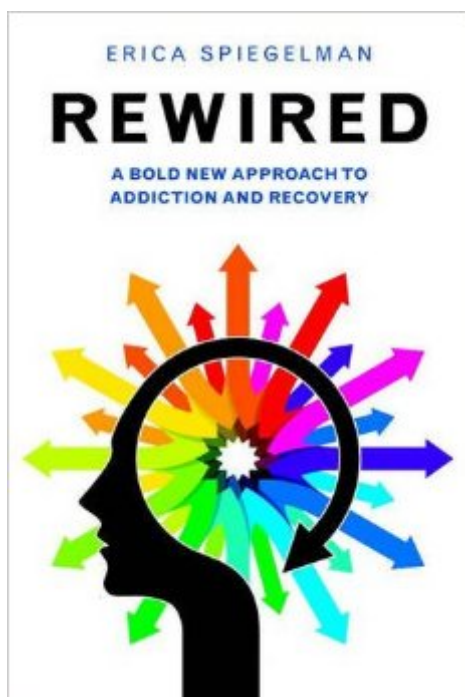


The book was found

Rewired: A Bold New Approach To Addiction And Recovery



Synopsis

A REVOLUTIONARY NEW APPROACH TO ADDICTION RECOVERY FROM AN ADDICTION EXPERT

Â 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.

Â 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.

Â Each section in Rewired includes:

- Â - 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

Â 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.

Book Information

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Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â See all reviews Â (80 customer reviews)

Best Sellers Rank: #6,352 in Books (See Top 100 in Books) #6 in Â Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #19 in Â Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #20 in Â Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism

Customer Reviews

It can be uncomfortable to even look into self help books, let alone buy them--we like to think, maybe other people need that, but not me. But when I finally got over that hurdle and read Rewired, it was more than worth it. It gave me so many tools for overcoming negative, unhealthy, and addictive patterns in my life, one of which was the pride to say that I did need help and was able to find it in this book. Erica's methods are approachable, a modern and fresh shift from classic addiction recovery strategies, and applicable to any situation or age (I can specifically recommend for people involved in any sort of codependent relationship). It will stay next to my bed for a long time.

I've been sober 9 years and I read a lot of recovery material. I'm adding this book to my toolbox. It's great. AA got me sober but Rewired is spot on. If you take the suggestions in this book, it will change your thinking, your circumstances, your health, and your life!

I have read countless "quit lit" books, novels, memories, nonfiction... but this one is like no other! It is a MUST read. Concise & well organized. It changed my perspective almost immediately, and I thought I heard it all. I took some actions yesterday based on Chapters 1&2 and I was smiling for hours. I can't quite put my finger on why this book touched my core in such an affirming way, but it did. Deserves 10 stars. (It doesn't matter if you are on day one or year 20 or not even in need of recovery.... READ IT!)

I read Rewired to help my recovering loved one. Yet, after years of active effort at surviving, learning, understanding, and, ultimately, even thriving, I felt it was written for both of us. Anyone who even pages-through Rewired will be enriched for the experience.

There is really nothing bold nor new about anything in this book. It is a short 130 page book on basic life skills in recovery. Essentially, this is the same information and set of techniques used in twelve step programs and virtually every other recovery program. Build healthy relationships, be honest and authentic, take care of personal health, and live life in moderation. There is nothing bad about the information, but one would expect more from a book that touts itself as a "revolutionary new approach". There are plenty of other recovery books that include this information in addition to research based medical information as well. Overall, I was just disappointed.

I have been a counselor for 12 years with the majority of my work being in the addiction field. I found this book to be educational and inspiring. Highly recommended at minimum for a refresher and a reminder of why we choose to work in this field! A must read!

This book is truly refreshing, helpful, and inspiring. I am not an addict myself but know a lot of people in my life who have struggled with addiction and have taken an interest in the topic. I think Rewired is unique amongst the plethora of addiction helping books in its new approach based on authenticity. An authentic life leads to an amazing life and I think this book really explains how that is true. Everyone should read this!

Every Rehab facility in the country should buy copies of Erica Spiegelman's book "Rewired" for all of their former, current and future clients! Seriously. And while the genesis of this book is addiction and recovery (drugs/alcohol), I think that the book's message carries over nicely to people who haven't had addiction issues at all. There is so much that the healthiest of people can take from this book and apply immediately to their lives - whether they have an addiction, are in recovery, none of the above, or know someone who does have addiction issues...

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