



Rewired: A Bold New Approach To Addiction and Recovery

Erica Spiegelman

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A REVOLUTIONARY NEW APPROACH TO ADDICTION RECOVERY FROM AN ADDICTION EXPERT

Rewired is a new, breakthrough approach to fighting addiction and self-damaging behavior by acknowledging our personal power to bring ourselves back from the brink. Centered on the concept of self-actualization, *Rewired* will guide you towards not only physical sobriety, but a mental, emotional, and spiritual sobriety by learning to identify key principles within yourself, including authenticity, honesty, gratitude, and understanding a need for solitude.

Rewired addresses the whole self; just as addiction affects every part of one's life, so too must its treatment. By helping us to build a healthy space to support our own recovery, we can rewrite the negative behaviors that result in addiction. Usable in conjunction with or in place of 12-step programs, *Rewired* allows for a more holistic approach, helping to create a personalized treatment plan that is right for you.

Each section in *Rewired* includes:

- Personal anecdotes from the author's own struggles with alcoholism and addiction
- Inspiring true success stories of patients overcoming their addictions
- Questions to engage you into finding what is missing from your recovery
- Positive affirmations and intentions to guide and motivate

With all the variables, both physical and emotional, that play into overcoming addiction, *Rewired* enables us to stay strong and positive as we progress on the path to recovery. *Rewired* teaches patience and compassion, the two cornerstones of a new, humanist approach to curing addiction. Remember, addicts are not broken people that need to be fixed—they just have a few crossed wires.

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Rewired: A Bold New Approach To Addiction and Recovery can be one of your beginner books that are good idea. Many of us recommend that straight away because this publication has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to place every word into joy arrangement in writing Rewired: A Bold New Approach To Addiction and Recovery but doesn't forget the main position, giving the reader the hottest and based confirm resource details that maybe you can be considered one of it. This great information can drawn you into brand new stage of crucial contemplating.

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