



## Hopeful Healing: Essays on Managing Recovery and Surviving Addiction (Paperback)

By Mackenzie Phillips

Beyond Words Publishing, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Actress and author of the courageous New York Times bestselling memoir High on Arrival, Mackenzie Phillips brings her knowledge and voice on the subject of recovery for the first time, and shares her experiences for those who are trying to overcome addiction. As the daughter of lead singers of the 1960s band The Mamas and The Papas, Mackenzie Phillips grew up in a dysfunctional environment and subsequently battled a near-fatal drug addiction. Now, delivered with warmth and candor, she presents the wisdom she gained from her own personal journey through addictions and her understanding of practical treatment from her work as a rehabilitation counselor. She shares the tools and holistic approaches that are available to help you on your journey to recovery. Treatment is not one-size-fits-all and Mackenzie encourages addicts and their support networks to research the methods that most effectively address their individual physical, mental, and spiritual wellbeing. Used by both recovering addicts and their families, Mackenzie's book is a message of hope and reminds us that sobriety is a lifelong journey of the spirit that allows us to lift ourselves up even...

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### Reviews

*Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- Otis Wisoky

*This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).*

-- Dr. Everett Dicki DDS