



## Seeking Spirit Beyond the Bottle: A Journey to Freedom Through an Addictive Society (Paperback)

By Helen Sherry

AUTHORHOUSE, United States, 2004. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.We live in an addictive society in which compulsiveness has become an art form, and most people have dependencies of some sort. This book was written to help all dependent people learn ways to follow a spiritual path, even if their dependencies might be one of those potentially less severe than alcoholism or drug addiction: such as workaholism, materialism, excessive anxiety, or relationship difficulties. To quote from the author: People these days talk seriously of addictions to television, the Internet, or to acquiring material possessions. These are usually self involved occupations. It s as though humanity knows somehow that joy is their natural state, but they lack the ability to open enough to experience it. They are seeking comfort and joy in all the wrong places. This memoir tells the story of three generations afflicted with alcoholism and its effects on family and friends. It chronicles the author s growing up with an alcoholic mother in the middle of the twentieth century, and her own later development of the same illness despite her strong commitment to avoid this. It describes the methods she...



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### Reviews

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