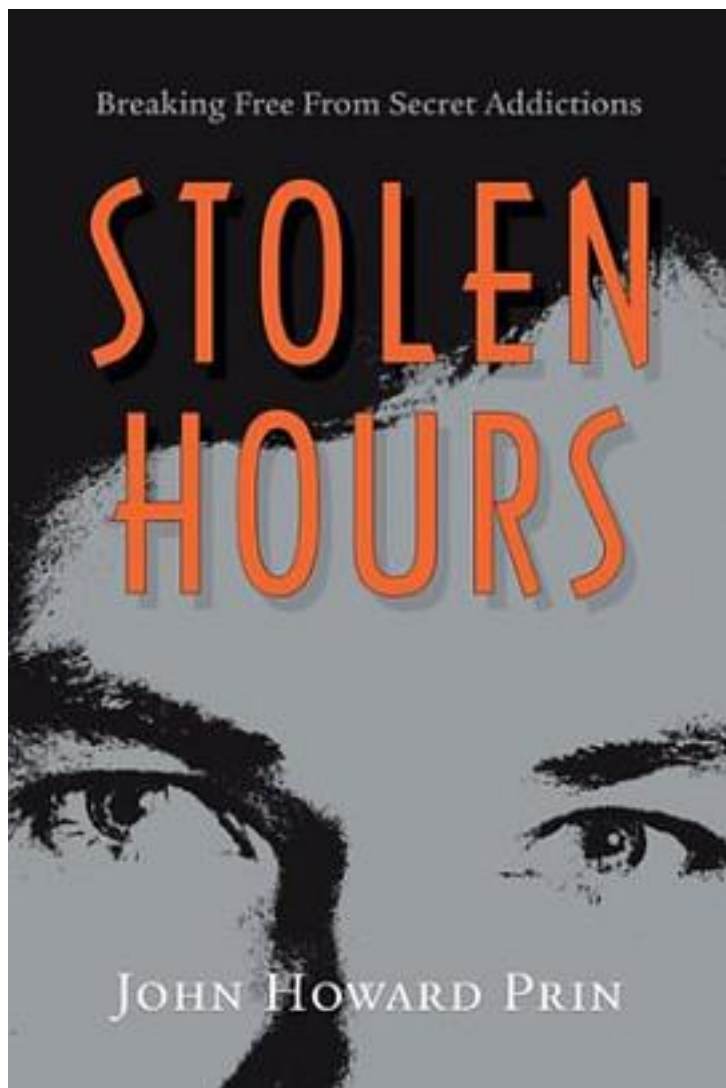


# Stolen Hours



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著者:Prin, John Howard

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All of us keep a secret now and then, but at least one out of fifteen people is a chronic Secret Keeper. These are persons whose secrets have power over them and make them misbehave, become sick, or violate others. Burdened by unhealthy secret keeping habits, they "steal hours" away from their public lives to act out their secret behaviors or passions---sometimes for decades---but rarely get found out. STOLEN HOURS describes the eight mindsets of persons with these secret keeping traits and their relationship to self-defeating behaviors such as alcohol/drug abuse, compulsive gambling, sexual addictions, and eating disorders. The author speaks from both his personal recovery experience based on his own forty-year history and his professional knowledge as a licensed chemical health counselor. Written in an upbeat style, STOLEN HOURS offers practical and spiritual ways to confront the problem and encourages readers to pursue healthy whole-mindedness

作者介绍:

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