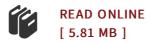




## Recover!: An Empowering Program to Help You Stop Thinking Like an Addict and Reclaim Your Life (First Trade Paper Edition)

By Stanton Peele, Ilse Thompson

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Recover!: An Empowering Program to Help You Stop Thinking Like an Addict and Reclaim Your Life (First Trade Paper Edition), Stanton Peele, Ilse Thompson, Stanton Peele--a world-renowned addiction expert, therapist, and author whose books have sold more than 1 million copies--has challenged and changed the way people understand addiction and recovery for the past four decades. In Recover!, Dr. Peele dispenses with the "addiction-as-disease" model, explaining that the origins of addiction are as complex and unique as the people who find themselves in its grip. Dr. Peele's holistic treatment program combines the best evidence-based treatments with the cuttingedge use of a meditation-based consciousness movement. With practical steps and exercises, Recover! presents a lifetransforming path for overcoming self-destructive compulsions forever.



## Reviews

It is really an amazing pdf which i actually have possibly read. I really could comprehended almost everything using this published e pdf. Its been printed in an remarkably easy way and it is just soon after i finished reading through this book in which in fact changed me, modify the way in my opinion.

-- Jena Jacobi

This pdf is great. This really is for anyone who statte there had not been a well worth studying. You may like just how the writer compose this pdf.

-- Dr. Freida Leuschke II