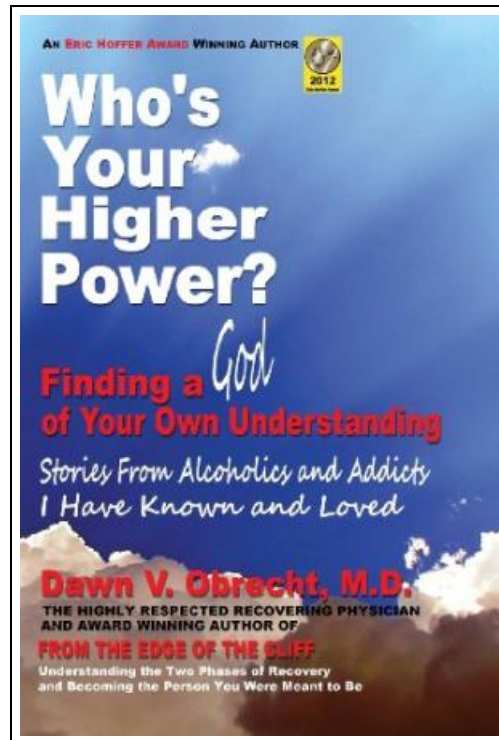


Who's Your Higher Power? Finding a God of Your Own Understanding (Paperback)



Filesize: 4.82 MB

Reviews

This written publication is wonderful. It can be written in straightforward phrases instead of confusing. I discovered this pdf from my dad and i suggested this publication to learn.
(Jesse Tremblay)

WHO S YOUR HIGHER POWER? FINDING A GOD OF YOUR OWN UNDERSTANDING (PAPERBACK)



To get **Who s Your Higher Power? Finding a God of Your Own Understanding (Paperback)** eBook, make sure you refer to the web link under and download the file or gain access to other information which might be have conjunction with WHO S YOUR HIGHER POWER? FINDING A GOD OF YOUR OWN UNDERSTANDING (PAPERBACK) book.

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.



[Read Who s Your Higher Power? Finding a God of Your Own Understanding \(Paperback\) Online](#)



[Download PDF Who s Your Higher Power? Finding a God of Your Own Understanding \(Paperback\)](#)

Other eBooks



[PDF] A Dog of Flanders: Unabridged; In Easy-to-Read Type (Dover Children's Thrift Classics)

Access the hyperlink beneath to get "A Dog of Flanders: Unabridged; In Easy-to-Read Type (Dover Children's Thrift Classics)" file.

[Download Document »](#)



[PDF] Count Leopold's Badtime, Bedtime, Children's Rhymes Vol II: A Collection of Children's Rhymes with Anti-Bullying Themes

Access the hyperlink beneath to get "Count Leopold's Badtime, Bedtime, Children's Rhymes Vol II: A Collection of Children's Rhymes with Anti-Bullying Themes" file.

[Download Document »](#)



[PDF] Pickles To Pittsburgh: Cloudy with a Chance of Meatballs 2

Access the hyperlink beneath to get "Pickles To Pittsburgh: Cloudy with a Chance of Meatballs 2" file.

[Download Document »](#)



[PDF] Weebies Family Halloween Night English Language: English Language British Full Colour

Access the hyperlink beneath to get "Weebies Family Halloween Night English Language: English Language British Full Colour" file.

[Download Document »](#)



[PDF] Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!

Access the hyperlink beneath to get "Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!" file.

[Download Document »](#)



[PDF] You Are Not I: A Portrait of Paul Bowles

Access the hyperlink beneath to get "You Are Not I: A Portrait of Paul Bowles" file.

[Download Document »](#)