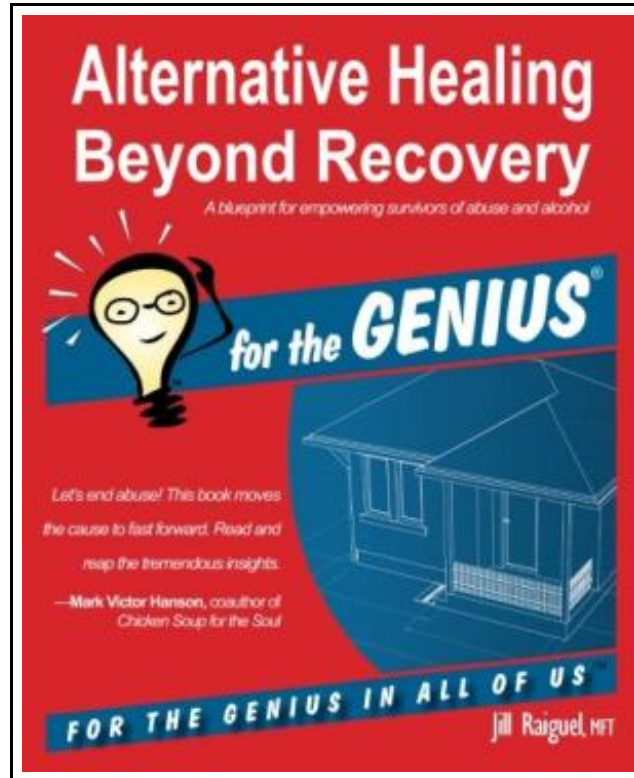


## Alternative Healing Beyond Recovery for the Genius



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Charitychannel LLC, United States, 2015. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Need to take the next step in your recovery from abuse or an alcoholic family? Ready to try sound, research-based alternative techniques? In *Alternative Healing Beyond Recovery for the Genius* you will find the answers you need! Let s end abuse! This book moves the cause to fast forward. Read and reap the tremendous insights. -Mark Victor Hanson, co-author of *Chicken Soup for the Soul* This book is a treasure chest of simple healing exercises and Life Skills activities that help you, the survivor of abuse and/or an alcoholic family, to release old feelings, repair emotional hurts, and learn missing Life Skills. Many adult children of alcoholics and survivors of abuse--and there are more than 64 million in this country alone--continue to repeat their dysfunctional family patterns in failed marriages and relationships; or replay abuse in their jobs; or have addictions to cover up pain; or they allow others to use them; or have blind spots so they cannot see their own dysfunctional patterns. And, some survivors have all of these problems and more. *Alternative Healing Beyond Recovery for the Genius* offers comprehensive solutions to many of the issues that survivors face. First the book gives the reader the Raiguel Life Skills Inventory, one-hundred research-based items, that clearly state the issues. Taking the quiz can be very helpful articulating the issues that have been in the background but unspoken for years. Some of those Life Skills are: Building Trust Being in the Body Expressing Emotions: Having Fun Expressing Needs Managing Anger Appropriately Managing Your Addictions Overcoming Blinds Spots Not Overhelping Not Being Perfect Not Being Used Setting Goals and Managing Money. Raiguel also includes many guided visualizations,...



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