



## Rebalancing the Addictive Mind: Beating Addiction with Exercise and Nutrition

By Rochelle Ann Poerio

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. Arlene Cabus Poerio (illustrator). 226 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Many books cater to the fitness and nutritional needs of the general public. But little of this advice is specifically directed toward those who have the literally life-or-death need to keep alcohol, drug, gambling, sex, internet and other addictions at bay. How exercise and diet speed up the recovery process and promote relapse prevention is a case rarely made, even by most treatment facilities! Rebalancing the Addictive Mind is an evidence-based, accessible guide that explains how and why exercise and diet produce faster physical, psychological and emotional recovery from addiction and significantly reduce the chances of relapse. And how anyone, despite almost any age or infirmity, can benefit from the principles outlined in this book. Author Shelley Poerio, a licensed addiction counselor and certified fitness trainer, describes how substance dependence and behavioral compulsions change the brain and body, provides guidance and solutions to undo the damage, and motivates change in the recovering individual. Family members gain insight into how to support their loved-one in recovery and better understand how addictive thinking...



**READ ONLINE**  
[ 8.28 MB ]

### Reviews

*Thorough guide! Its this sort of very good study. Yes, it really is play, nonetheless an interesting and amazing literature. You may like the way the blogger create this ebook.*

-- **Dameon Hettinger**

*This ebook is definitely not effortless to get started on reading through but very fun to read through. it was actually writtern very perfectly and valuable. I discovered this ebook from my dad and i suggested this book to understand.*

-- **Kaden Daugherty V**

## Other eBooks



**Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .**

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...



**Weebies Family Halloween Night English Language: English Language British Full Colour**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



**Life and Death of Harriett Freen**

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.NO one can read Harriett Freen and fail to be impressed by Miss Sinclair s power as...



**Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade**

Book Condition: Brand New. Book Condition: Brand New.



**Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade**

Book Condition: Brand New. Book Condition: Brand New.



**The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)**

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...