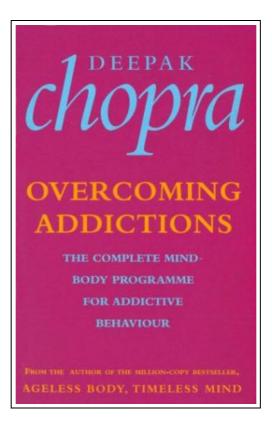
## Overcoming Addictions: The Complete Mind-Body Programme for Addictive Behaviour (Paperback)



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# OVERCOMING ADDICTIONS: THE COMPLETE MIND-BODY PROGRAMME FOR ADDICTIVE BEHAVIOUR (PAPERBACK)



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Ebury Publishing, United Kingdom, 2001. Paperback. Condition: New. Language: English . Brand New Book. Now available in B format, Overcoming Addictions shows how to escape dependency on the many mood-altering, and potentially harmful, substances now available. Many of us are addicted to all sorts of things: food, alcohol, coffee, cigarettes and drugs. According to Dr Chopra, many conventional forms of treatment for addiction are negative and fear-based, and therefore less likely to succeed long-term than a more positive, life-enhancing approach. In this programme, based on ancient principles of Ayurvedic mind-body medicine, he enables the reader to become more attuned to the needs and benefits of the spirit, allowing the mind and body to shed destructive dependencies and move on to more satisfying alternatives.

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