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The Fun We Had: How to Enjoy Life in Recovery (Paperback)

By Christopher Burn

DHH Publishing, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Fun We Had is a collection of articles and poems written over the past three years. Many of these items have appeared on the website of Castle Craig Hospital and the websites of Poetry Changes Lives - and Addiction treatment is a serious business where pain often comes before gain and encouragement can make a huge difference; recovery on the other hand, should be enjoyed - it is the chance of a second life that should be taken wholeheartedly. Many recovering addicts find themselves doing and relishing activities that they never dreamt of before. They find themselves to be better than well . The Fun We Had is about this. The Twelve Step Programme of recovery is unique in that it introduces the idea of spirituality, an idea formulated by Psychologist Carl Jung when writing to Bill W (co-founder of AA) in 1934 as spiritus contra spiritum (ie: spirituality against alcoholic spirits). Spirituality is usually profoundly lacking in those in active addiction but the process of enquiry into this, in recovery, is for many a fascinating and life changing experience. It...

Reviews

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-- *Olga Ledner MD*

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-- *Shayne O'Conner*

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