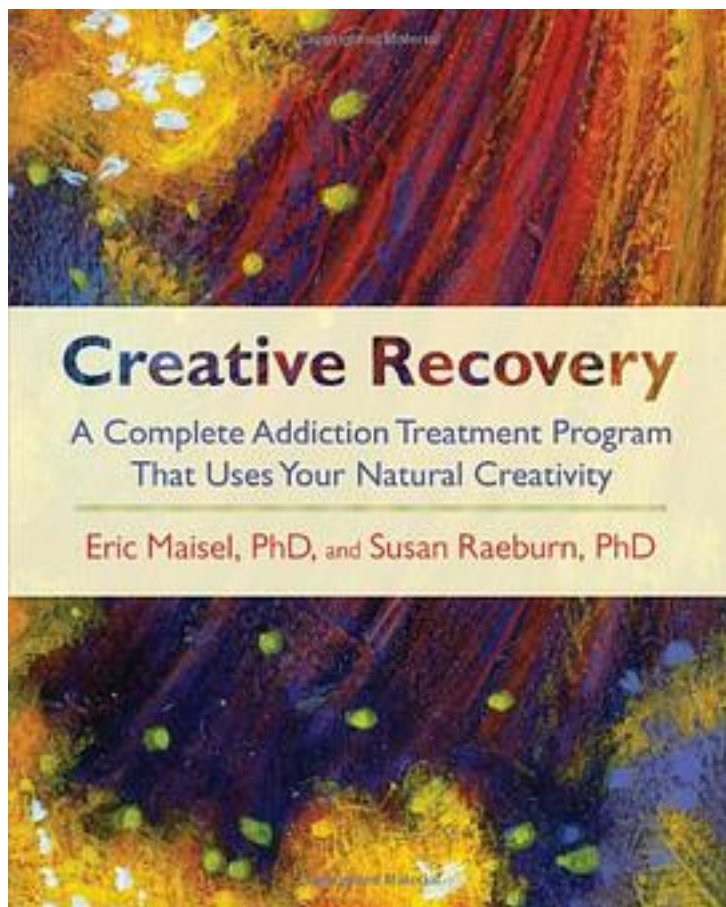


Creative Recovery



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For writers, artists, musicians, and creators in every field, this book offers a complete addiction recovery program specifically designed for the creative person. Full of explanations and exercises, this book presents ways to use your own innate creative abilities in service of your recovery and at each stage of the recovery process. Topics

include: the biological and developmental risks unique to creative people; the special personality traits that can inform the recovery process; ways to approach your recovery much like your art; and exercises that promote your creativity and art that aid the recovery process. This book gives a clear picture of the relationship between creativity and addiction and lays out a complete program so that you can live a fully creative and addiction-free life.

作者介绍:

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