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Recover!: An Empowering Program to Help You Stop Thinking Like an Addict and Reclaim Your Life (First Trade Paper Edition)

By Stanton Peele, Ilse Thompson

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Recover!: An Empowering Program to Help You Stop Thinking Like an Addict and Reclaim Your Life (First Trade Paper Edition), Stanton Peele, Ilse Thompson, Stanton Peele--a world-renowned addiction expert, therapist, and author whose books have sold more than 1 million copies--has challenged and changed the way people understand addiction and recovery for the past four decades. In Recover!, Dr. Peele dispenses with the "addiction-as-disease" model, explaining that the origins of addiction are as complex and unique as the people who find themselves in its grip. Dr. Peele's holistic treatment program combines the best evidence-based treatments with the cutting-edge use of a meditation-based consciousness movement. With practical steps and exercises, Recover! presents a life-transforming path for overcoming self-destructive compulsions forever.



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