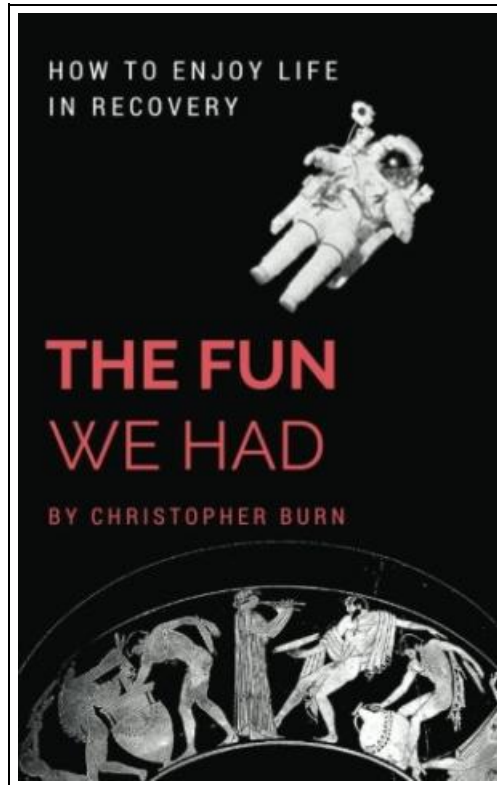


The Fun We Had: Articles by a Psychotherapist (Paperback)



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Reviews

Merely no phrases to describe. It generally does not price an excessive amount of. Its been designed in an extremely simple way in fact it is simply soon after i finished reading through this pdf through which really altered me, modify the way i really believe.

(Natasha Rolfson)

THE FUN WE HAD: ARTICLES BY A PSYCHOTHERAPIST (PAPERBACK)



DHH Publishing, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. People in recovery become better because they learn to understand themselves and overcome their demons. The Fun We Had offers practical tools for self-examination and opens the mind to new ideas about spirituality. It describes the power of addiction, the dangers of relapse and how to fill the void left after addiction treatment. The author encourages its readers to take responsibility for their lives by being proactive. Instead of a daunting experience, their recovery becomes one that they can enjoy. Psychotherapist Christopher Burn has been in recovery for 30 years and has worked in the addiction treatment field for 20 years. He also published Poetry Changes Lives, a book of daily meditations drawing inspiration from history and poetry. His desire is to help other people in recovery live a life that is better than well. Addiction treatment is a serious business where pain often comes before gain and encouragement can make a huge difference; recovery on the other hand, should be enjoyed - it is the chance of a second life that should be taken wholeheartedly. Many recovering addicts find themselves doing and relishing activities that they never dreamt of before. They find themselves to be better than well . The Fun We Had is about this. The Twelve Step Programme of recovery is unique in that it introduces the idea of spirituality, an idea formulated by Psychologist Carl Jung when writing to Bill W (co-founder of AA) in 1934 as spiritus contra spiritum (ie: spirituality against alcoholic spirits). Spirituality is usually profoundly lacking in those in active addiction but the process of enquiry into this, in recovery, is for many a fascinating and life changing experience. It is hoped that...

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