



## Six Essentials to Achieve Lasting Recovery

By Sterling T. Shumway, Thomas G. Kimball

Hazelden Publishing & Educational Services. Paperback. Book Condition: new. BRAND NEW, Six Essentials to Achieve Lasting Recovery, Sterling T. Shumway, Thomas G. Kimball, This book offers six guiding principles that are key to lasting recovery from addiction to alcohol and other drugs. It will help you understand why they're important, how they relate to the Twelve Steps, and why they work. Anyone who has recovered from addiction to drugs or alcohol knows that getting sober is only the beginning. Working the Steps, patching life back together, and living sober are where the real work lies. While the Twelve Steps provide a program of lifelong recovery, recovery experts Sterling Shumway and Thomas Kimball have identified six essential values, or principles, that reinforce the Steps and that are key to achieving lasting recovery: \* o Hope: A reawakening after despair; to live with greater confidence \* o Healthy Coping Skills: Managing the pain and stress of life \* o Sense of Achievement and Accomplishment: Moving beyond the limits of addiction toward personal goals \* o Capacity for Meaningful Relationships: The positive support and connection with family and peers \* o Unique Identity Development: The emergence of a unique positive identity \* o...



**READ ONLINE**  
[ 1.21 MB ]

### Reviews

*This publication is very gripping and interesting. We have go through and so i am confident that i am going to planning to read through yet again again in the foreseeable future. You are going to like how the blogger write this ebook.*

-- **Dr. Thaddeus Turner PhD**

*Certainly, this is the greatest work by any author. It can be writter in easy words and phrases rather than confusing. I am just happy to let you know that this is actually the greatest ebook we have study inside my individual daily life and may be he greatest ebook for at any time.*

-- **Trent Monahan**