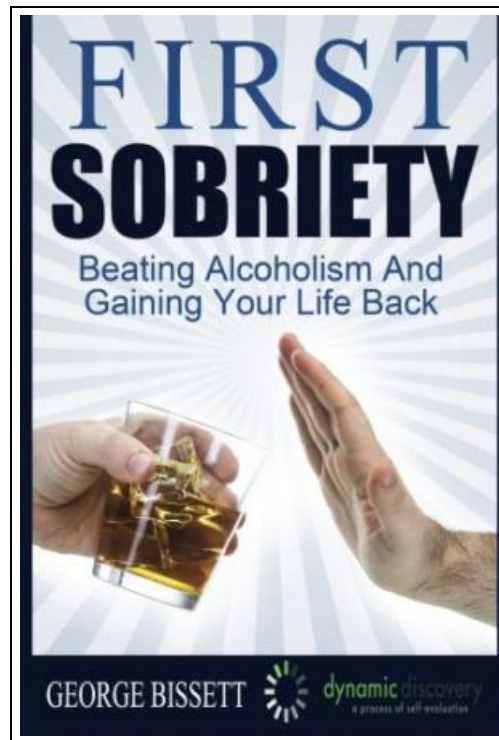


## First Sobriety: : Beating Alcoholism and Gaining Your Life Back



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### **Reviews**

*Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).  
(Myrl Hintz)*

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Primedia E-Launch LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Sobriety.Then What Regardless of wealth, status or position, we are all subject to our own fears and desires and, until we come to terms with the essential relationship between our unwanted behaviors and our thoughts, feelings, and actions, we remain victims of our own obsessive impulses. This is a guided tour past the pitfalls of recovery, First Sobriety. is written for those struggling to recover from a seemingly hopeless state of mind and body. It is a book about what to do to get past the pain of addiction so you can begin to believe that you truly have a life to live. It is also about what happens next. In simple, straightforward terms, the author takes you into the territory beyond addiction, into the realm of recovery and relapse, and family-of-origin relationships. With personal stories of real-life experiences, this book teaches the lessons of dealing with shame, growing in self-esteem, overcoming deprivation, and getting past craving and obsessing long enough to find that change is a choice. This book will get you started on the journey of recovery and you will quickly learn to let go, to live your life free of the grip of the obsession that is addiction. So, if you are ready to face an addiction, then your essential challenge is to get back to a place of trust; trust in yourself, trust in other people. At the very least, in order to be free of an unhealthy situation, you must have the ability to trust your own judgment and confidently stick with your decisions. The challenge ahead of the author is to show you a way to do that as he has already...



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