



Recipe for Recovery: A Guide to the Twelve Steps of Chronic Pain Anonymous (Paperback)

By -

Chronic Pain Anonymous, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Based in a tradition of spiritual, mental and emotional recovery, this book provides you with Twelve time-tested Steps, used by people throughout the world for leading a satisfying and fulfilling life, regardless of any physical health challenge. Whether your chronic condition is a result of - accident or surgical procedure - disorders such as arthritis, lupus, MS, fibromyalgia, diabetes, Crohn s disease - life-threatening illness, such as cancer or heart disease - back pains, headaches or nerve pains - or any other persistent physical illness or pain-related trauma or disease . the Steps are a practical recipe and guide for reclaiming a celebration of life. This book will demonstrate that you are not alone. Recipe for Recovery is filled with dozens of true-life stories--personal testimonies of other people just like you. Each one speaks to how the principles of Chronic Pain Anonymous literally saved them from self-obsession, fear and depression, opening the menu of their lives to a whole new range of possibilities for happiness, acceptance and service to others.



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Reviews

An incredibly wonderful book with perfect and lucid explanations. It normally is not going to price a lot of. I am just very happy to tell you that this is the greatest pdf we have go through within my personal lifestyle and could be he finest book for at any time.

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