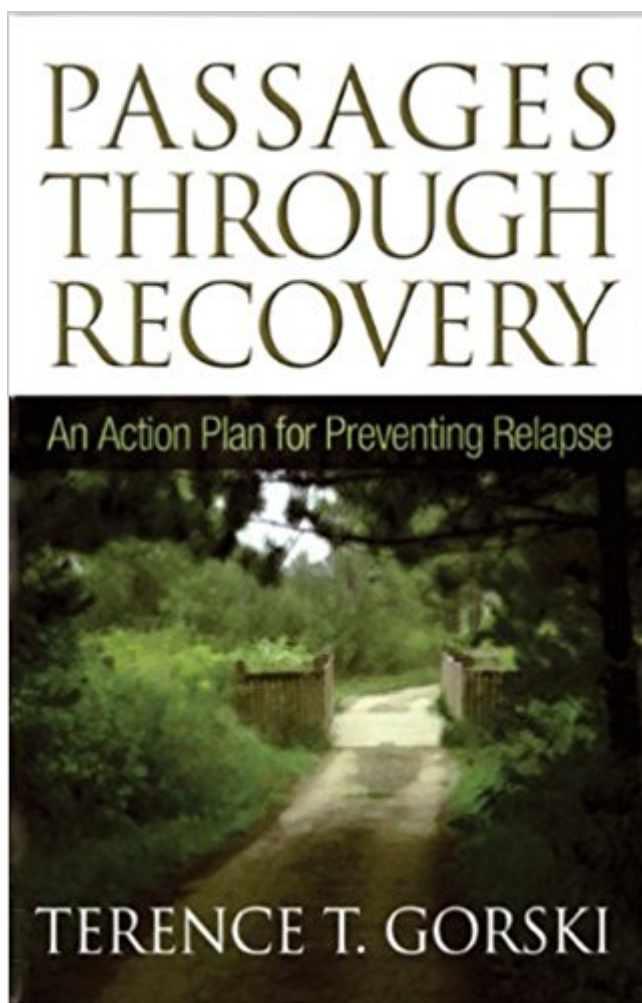


The book was found

Passages Through Recovery: An Action Plan For Preventing Relapse



Synopsis

Passages through Recovery presents an action plan for preventing relapse, one that can help us understand how recovery works and what is needed to move from active addiction to sobriety. "Abstinence from alcohol and other drugs is only the beginning of sobriety. It's the ticket to get into the theater, not the movie we are going to see."--Passages through Recovery One of the most important things we learn in recovery is that there really is a way out of all the misery--if we know which way to go. But abstinence from alcohol and other drugs is just the beginning of our journey, not our destination. And, that journey can be a rough one if we don't know what lies ahead. Based on the experiences of thousands of recovering men and women, Passages through Recovery presents an action plan for preventing relapse, one that can help us understand how recovery works and what is needed to move from active addiction to sobriety. Gorski's pioneering work describes six stages of recovery from chemical dependency and offers sound advice for working through the challenges of each stage--challenges that can create frustration and lead to relapse. Passages through Recovery clearly demonstrates that sobriety is more than just healing the damage. "It's a way of thinking, acting, and relating to others," Gorski writes, "that promotes continued physical, psychological, social, and spiritual health. The skills necessary for long-term sobriety are all directed at finding meaning and purpose in life." Use this book as a compass in your recovery to help you stay on course.

Book Information

Paperback: 176 pages

Publisher: Hazelden Publishing; 1 edition (August 1, 1997)

Language: English

ISBN-10: 1568381395

ISBN-13: 978-1568381398

Product Dimensions: 5.5 x 0.5 x 8.4 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 40 customer reviews

Best Sellers Rank: #87,209 in Books (See Top 100 in Books) #18 in [Books > Biographies & Memoirs > Regional U.S. > New England](#) #120 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs](#) #183 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#)

Customer Reviews

Terence Gorski, MA, CAC, is a nationally recognized lecturer, an acknowledged leader in the chemical dependency and codependency fields, and a workshop facilitator specializing in relapse prevention, intimacy in recovery, and treating chemically dependent adult children of alcoholics. From his more than twenty-five years of clinical experience and research, Gorski has developed a comprehensive approach to recovery that is revolutionizing the field of relapse prevention. He is the author of *Getting Love Right*, *Managing Cocaine Craving*, and *Staying Sober* (with Merlene Miller). Gorski resides in Spring Hill, Florida.

easy reading

So far so good

Needed it for school. Was delivered in good condition.

This book was a good book, but not to serve the purpose of running group therapy. Was a bit disappointed. Was not able to use the book as I hoped.

Haven't completed reading. Very helpful so far. Jeff A. Richmond

Recovery as a way of life. Follow though with it and you will become a far better human being.

Best price

Terence Gorski's outstanding research and publications are well known to most Recovery Specialists. This is his most fundamental contribution. Also check out *Empowering Your Sober Self* by Martin Nicolaus and [...] for an approach to recovery similar in spirit to what Gorski suggests and not based on behavioral change via religious conversion.

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