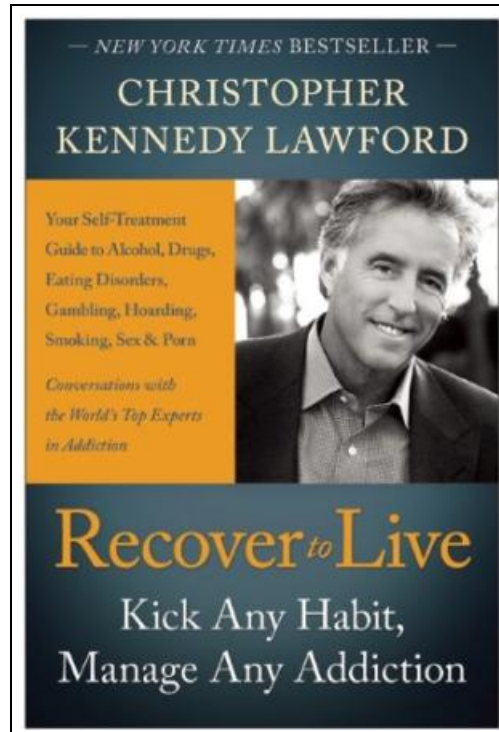


## Recover to Live: Kick Any Habit, Manage Any Addiction: Your Self-Treatment Guide to Alcohol, Drugs, Eating Disorders, Gambling, Hoarding, Smoking, Sex and Porn (Paperback)



Filesize: 1.92 MB


### **Reviews**


*Very useful to any or all group of men and women. I am quite late in start reading this one, but better then never. You are going to like just how the blogger publish this book.*  
**(Kristian Nader)**

## RECOVER TO LIVE: KICK ANY HABIT, MANAGE ANY ADDICTION: YOUR SELF-TREATMENT GUIDE TO ALCOHOL, DRUGS, EATING DISORDERS, GAMBLING, HOARDING, SMOKING, SEX AND PORN (PAPERBACK)



BENBELLA BOOKS, United States, 2014. Paperback. Condition: New. Reprint. Language: English . Brand New Book. From New York Times bestselling author of Symptoms of Withdrawal and Moments of Clarity Christopher Kennedy Lawford comes a book that will save lives. For most of his early life, Christopher Kennedy Lawford battled life-threatening drug and alcohol addictions. Now in recovery for more than 25 years, he works to effect change and raise global awareness of addiction in nonprofit, private, and government circles, serving as the goodwill ambassador for drug dependence treatment and care for the United Nations. For the first time, Recover to Live brings together all of the most effective self-care treatments for the seven most toxic compulsions affecting every culture on the planet today--alcohol dependence, drug dependence, eating disorders, gambling, hoarding, smoking, sex, and porn. In Recover to Live, more than 100 of the world's top experts interviewed by Lawford share their research and wisdom on how to determine if your bad habit is becoming a dependency, what treatments will work best for you, how best to help yourself or a loved one recover from addiction, and how to lead a fulfilling and productive life in recovery.

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