



## The Recovery Formula: An Addict's Guide to Getting Clean Sober Forever (Paperback)

By Beth Burgess

Eightball Publishing, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you tired of the guilt, shame and pain of addiction? Are you sick of the constant relapses? Do you yearn for happiness, freedom and a better life? People can spend years trapped in addiction unnecessarily, because, despite all their efforts, they just don't understand what you really need to do to spite attending rehab, counselling, groups and fellowships, many addicts remain stuck in the cycle of addiction, because they are not told some very basic facts about recovery. For some reason, many of the facts about successful recovery have remained a secret - until now. Beth Burgess has written THE book on addiction recovery, having struggled as a serial relapser and become frustrated about having to learn by trial and error. She saw too many people around her doing the same thing, and set out to write a book which shared the secrets of addiction recovery, that most addicts take a long and painful time to learn. After studying what successful addicts were doing to get better, and looking at the lessons she learnt from her own journey, Beth decided to share what...



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