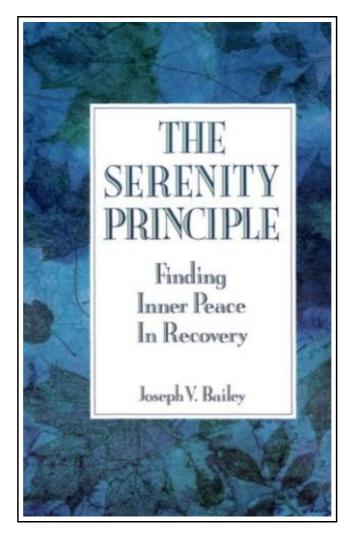
The Serenity Principle: Finding Inner Peace in Recovery



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Reviews

This ebook is fantastic. It is probably the most awesome book i actually have read. I found out this ebook from my i and dad suggested this book to understand. (Ethel Mills)

THE SERENITY PRINCIPLE: FINDING INNER PEACE IN RECOVERY



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HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, The Serenity Principle: Finding Inner Peace in Recovery, Joseph V. Bailey, This book shows recovering people how to tap their own source of positive energy in a new approach in the search for serenity - a quest recognised as the recovery from addiction. This paradigm for understanding the common denominator for all addictions springs from recent breakthroughs in psychology. The author argues that this psychology empowers those in recovery to find the source of that recovery within rather than rely on external rituals, powers and beliefs. He shows that by understanding how the mind works, the addict can satisfy the desire for serenity and realize full recovery rather than coping with the disease.

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