



The Recovering Heart (Paperback)

By Beverly Conyers

Hazelden Information Educational Services, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. Beverly Conyers, a prominent voice in recovery, uses personal stories and informed insight to guide you in achieving emotional sobriety by addressing behaviors and feelings unique to the female recovery experience. Your old, destructive lifestyle is fading into the past and now you are a woman in recovery. What an amazing gift you've given yourself. So why aren't you happier? As sobriety takes hold and your head starts to clear, a wide range of emotions can begin to emerge--feelings that until now you've medicated with chemicals. Yet to stay sober, and to grow and flourish as a person, you must engage in healing and take responsibility for these long-neglected emotions. Beverly Conyers, a prominent voice in recovery, uses personal stories and informed insight to guide you in achieving emotional sobriety by addressing behaviors and feelings unique to the female experience. Learn how to develop the inner resiliency to face and process difficult, buried emotions--such as shame, grief, fear, and anger--while freeing the positive feelings of self-worth, independence, and integrity. Discover how to heal your damaged self by improving your communication skills, expanding...

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Reviews

Good e-book and helpful one. It can be written in basic phrases rather than confusing. I realized this ebook from my i and dad recommended this book to find out.

-- Ozella Batz

It is one of the best books. Better than never, though I am quite late in starting to read this one. You won't feel monotony at any moment of the time (that's what catalogues are for regarding in the event you check with me).

-- Dr. Kristin Dickens