



Living Your Life Not Your Story: A Guide for Heling the Helpers (Paperback)

By Dr Richard D Davila Ph D, Dr William B Secor Ph D

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book is one of a series of books reflecting a paradigm shift in the perception of addictions and recovery. It stresses the fact that living in and controlled by the past can be a prison in ones life and that one should live in the now, the present. To illustrate these points it touches on history, education, innovation and other aspects of a culture which are at the present time in flux and are changing rapidly. Finally, it provides guidelines for those in the various helping professions in terms of how they can orient themselves vis a vis their clients and also to examine their own past life and its possible effect on their present and now, and how they can change if necessary.



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