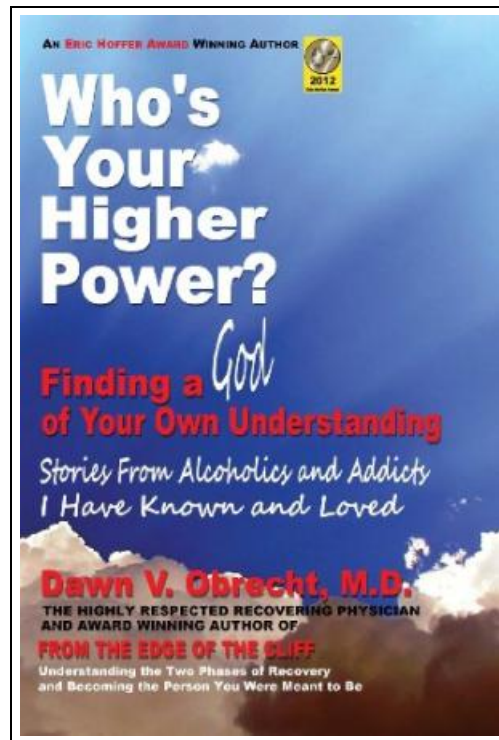


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Reviews

This publication is really gripping and exciting. It really is basic but unexpected situations in the 50 % in the book. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Prof. Salvador Lynch)

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Richer Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Dawn Obrecht grew up with two alcoholic parents, rode her own addiction to the edge of suicide, and then became an MD Addictionist and professor. In her third book, WHO S YOUR HIGHER POWER, she focuses attention on a question of profound importance that has been surprisingly neglected in the addictions literature-how does one fully embrace the first three steps to recovery when views of a Higher Power have been distorted by life? In WHO S YOUR HIGHER POWER, Dr. Dawn Obrecht shares insightful and touching narratives about finding a God of your own understanding from thirty courageous consociates who she compassionately calls alcoholics and addicts I have known and loved. RECOVERY FROM ADDICTION, from depression, trauma or any other discomfort, painful feeling, habit or dysfunction, is not about simply refraining from some substance or process or merely taking a medication to alter how you feel. Yes, there are neurological disturbances that respond to medication. Many people find antidepressants, mood stabilizers and other medication to be a useful or even necessary part of recovery. They also find that they need to do more than just take a prescription medication; they need to participate in their own growth. Recovery is about change, about striving for and embracing a physically, emotionally and spiritually healthy and vibrant life. It is about filling the void that you have carried in your unfulfilled hunger for purpose and meaning, a void you tried to fill with alcohol or drugs. It is about walking a new path, one that you may not have dreamed possible.



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