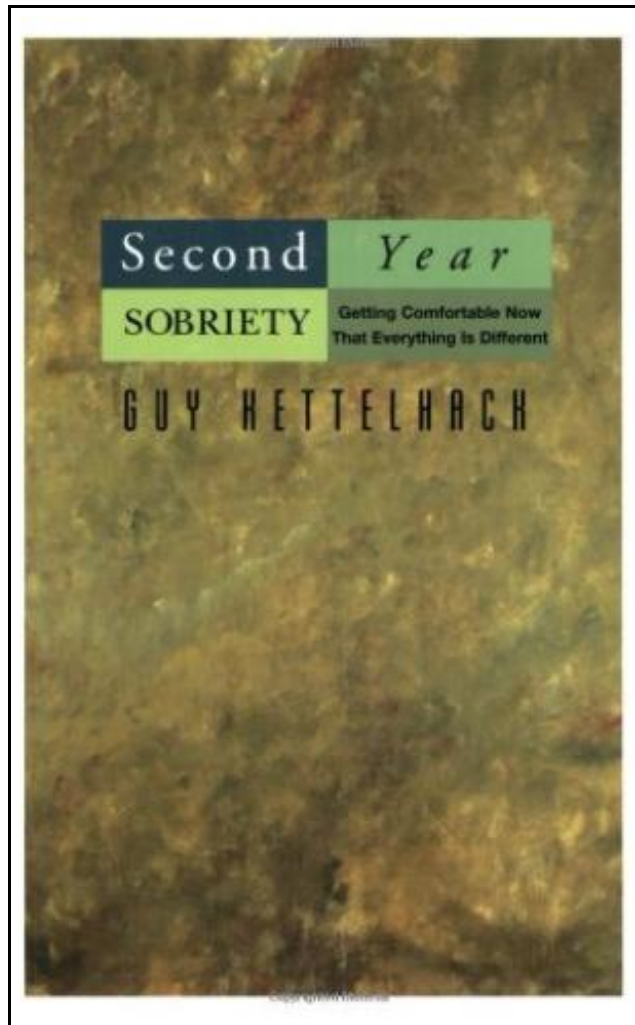


Second Year Sobriety Getting Comfortable Now That Everything Is Different



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Reviews

Basically no phrases to explain. It really is filled with knowledge and wisdom You are going to like how the author create this book.

(Gerald Conn)

SECOND YEAR SOBRIETY GETTING COMFORTABLE NOW THAT EVERYTHING IS DIFFERENT



Hazelden. Paperback. Book Condition: New. Paperback. 152 pages. Dimensions: 8.2in. x 5.4in. x 0.4in. This second volume in Kettelhacks series takes on the terrible twos. Here people in recovery share their experiences and insights in dealing with long-suppressed feelings of anger, loss, guilt, love, and self-acceptance. Kettelhack shows how sticking with it--persevering with the struggle to deal with new feelings and refusing to give in to addictive impulses--ultimately creates the sense of life as an ongoing adventure, one more vivid, exciting and sustaining than had ever been thought possible. Guy Kettelhack has written seven books on recovery. He is completing a Masters degree in psychoanalysis, and is an analyst-in-training at the Boston and New York Centers for Modern Psychoanalytic Studies. A graduate of Middlebury College, Kettelhack has also done graduate work in English literature at Bread Loaf School of English at Oxford University. He lives in New York City. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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