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Recovery 2.0: Move Beyond Addiction and Upgrade Your Life

By Tommy Rosen

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Recovery 2.0: Move Beyond Addiction and Upgrade Your Life, Tommy Rosen, Most of us deal with addiction in some form. While you may not be a fall-down drunk, anorexic or a gambling addict, you likely struggle with addiction in other ways. Workaholism, overeating and compulsively engaging with technology like video games, texting and Facebook are also highly common examples. And if you don't suffer from addiction, chances are you know someone who does. Through more than 20 years of recovery and in working professionally with others, Tommy Rosen has uncovered core elements of recovery and healing, what he refers to as Recovery 2.0. In the book, he shares his own past struggles with addiction and powerful, tested tools for breaking free from the obstacles that stand in the way of a holistic and lasting recovery. Building off the key tenets of the 12-Step programme, he has developed an innovative approach that includes: looking at the roots of addiction; your family history and 'Addiction Story'; daily breathing practices, meditation, yoga and body awareness; a healthy, alkaline-based diet to aid with detox, boost immunity, increase vitality, support your entire recovery and help...



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