



## Finding the Recovery in You: A Candid Look Into Overcoming Addiction or Any Other Obstacle in Your Life

By Ronald Newman

iUniverse, Inc. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 9.1in. x 6.2in. x 0.3in. Overcoming an addiction or any other obstacle in life can be difficult, especially if you don't know the plain, hard facts about what's involved. *Finding the Recovery in You* details the straightforward process you need to follow to accomplish such a goal. After finding his own recovery from active addiction, R. S. Newman gives a candid look into the damaging effects of this disease—whether it's an addiction to alcohol, drugs, or any other compulsive activity. The author shares valuable insights about the recovery process, the resources for help that are available, and his own fresh views on overcoming obstacles based on his personal and professional experiences. This is an inspiring story for anyone who wishes to overcome adversity in their life—no matter how big or small. *Finding the Recovery in You* effectively reinforces that anything is achievable if you desire change for the better and are willing to do whatever is needed to achieve that change. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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