

"An excellent resource for anyone dealing with addictions....This book contains the information that can start you on the road to recovery."

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The Alcoholism and Addiction Cure

A Holistic Approach to Total Recovery

How to Heal the Underlying Causes
How to End Relapse
How to End Suffering



Chris Prentiss

The Alcoholism And Addiction Cure A Holistic Approach To Total Recovery

Lynell Ross



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The Alcoholism and Addiction Cure Chris Prentiss, Pax Prentiss, 2010-04-20 The Alcoholism and Addiction Cure contains the powerful three step program to total recovery that is the basis of the miraculous success of the Passages Addiction Cure Center in Malibu California You ll learn the three steps to permanent sobriety the four causes of dependency how your thoughts emotions and beliefs are key factors in your recovery and how to create your own personalized treatment program with the help of health professionals where you live one that gets to the real underlying causes of dependency Freedom from dependency starts with understanding that alcohol drugs and addictive behaviors are not the real problems say Pax and Chris Prentiss cofounders of Passages Alcohol street drugs nicotine prescription medications food bingeing gambling and the like are merely the substances or behaviors you or your loved ones are using to cope with the real problems anything from deep emotional pain ill health or depression to hypoglycemia a sluggish thyroid or brain wave pattern imbalances Once the underlying problems are discovered and cured the need for drugs alcohol or addictive behavior will disappear along with the craving Chris Prentiss should know His son Pax was addicted to heroin cocaine and alcohol for ten years They sought help everywhere but Pax relapsed again and again In desperation they finally created their own holistic hand tailored program that was a complete break from all other programs and that combined several effective therapies It saved Pax s life Together father and son founded Passages to help others find their own freedom For decades we ve been hearing that alcoholism and addiction are incurable diseases but The Alcoholism and Addiction Cure proves that this is a dangerous myth and that the label of alcoholic or addict destroys the promise of full recovery Visionaries and innovators Pax and Chris Prentiss bring new hope to people everywhere who are dependent on drugs alcohol or addictive behaviors This groundbreaking approach will show you how to end relapse end addictive behavior and end your suffering **Radical Recovery** Kelly, 2012-12-20 In reading this book you will discover that you are much more powerful than your addiction much more powerful than the obsessive thoughts compulsive feelings and physical cravings that create so much pain and suffering in your life and the lives of those you love You will learn that there is no future in addiction just a regrettable past that keeps repeating itself over and over again You will cut through the recovery myths that result in an endless cycle of relapses It can inspire and motivate you to reach deep inside yourself and awaken the extraordinary powers that nature has bestowed on you as it guides you through a process that transforms cravings for alcohol or drugs into cravings for courage freedom honesty integrity humility and peace According to HBO s documentary Rehab of the 2 million people who seek treatment each year in the United States 1 840 000 will relapse within twelve months some the first day That s a 92 percent failure rate This is a national disgrace THE ANTIDOTE FOR ADDICTION With more than thirty five years of continuous sobriety Kelly presents not a cure but a powerful antidote for addiction something that counteracts or relieves a harmful or unwanted condition Integral Recovery John Dupuy, 2013-05-01 Brings Integral Theory to addiction treatment offering a more

holistic vision of recovery and powerful practices for achieving it

Mental Health and Mental Disorders Len Sperry, 2015-12-14 Serving as an indispensable resource for students and general interest readers alike this three volume work provides a comprehensive view of mental health that covers both mental well being and mental illness A three volume ready reference encyclopedia this up to date work supplies a holistic introduction to the fields of mental health and mental disorders that is written specifically for high school students and college students Covering the full continuum of mental health the set describes typical functioning including biology and neurology of the brain emotions and the traits and characteristics of mental well being It also addresses mental disorders and conditions from obsessive compulsive disorder OCD and post traumatic stress disorder PTSD to phobias and schizophrenia Mental Health and Mental Disorders An Encyclopedia of Conditions Treatments and Well Being highlights important concepts and phenomena key individuals treatment techniques organizations and diagnostic tools to give readers a complete view of this broad field of study It also investigates all sides of wellness exploring what it means to be normal and consistently identifying the links between lifestyle and mental health The encyclopedia is consistent with the goals of AP psychology curricula and addresses the various disorders classified in the new edition of the APA Diagnostic and Statistical Manual DSM V TR

