



## Mood Alter

By Nancy Price

Virtualbookworm.com Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Misty is a retired Medical Technologist who enjoys reading, writing, and gardening as hobbies. She has been sober for over 20 years and attends Alcoholic Anonymous regularly. Her husband, Matthew, attends Al Anon. Together they enjoy gardening, watching football, and discussing spiritually related topics. Misty is beginning to be a sponsor after all of these years. She tries to help a newbie female alcoholic who needs guidance through the twelve steps and a long-timer alcoholic who needs to discover her other addictive behaviors - codependency, sexual addiction, or love addiction associated with excessive chemicals such as endorphins, PEA, and oxytocin. Several reference books are used to define codependency. Misty wants to attend the Body, Mind and Spirit Expo again. They attend annually. Misty is intrigued by two of the speakers and wants to do past-life regressions with a therapist. She tries to obtain a local hypnotist, but fails. Instead, she decides to use CDs and put herself into a trance. She also goes back through her life history in the current-life time. Misty explores her past-lives and...

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