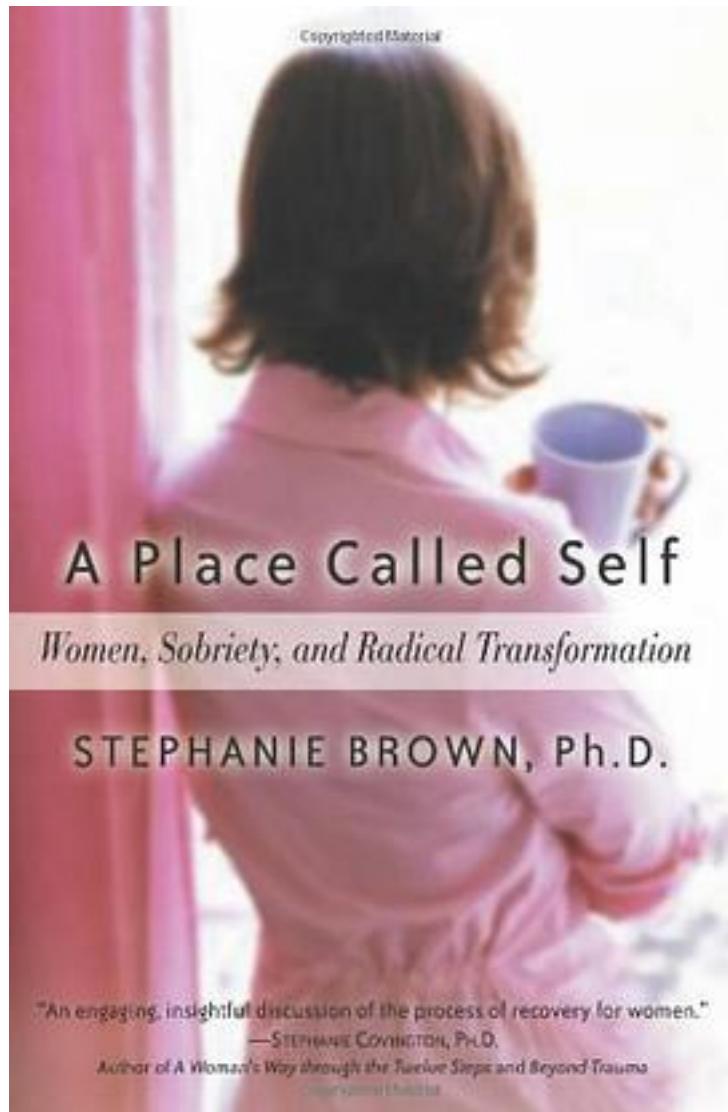


A Place Called Self



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出版者:Hci

出版时间:2006-7

装帧:Pap

isbn:9781592853557

The much-requested workbook to guide readers through A Place Called Self, Dr. Stephanie Brown's new modern classic for recovering women. Some people mistakenly believe recovery from an addiction is about not drinking, or not using drugs, or not doing whatever the behavior was that got them into so much trouble. They may think that recovery means you are no longer out of control, or that recovery means being abstinent. Recovery, however, is not this simple. Becoming abstinent is an event. Recovery, on the other hand, is a long-term process of radical growth and change which follows this event. Recovery is not a quick fix. A Place Called Self is for women in recovery who have discovered that sobriety, with all its hard-won joys, can still be a lonely, terrifying place. And she has work to do. This companion workbook for A Place Called Self will lead readers through each chapter and help them make concrete what often remains unspoken.

作者介绍:

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