Counselling and Psychotherapy in Organisational Settings Ruth Roberts, Judith Moore, 2010-09-08 This book introduces some of the specific contexts in which today s counsellors and psychotherapists find themselves working It draws upon the experience of counsellors active in their field and uses relevant examples of the potential pitfalls and rewards of counselling in diverse institutional settings Counsellors are introduced to the regulatory legislative economic social and cultural considerations relevant to the confidential work between counsellor and client They are also encouraged to think beyond the therapy room to the institutional context of the encounter with the client while keeping professional identity and integrity at the forefront of their work

Be Who You Want, Have What You Want Chris Prentiss, 2010-04-20 From the author of the popular Zen and the Art of Happiness this effective program for change shows step by step exactly what to do to create the life you want now with lasting happiness thrown in as a bonus Whatever you now do whatever you now believe whatever your current circumstances may be you are perfectly equipped and fully capable of being who you want and having what you want That you haven t already achieved what you want is due entirely to what you now believe To become the capable person you dream of being and to attain your heartfelt desires the great relationship the needed possessions the long sought for conditions of good living you need only change what you believe about the way to achieve those goals What you ll learn in these pages is that you can actually reinvent your world says Chris Prentiss You are a powerful being the most powerful being in your life and you constantly create your future with your thoughts and actions By changing your thoughts you will change your actions and as a result of natural law you will change your life This empowering guide to real change delivers a sure fire system for letting go of stress and unhappiness and creating the best possible outcome in every situation It shares

simple yet powerful strategies to attain your goals and desires overcome negativity stop punishing yourself and others for events you experience let go of the past and bring more enthusiasm and joy into your life You ll also learn how to develop a strong personal philosophy one that will see you through the difficult times that come to us all Be Who You Want Have What You Want brings together insights stories meditations and exercises to show you how to break out of limited thinking and free yourself to become who you really want to be and do what you ve always wanted to do Cognitive Awareness Training - for everyone! The Cruz Team,2015-01-24 Cognitive Awareness Training for everyone is a simple guide with coping skills to help you navigate through the emotional side effects of everyday life based on cognitive behavioral therapy CBT cognitive awareness and positive psychology These self help concepts address unhealthy ways of thinking Nothing in this manual is intended to be a substitute for professional therapy counseling or medical attention Results will vary depending on the intensity and regularity of their individual application Success depends on YOU *Get Fit, Stay Fit* William E Prentice,2015-11-03 Learn how to take control of your own well being You ll find both the motivation and scientific knowledge you need to develop your own personal plan for healthy living and to make physical activity an integral part of that plan You ll also explore the roles of stress management sleep and nutrition in achieving your goals Zen and the Art of Happiness Chris Prentiss,2010-04-20 Cutting edge science and spirituality tell us that what we believe think and feel actually determine the makeup of our body at the cellular level In Zen and the Art of Happiness you will learn how to think and feel so that what you think and feel creates happiness and vibrancy in your life rather than gloominess or depression You ll learn how to adapt to life s inevitable changes how to deal with stress in a healthy way and how to nurture a mindful happiness in your daily life Most importantly the gentle wisdom of Zen and the Art of Happiness will show you how to invite magnificent experiences into your life and create a personal philosophy that will sustain you through anything A timeless work about the art of happiness the way of happiness the inner game of happiness **Health Coach Wisdom** Lynell Ross,2015-09-16 You Have the Power to Be Healthy You have the power to prevent heart disease type 2 diabetes and certain cancers You can take control and start living a healthy life today This is a simple guide with easy answers on how to eat nutritious meals that fuel your mind and body how to get functionally fit to prevent injury and how to find peace of mind so you can enjoy each day fully and sleep soundly at night Health Coach Wisdom reveals natural ways to help you lose weight get fit and feel great It is your step by step action plan to making simple changes with a big impact If you want to move from surviving to thriving you can get started creating your own healthy lifestyle today In Health Coach Wisdom you will discover how easy it is to Reach and maintain your healthy weight without dieting Weave in fitness throughout your day Control your hunger by balancing your blood sugar Lower stress improve your mood and sleep better Reduce and reverse the signs of aging Reduce your risk of heart attack stroke and type 2 diabetes Develop peace of mind better relationships and a joyful life Lighten up the everyday foods you love to eat Create daily healthy habits a key to success

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