



My Recovery Plan Healing from Illness

By Charles L. Whitfield

HarperCollins Publishers (Australia) Pty Ltd. Paperback. Book Condition: new. BRAND NEW, My Recovery Plan Healing from Illness, Charles L. Whitfield, To get somewhere it is useful to know where you are going. This can be especially difficult for people struggling with issues of addiction, compulsion, physical or mental illness. In this simple yet effective three-part program, best-selling author Charles Whitfield helps readers chart their own treatment plan and find a way out of the often confusing vortex of recovery work. Through illustrative charts and graphics he shows readers how to write their own recovery plan, including how to identify core issues and how to integrate those issues into a personalized plan. Stage one helps readers identify the illness or condition that plagues them and explains how recovery truly is within reach of those who participate in a full recovery program. Stage two explains how healing requires the reader to consider their adult child of trauma issues, such as co-dependence. It describes the way out of the pain and confusion-learning self-awareness, self-acceptance, self-responsibility and self-reflection. Stage three addresses more keys to success including having a healthy and nourishing spirituality and learning to live in the present moment, no longer burdened by...



READ ONLINE
[7.89 MB]

Reviews

It is one of the most popular publications. It really is written in easy words and not difficult to understand. You are going to like how the author writes this book.

-- **Prof. Evans Balistreri DDS**

Completely essential go through book. This is for all who state there had not been a worthy of reading through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lydia Legros**