



The Law of Sobriety: Attracting Positive Energy for a Powerful Recovery (Paperback)

By Sherry Gaba, Beth Adelman

HEALTH COMMUNICATIONS, United States, 2010. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. Welcome to a new approach to addiction recovery. The Law of Sobriety combines the power of positive thinking with definite action steps to create and maintain a clean and sober life that is filled with renewed purpose. Psychotherapist Sherry Gaba, the go-to expert for life-coaching matters on VH1's Celebrity Rehab, asserts that there is more to successful recovery than conventional 12-step programs, and she shows how uniting the concepts of the Law of Attraction with one's authentic self can create a powerful recovery. Using the techniques she has shared with celebrities in recovery on VH1's Celebrity Rehab, Gaba shows recovering alcoholics and addicts how to: -Attract the positive energy they need to live a clean and sober life that is filled with renewed purpose -Determine their real values and attract the energy of the universe to lift the veil on old, destructive values and subconscious issues that don't align with sobriety -Live with awareness and mindfulness, combining the serenity of living in the moment with the strength gained from positive thinking -Let go of resistance, negativity, and...



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