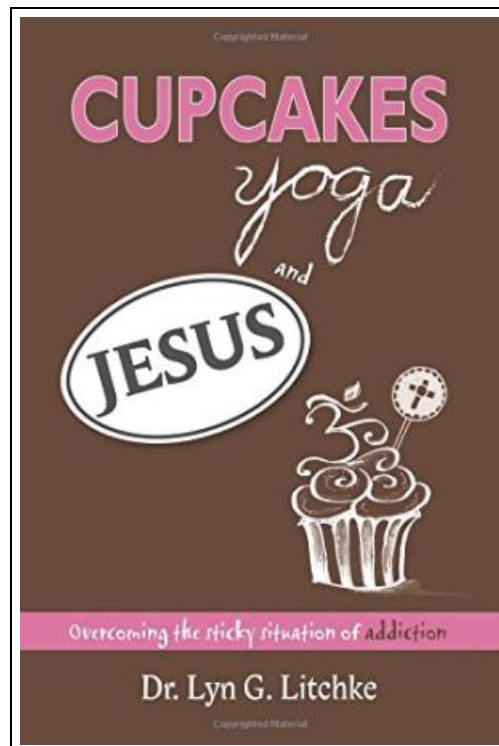


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Reviews

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(Enrique Ritchie Sr.)

CUPCAKES, YOGA, AND JESUS: OVERCOMING THE STICKY SITUATION OF ADDICTION (PAPERBACK)

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WestBow Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This is a modern day true story of the bible coming to life in the 21st century as a mother and son overcome the sticky situation of addiction. It contains 12 easy to read chapters turning the 12 steps of recovery on their head, literally by doing yoga inversions. Each chapter highlights one of the 12 miracles experienced by the mother who commemorates them in 12 cupcake recipes with flavors such as: Out of the Dark Chocolate into the White Light, and Go Bananas for God with Peanut Butter, as she bakes her way through 5pm happy hour instead of drinking. The book shakes up the notion of what an alcoholic looks and acts like. You can be a very successful athlete, professional, and drinker. It dispels the myths that you have to wait to hit rock bottom in order to get help and that getting and staying sober has to be some nail biting miserable ride. Her ride is covered in bumper stickers celebrating the speedbumps overcome along the road to recovery. Join the ride and learn how to Get Hooked on Hope, One Step at a Time.



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