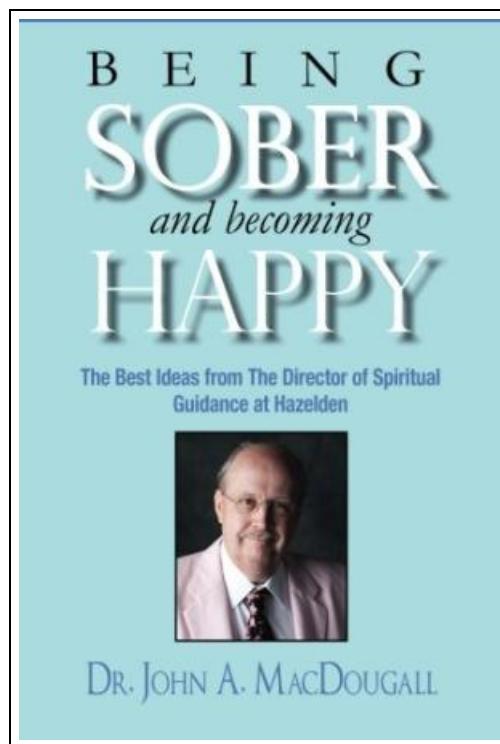


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John Macdougall, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In this hopeful and useful guide, Dr. John Macdougall explains how to maintain our spiritual condition so that we can remain reliably sober, and come to restore our relationships with God, ourselves, and those we love. By practicing the spiritual principles of the Twelve Step programs, and making a daily commitment to our program of recovery, we reliably become happy. Contents Introduction Chapter 1: Staying Sober Chapter 2: Spirituality and Recovery Chapter 3: Surrender and Trust Chapter 4: Practice What Principles Chapter 5: Spiritual Recovery from Trauma and Abuse Chapter 6: Love and Romance Chapter 7: Hope Chapter 8: Finding Joy in Life Chapter 9: Becoming Happy Advance reviews for Being Sober and Becoming Happy: THIS BOOK IS WRITTEN BY A BRILLIANT MIND WITH A GIFT FOR HUMOR, CLARITY, ORIGINALITY, AND MOST IMPORTANT -SIMPLICITY. IN MY OPINION, NO BETTER BOOK HAS BEEN WRITTEN ON RELAPSE PREVENTION AND THE 12 STEPS SINCE THE BIG BOOK. THE AUTHOR HAS SPENT 30 YEARS IN AL-ANON, NA AND AA AND KNOWS WHAT HELPS - AND WHAT DOESN T - BACKWARDS AND FORWARDS. OF EQUAL IMPORTANCE, THIS IS A BOOK ABOUT POSITIVE TRANSFORMATION FOR US ALL, ESPECIALLY THOSE IN RECOVERY FROM ANY SORT OF SUFFERING. George E, Vaillant MD Professor of Psychiatry, Harvard Medical School Author of Spiritual Evolution As we realize we have a God, rather than we are gods, we get to stop trying to control life, and we get to simply live life instead. I ve decided that my life is unmanageable only when I am trying to manage it. My life isn t meant to be managed, it is meant to be lived. This quote is one of the hundreds of pithy...

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