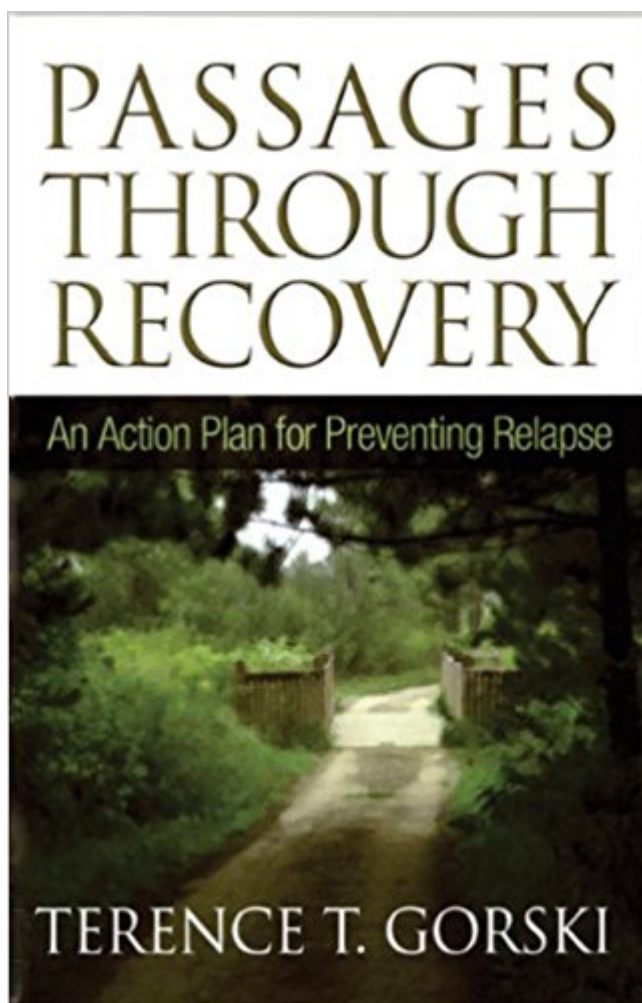


The book was found

Passages Through Recovery: An Action Plan For Preventing Relapse



Synopsis

Passages through Recovery presents an action plan for preventing relapse, one that can help us understand how recovery works and what is needed to move from active addiction to sobriety. "Abstinence from alcohol and other drugs is only the beginning of sobriety. It's the ticket to get into the theater, not the movie we are going to see."--Passages through Recovery One of the most important things we learn in recovery is that there really is a way out of all the misery--if we know which way to go. But abstinence from alcohol and other drugs is just the beginning of our journey, not our destination. And, that journey can be a rough one if we don't know what lies ahead. Based on the experiences of thousands of recovering men and women, Passages through Recovery presents an action plan for preventing relapse, one that can help us understand how recovery works and what is needed to move from active addiction to sobriety. Gorski's pioneering work describes six stages of recovery from chemical dependency and offers sound advice for working through the challenges of each stage--challenges that can create frustration and lead to relapse. Passages through Recovery clearly demonstrates that sobriety is more than just healing the damage. "It's a way of thinking, acting, and relating to others," Gorski writes, "that promotes continued physical, psychological, social, and spiritual health. The skills necessary for long-term sobriety are all directed at finding meaning and purpose in life." Use this book as a compass in your recovery to help you stay on course.

Book Information

Paperback: 176 pages

Publisher: Hazelden Publishing; 1 edition (August 1, 1997)

Language: English

ISBN-10: 1568381395

ISBN-13: 978-1568381398

Product Dimensions: 5.5 x 0.5 x 8.4 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 40 customer reviews

Best Sellers Rank: #87,209 in Books (See Top 100 in Books) #18 in Books > Biographies & Memoirs > Regional U.S. > New England #120 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #183 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism

Customer Reviews

Terence Gorski, MA, CAC, is a nationally recognized lecturer, an acknowledged leader in the chemical dependency and codependency fields, and a workshop facilitator specializing in relapse prevention, intimacy in recovery, and treating chemically dependent adult children of alcoholics. From his more than twenty-five years of clinical experience and research, Gorski has developed a comprehensive approach to recovery that is revolutionizing the field of relapse prevention. He is the author of *Getting Love Right*, *Managing Cocaine Craving*, and *Staying Sober* (with Merlene Miller). Gorski resides in Spring Hill, Florida.

easy reading

So far so good

Needed it for school. Was delivered in good condition.

This book was a good book, but not to serve the purpose of running group therapy. Was a bit disappointed. Was not able to use the book as I hoped.

Haven't completed reading. Very helpful so far. Jeff A. Richmond

Recovery as a way of life. Follow though with it and you will become a far better human being.

Best price

Terence Gorski's outstanding research and publications are well known to most Recovery Specialists. This is his most fundamental contribution. Also check out *Empowering Your Sober Self* by Martin Nicolaus and [...] for an approach to recovery similar in spirit to what Gorski suggests and not based on behavioral change via religious conversion.

[Download to continue reading...](#)

Passages Through Recovery: An Action Plan for Preventing Relapse
How to Draw Action Figures:
Book 2: More than 70 Sketches of Action Figures and Action Poses (Drawing Action Figures, Draw Action Figures Book, How Draw Action Poses, Draw Comic Figures)
12 Stupid Things That Mess Up Recovery: Avoiding Relapse through Self-Awareness and Right Action
Addiction: The Last
ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction,

addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Curious Hieroglyphick Bible: or, Select Passages in the Old and New Testaments, Represented with Emblematical Figures, for the Amusement of Youth. or, ... Passages in the Old and New Testaments,... Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease: [A Holistic Approach to Preventing & Curing Heart Disease] (Mudra Healing Book 8) Staying Sober: A Guide for Relapse Prevention Never Relapse Into Watching Porn Again: A Deep Inner Game Guide To Building Your Inner Strength and Reaching The 90-Days Porn Free Streak Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide Morbid Symptoms: Relapse in the Arab Uprising (Stanford Studies in Middle Eastern and Islamic Societies and Cultures) The Adolescent Relapse Prevention Planner Drug Abuse Relapse (Drug Abuse Prevention Library) Stability, Retention, and Relapse in Orthodontics Vaginosis: Bacterial Vaginosis Treatment Guide To Curing Bacterial Vaginosis With Strategies For Preventing Bacterial Vaginosis Including Advice On Post ... And Vaginitis Treatment, Cure And Recovery) Fibroids: Uterine Fibroid Treatment Guide To Healing Uterine Fibroids With Strategies For Preventing Uterine Fibroids Including Post Uterine Fibroid Care ... Treatment, Cure And Genitourinary Recovery) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan) (Volume 2) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) Passages Through Pakistan: An American Girl's Journey of Faith

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)