



Addiction Is the Symptom: Heal the Cause and Prevent Relapse with 12 Steps That Really Work (Paperback)

By Rosemary Ellsworth Brown

Algorithm Books, 2015. Paperback. Condition: New. Language: English . Brand New Book. In "Addiction Is the Symptom," Dr. Rosemary Ellsworth Brown offers a deeper approach to the 12 Steps by digging beyond our addictions--our symptoms--to heal the real problem: emotional dependency. It worked for Dr. Brown herself, and it's been working for her clients and sponsees for 30 years. Do you have 20 minutes a day to change your life? At the heart of this new approach is Step Four. Precise instructions eliminate trial and error--and self-judgment. Here is a way to get yourself out from under the conditioning that is fueling your addictive behaviors. We're all addicted. It's about more than substance abuse. It's about control issues that affect our everyday lives and relationships. Transformation is possible. Wherever you live on the addiction spectrum, healing emotional dependency means becoming powerful in your own right and reaching your full potential. Learn more at.



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