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Learning to be You, It's an Inside Job: Recovery and Healing for the Loved Ones of the Substance-Addicted

By Brenda Ehrler

Just Be Publishing. Paperback. Book Condition: new. BRAND NEW, Learning to be You, It's an Inside Job: Recovery and Healing for the Loved Ones of the Substance-Addicted, Brenda Ehrler, This inspirational book was written to assist the loved ones of the substance-addicted find inner healing through awareness, self-love, changed perception and non-judgement. But anyone experiencing external pain and adversity will benefit from the author's inspiring journey. Brenda shares her personal experience of living with a drug addict/alcoholic for nine years and the following nine years of clean and sober life. She takes her readers back in time to the life-changing event, which started her husband on his successful recovery. When she did not experience the expected inner peace following her husband's sobriety, she began her own journey to find inner healing and recovery.



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