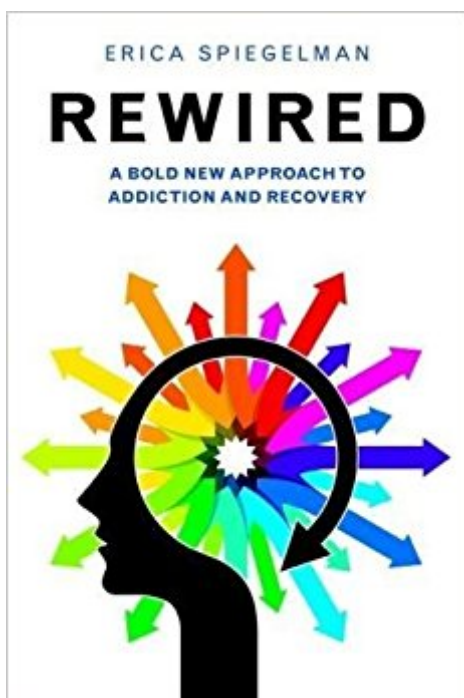


The book was found

Rewired: A Bold New Approach To Addiction And Recovery



Synopsis

A REVOLUTIONARY NEW APPROACH TO ADDICTION RECOVERY FROM AN ADDICTION EXPERT

Ã 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. Ã 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. Ã Â Each section in Rewired includes:

- Ã 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

Ã 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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Customer Reviews

“Recovery requires a 180 degree shift in how you think about yourself, your relationships, and your problems. Rewired helps you develop a useful and practical perspective on what you can do to recover from [addiction]. I highly recommend this book.”

• Allen Berger, Ph.D., author of 12 Stupid Things That Mess Up Recovery, 12 Smart Things to Do When the Booze and Drugs Are Gone, and 12 Hidden Rewards of Making Amends

“There are few people who truly understand the disease of addiction and the attainability of recovery as well as Erica Spiegelman. Rewired is a must read for anyone seeking the essential internal tools to make recovery a reality.”

• Robert L. Shapiro, Attorney and Chairman, The Brent Shapiro Foundation for Alcohol and Drug Awareness

“Erica has a true gift of taking her clients to the next level so they can have the success they much deserve.”

• Ross Remien, Director and Founder, Living Rebos Outpatient/Sober Livings

“Rewired provides the principles and actions to cultivate and re-enforce a healthy self. It offers the tools to plot a path and to proceed step-by-step toward maintaining positive change. [Erica Spiegelman has a strong and steady voice that is certain to inspire those troubled by addiction to feel confident in the path toward recovery.]

• Gayle Byock, MA/MFT

“[Erica’s] approach is forward thinking and innovative while maintaining a down to earth, intuitive wisdom.”

• Amy Reichenbach, Psy.D., Licensed Psychologist

“Erica explains how to use what we already have or can attain to navigate not just addiction but all the challenges of life.”

One of the best recovery books I’ve ever read.

• Pat O’Brien, radio host, TV anchor, and author of I’ll Be Back Right After This

Erica Spiegelman is an Addiction Specialist, Counselor, Author and Speaker who has made an indelible mark in the field of addiction recovery. She has founded a multi-media health and wellness platform, providing consulting and counseling solutions for clients by providing them with tools on how to reach emotional, mental and physical freedom. She holds a Bachelors degree in Literature from the University of Arizona and a degree as a California State Certified Drug and Alcohol Counselor (CADAC-II) from University of California, Los Angeles. Erica works with several treatment centers in California, including Living Rebos Treatment Center, Klean Treatment Center, Beit T’Shuvah and Passages Malibu. She is a regular contributor to online health outlets, TV news shows, writes for Maria Shriver, and often co-hosts a weekly radio show Klean Radio on Sirius XM.

I am not an addict, but I’ve been trying to understand them. This book is great to help with addiction

issues and even improving overall mental health for the non-addict.

My daughter really got a lot out of this book!

If you are shopping for books in this category, this is a very good one--Spiegelman is clear and concise and her points don't come with a lot of jargon or join-the-club strings attached. Although the subject matter is fairly specific, I think most people would benefit from reading what Spiegelman has to say about developing and maintaining a legitimate sense of self worth.

This is a great book that explains clearly the way an addict and non addict can improve his life recover and find peace and freedom. I really enjoyed reading this book.

Amazing information laid out in an easy to understand and clear way. Perfect for people in early recovery.

This book was delivered to me yesterday, and i haven't been able to put it down! I Think this book is going to be really great for my recovery, it has a really great approach on addiction. Best money i have spent in a long time!

Just getting started, so far so good

well written and so very helpful to my recovery. Erica Spiegelman takes each facet of recovery and shines a light into each one. totally fascinating and I wish all recovering people read this. I'm using it like a course to improve my life not just stay sober.

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On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling
Addiction-Internet Addiction-Overeating Breaking Bad Habits: 11 Steps to Freedom (addiction, food
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Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology
Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling

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