



Full Recovery: Creating a Personal Action Plan for Life Beyond Sobriety

Brian McAlister

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You've been able to stay alcohol and drug free for a period of time, but something's still missing. Addiction is a physical, spiritual, and emotional disease. Detox deals with the physical aspect, and a 12-step or some other type of spiritually based program teaches you how to remain abstinent. But what about the emotional or mental challenges that must be overcome? Are you ready to move beyond financial scarcity? Are you floundering in an unfulfilling career or personal relationship? These real-world challenges often lead to an uninspired, mediocre recovery and can be major contributors to relapse. It's time to move forward, discover your life's purpose, and reach your full potential. This book is designed to help you design an action plan, create momentum, and achieve results. The universal truths presented here have taken me from being a low-bottom alcoholic/addict to a successful entrepreneur and author with twenty years of continuous sobriety. The suggestions and exercises I present have worked for me and countless others. They will work for you if you choose to let them. So you're sober; what's next? No doubt you achieved sobriety with guidance from someone who knew how to get and stay sober. I speak your language; let me do the same for you on the next step to full recovery. Let me be your life coach on your journey to abundance. Everyone loves a great comeback story. Achieving full recovery is the greatest comeback story you'll ever tell because it will be your own.

Full Recovery is a valuable book not only for those in recovery from addictions but also for those looking to grow toward their full potential. This book fills a void in recovery literature specifically addressing life after getting sober. Recovery principles and spiritual concepts are effectively integrated into a framework for readers to apply to their career, relationships, and spirituality. Through real-life examples and action plans, Full Recovery inspires readers to use challenges and adversity as sources of motivation toward creating a productive, meaningful, and successful life.

-Sarah Allen Benton, MS, LMHC, author of *Understanding the High-Functioning Alcoholic*, therapist at the McLean Residence at The Brook, Waltham, Massachusetts (affiliated with Harvard Medical School), and licensed mental health counselor in private practice at Confidential Care, Norwell, Massachusetts

Full Recovery is a must-have resource not only for anyone who wishes to deal with addiction but also anyone who wishes to live a full, abundant, and amazing life. Brian McAlister's personal story will inspire those who think they're 'too far gone' to keep going and know that there is hope.

-Melissa Bradley, MS, NCC, BCETS, FAAETS, psychotherapy and international clinical trainer on resilience and healing

One of the best how-to books I have read in a long time. This book abounds with information and exercises to live a more abundant life. With Brian's advice, you can't miss.

-Frederick T. Reihl, CEO, Freedom House, drug and alcohol treatment center

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Teresa Howard:

Reading a book tends to be new life style in this particular era globalization. With reading you can get a lot of information that can give you benefit in your life. Along with book everyone in this world can certainly share their idea. Ebooks can also inspire a lot of people. A great deal of author can inspire their particular reader with their story or maybe their experience. Not only the storyline that share in the guides. But also they write about advantage about something that you need example of this. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book which exist now. The authors these days always try to improve their ability in writing, they also doing some exploration before they write on their book. One of them is this Full Recovery: Creating a Personal Action Plan for Life Beyond Sobriety.

Deborah Wilkerson:

Full Recovery: Creating a Personal Action Plan for Life Beyond Sobriety can be one of your basic books that are good idea. We all recommend that straight away because this reserve has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The article author giving his/her effort to put every word into pleasure arrangement in writing Full Recovery: Creating a Personal Action Plan for Life Beyond Sobriety but doesn't forget the main stage, giving the reader the hottest and based confirm resource data that maybe you can be certainly one of it. This great information can drawn you into fresh stage of crucial contemplating.

Steven Hackett:

This Full Recovery: Creating a Personal Action Plan for Life Beyond Sobriety is great book for you because the content which can be full of information for you who always deal with world and possess to make decision every minute. That book reveal it data accurately using great manage word or we can claim no rambling sentences inside it. So if you are read this hurriedly you can have whole facts in it. Doesn't mean it only will give you straight forward sentences but difficult core information with attractive delivering sentences. Having Full Recovery: Creating a Personal Action Plan for Life Beyond Sobriety in your hand like obtaining the world in your arm, details in it is not ridiculous a single. We can say that no publication that offer you world inside ten or fifteen second right but this book already do that. So , this really is good reading book. Heya Mr. and Mrs. busy do you still doubt in which?

Carol Wells:

Within this era which is the greater man or woman or who has ability to do something more are more precious than other. Do you want to become one among it? It is just simple method to have that. What you are related is just spending your time not much but quite enough to have a look at some books. One of many books in the top listing in your reading list is definitely Full Recovery: Creating a Personal Action Plan for Life Beyond Sobriety. This book that is qualified as The Hungry Inclines can get you closer in turning out to

be precious person. By looking upwards and review this guide you can get many advantages.

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