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Being Sober and Becoming Happy: The Best Ideas from the Director of Spiritual Guidance at Hazelden (Paperback)

By Dr John a Macdougall

John Macdougall, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.In this hopeful and useful guide, Dr. John MacDougall explains how to maintain our spiritual condition so that we can remain reliably sober, and come to restore our relationships with God, ourselves, and those we love. By practicing the spiritual principles of the Twelve Step programs, and making a daily commitment to our program of recovery, we reliably become happy. Contents Introduction Chapter 1: Staying Sober Chapter 2: Spirituality and Recovery Chapter 3: Surrender and Trust Chapter 4: Practice What Principles Chapter 5: Spiritual Recovery from Trauma and Abuse Chapter 6: Love and Romance Chapter 7: Hope Chapter 8: Finding Joy in Life Chapter 9: Becoming Happy Advance reviews for Being Sober and Becoming Happy: THIS BOOK IS WRITTEN BY A BRILLIANT MIND WITH A GIFT FOR HUMOR, CLARITY, ORIGINALITY, AND MOST IMPORTANT - SIMPLICITY. IN MY OPINION, NO BETTER BOOK HAS BEEN WRITTEN ON RELAPSE PREVENTION AND THE 12 STEPS SINCE THE BIG BOOK. THE AUTHOR HAS SPENT 30 YEARS IN AL-ANON, NA AND AA AND KNOWS WHAT HELPS - AND WHAT DOESN T - BACKWARDS AND...



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Reviews

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