



Addiction to Recovery

David McCauley

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This book, *Addiction to Recovery: Unlocking Your Potential*, is an accumulation of existential realization, many resources, years of recovery, education, insights, and years working in the field of addiction, with all adepts in the goal of personal transformation from addiction to recovery. This is an integrative approach to living in wellness of recovery. I vacated my own mind through deep personal process, my own form of meditation, and this book came about. My hope is this book unlocks the potential that advances new insight into the recovery process for each individual by reframing the process in such a way that the right interpretation by the reader will help recovery click into place. What we need to celebrate in recovery is the self-discovery of the individual. I offer my carefully considered overviews and assessments on the best-known treatments (theories) connected to recovery. I have provided a new outlook as a guide for the unwary who had failed at recovery in the past and those just coming into recovery for the first time. I count myself among the autodidacts, the self-taught perpetual student fueled by a passion for new answers and a sense of mission.

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From reader reviews:

Louise Best:

Have you spare time for the day? What do you do when you have considerably more or little spare time? That's why, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a move, shopping, or went to the particular Mall. How about open or maybe read a book titled Addiction to Recovery? Maybe it is for being best activity for you. You understand beside you can spend your time along with your favorite's book, you can wiser than before. Do you agree with its opinion or you have some other opinion?

Mildred Hall:

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Robert Spann:

Spent a free a chance to be fun activity to accomplish! A lot of people spent their free time with their family, or their own friends. Usually they accomplishing activity like watching television, planning to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Could possibly be reading a book can be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to try out look for book, may be the guide untitled Addiction to Recovery can be good book to read. May be it might be best activity to you.

Nancy Collins:

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