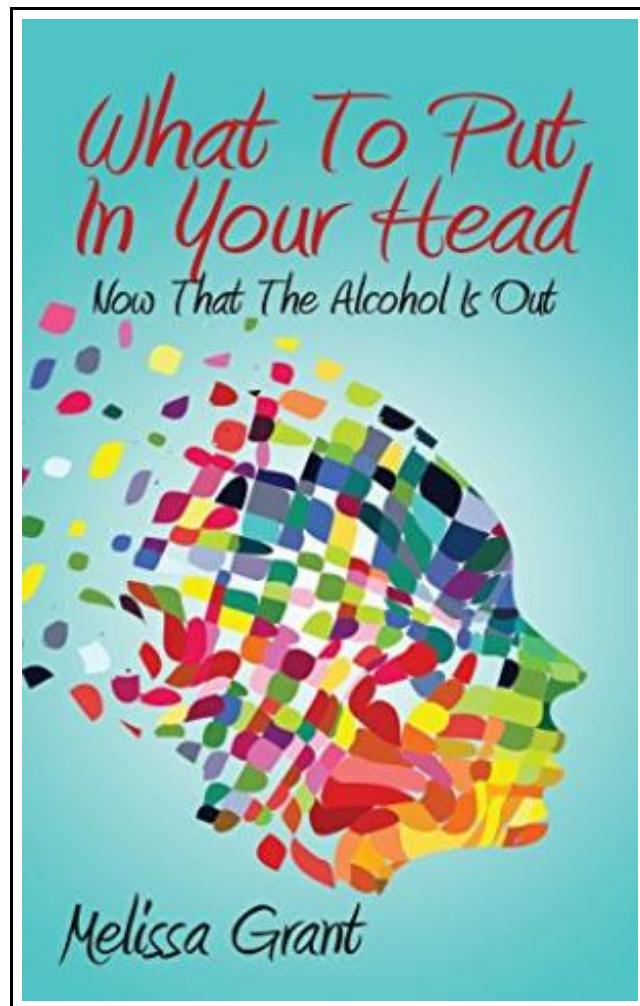


What to Put in Your Head: Now That the Alcohol Is Out (Paperback)



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Reviews

An extremely great ebook with lucid and perfect explanations. It is full of knowledge and wisdom Its been printed in an exceedingly straightforward way in fact it is merely right after i finished reading through this publication by which really transformed me, alter the way i believe.
(Spencer Fritsch)

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Outskirts Press, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.What to Put in Your Head What to Put in Your Head goes beyond the standard advice offered by most self-help guidebooks. Her reference geared toward addicts and alcoholics in recovery, and the family and friends supporting them in their efforts indeed provides wise counsel and advice for those struggling through alcoholism and addiction. But here's where author Melissa Grant veers from the expected path: Grant, herself a recovering alcoholic, spent two years poring over nearly a hundred source books for material, culling from them the wisdom and inspiration that is sure to connect with readers on their own journeys to recovery. Many of these meaningful quotations come from writers opining on topics unrelated to addiction, but whose wise words apply beautifully to the experiences of those facing alcoholism and addiction. This one-of-a-kind collection of sage and inspirational quotations includes observations from the famous and not-so-famous about courage, truth, serenity, recovery and humor that will resonate with addicts and recovering addicts.



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