



The Soul of Recovery

Uncovering the
Spiritual Dimension in the
Treatment of Addictions

Christopher D. Ringwald

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thousands of alcoholics and addicts recuperate via spirituality. The Soul of Recovery: Uncovering the Spiritual Dimension in the Treatment of Addictions within the Soul of Recovery: Uncovering the non secular measurement within the remedy of Addictions, writer and journalist Christopher D. Ringwald tells how and why they search and attain those transformations. Ranging way back to the Washingtonian overall Abstinence Society in 1840, Ringwald illuminates using spirituality inside of quite a lot of remedy options--from the well-known Twelve Step-style courses to these adapted to the wishes of addicted The Soul of Recovery: Uncovering the Spiritual Dimension in the Treatment of Addictions women, local Americans, or homeless kids now not able to quit. targeting the consequences instead of the validity of ideals espoused by way of those programs, he demonstrates how addicts get well via practices similar to self-examination, meditation, prayer and reliance on a self-defined better power. however the such a lot compelling facts of spirituality's significance comes from these without delay interested in the process. Ringwald traveled around the kingdom to go to dozens of courses and interview hundreds of thousands of addicts, alcoholics, counselors, relations members, medical professionals and scientists. Many proportion relocating tales of suffering, survival, and redemption. A homeless man, a surgeon, a faculty student, a operating mother--each describes the descent into habit and the way spirituality provided a practical, own ability to recovery. Ringwald additionally examines the controversies surrounding faith-based remedy and the restoration movement, from the clash among technology The Soul of Recovery: Uncovering the Spiritual Dimension in the Treatment of Addictions and spirituality, to skepticism concerning the "new age" model of spirituality those courses encourage, to constitutional concerns over court-mandated participation in allegedly spiritual therapy programs. Combining in-depth examine with strong own accounts, this interesting exploration of spirituality will offer a fuller figuring out of the character of habit and the way humans triumph over it.

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