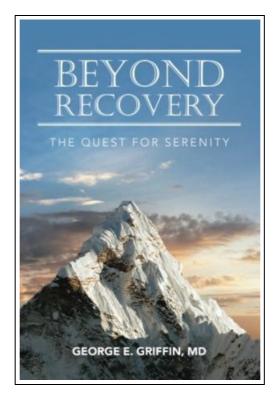
Beyond Recovery: The Quest for Serenity (Paperback)



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(Milan Turner)

BEYOND RECOVERY: THE QUEST FOR SERENITY (PAPERBACK)



Balboa Press, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. This work offers a compendium of insights as to what is possible for those in recovery in any of the many varied twelve-step programs. Based on over forty years of personal and clinical experience with both addiction treatment and the recovery process in North America, Europe, and Asia, Dr. Griffin provides an expanded context through which to view the recovery process. The presentation is crafted to be accessible to both the newcomer and those with many years of recovery. Through reassessment of traditional tools and exploration of many recent additions to the recovery process, the reader will be introduced to a path, which will lead to experiencing the promises at an ever-increasing depth and level of serenity. Special attention is paid to the most up-to-date tools for the treatment of PTSD, which, for a high percentage of those in recovery, serves as a stumbling block to achieving true freedom of the spirit. The message offered is clear. Contented abstinence, which for many has been all they thought possible in recovery, is really only the beginning. Recovery is clearly an ever-expanding process, and the potential to achieve truly serene recovery is within the grasp for those who have the right information, the right tools, and the willingness to use them effectively.

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