



DESTINATION JOY

Moving Beyond
Fear, Loss & Trauma
in Recovery

EARNIE LARSEN

author of the best-selling
STAGE II RECOVERY

Destination Joy Moving Beyond Fear Loss And Trauma In Recovery

John Howard Prin



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Destination Joy Earnie Larsen, 2010-03-09 Whether you've hit an obstacle in your recovery from addiction you're experiencing periodic relapse or you're simply longing for something more here is a true and certain guide to living more abundantly in recovery With *Destination Joy* best loved author Earnie Larsen provides friendly and expert roadside assistance to weary travelers on recovery's path Whether you've hit an obstacle in your recovery from addiction you're experiencing periodic relapse or you're simply longing for something more here is a true and certain guide to living more abundantly in recovery In sharing many different stories of recovering people and the various paths they have taken Larsen explores ways you can bring greater love acceptance and belonging into your life *From Anger to Forgiveness* Earnie Larsen, Carol Larsen Hagerty, 1992-09-23 In this understanding and supportive guide renowned writer lecturer and counselor Earnie Larsen lays out a new strategy for identifying and facing up to our underground reservoirs of resentment and rage and moving beyond them to forgiveness Gently patiently he teaches us that we can learn how to reclaim the power that anger has over us and reestablish relationships and rebuild bridges that might have been burned as we move forward toward a new serenity and understanding of ourselves and the hidden needs that have kept us stuck and helpless *Now That You're Sober* Earnie Larsen, Carol Larsen Hagerty, 2010-05-26 Written a decade before coronavirus pushed in person meetings online and kept us home this portable and practical workbook for the newly sober is a perfect coach for the present moment In this portable recovery aftercare program Earnie Larsen coaches readers through one full year of sobriety with personal practical actionable steps to help them refocus on the core concepts that are essential to sober living Make no mistake about the intention of the guidance offered in this book This is not just another nice recovery book one that you read and then put aside hopefully taking away a few good thoughts My intention is that the material offered here should be chewed pulled apart scrutinized and internalized This book is designed to be worked It is intended to provide support insights and exercises that will do something about the high relapse rate of people starting recovery Earnie Larsen From the introduction In this invaluable guide renowned author and lecturer Earnie Larsen brings you a portable recovery aftercare program that you can easily integrate into your personal life and take with you anywhere you go *Now That You're Sober* is an all purpose year long compendium of recovery wisdom and inspiration to help those who are newly sober focus on practical applications of Twelve Step principles Like a traditional aftercare program it is designed to keep the basics of recovery front and center in your consciousness as it is the loss of this awareness that causes relapse In his characteristic down to earth tell it like it is style Larsen serves as your recovery coach providing guidance and inspiration when you feel vulnerable in your sobriety and helping you to move past common stumbling blocks and flourish in your daily life Each of his fifty two entries includes a motivational essay or pep talk centered on a key element of recovery followed by personal practical actionable steps to help you refocus on the concepts and behaviors that are essential in a recovering person's life Earnie Larsen is a nationally known

pioneer in the field of recovery from addictive and unwanted behaviors He has authored and produced more than fifty five motivational self help books and resources on a variety of topics ranging from managing interpersonal relationships to spirituality

Secret Keeping John Howard Prin, 2006 Millions of people hide often debilitating addictions from their closest friends and family This volume explores how to break the secret keeping habit and get the help and support needed to overcome addiction rebuild self esteem and live honestly The Publishers Weekly ,2003 **American Book Publishing Record** ,2003 The Advocate ,2004-08-17 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States

Road to Recovery Marcia Teperman, 2021-09-21 Your life job relationships friends possessions and the joy that you desire hinges on your ability to feel worthy of them and create the right conditions for them to come into your life That s the mind awakening Marcia Teperman author of Road of Recovery has after years of trying to recover from the physical and emotional pain that occurred after she suffered a life altering road accident Road to Recovery is the story of how she moved beyond her limiting belief systems and fears to transform her life This book shares her self discovery journey and the techniques she used to close the gap between her current life situation and how she wanted her life to be Every person s journey from traumatic events has a different pace Road to Recovery helps readers shorten the journey of self awareness so they can connect to their true potential faster and have more enjoyable fulfilling lives How to overcome trauma and become a better person afterwards Wonderful for anyone who has had a trauma or knows someone who has Makes you appreciate your health and well being and overcome obstacles you might have Amazon Buyer A Page turner Many lessons to be learned not only by those who have suffered this kind of tragedy but for anyone close to victims of car accidents It is a must read Katie Hudders Marcia Teperman has blazed the way to your body and soul s recovery Road to Recover is a poignant uplifting heart felt and well researched book that will illuminate your path to recover from both physical and emotional trauma If you want to get back on track with your life your journey to personal victory over traumatic loss and injury begins here Dr Gary D Salyer Ph D Author of Safe to Love Again

Moving Beyond Denial Into Recovery Shirley J. Davenport, 2015-09-07 Moving beyond Denial into Recovery is a compilation of many resources Dr Shirley J Davenport spent nineteen years studying uncovering exploring and sharing within the recovery community Moving beyond Denial into Recovery workbook is designed to help participants achieve the benefits from their initial attempt at recovery and to assist in bringing about lasting psyche and life style changes Moving beyond Denial into Recovery may be extremely helpful when implemented in a treatment and prison setting This workbook offers valuable tools to prevent relapses and to grow into the person God has predestined them to be Moving beyond Denial into Recovery presents signs and triggers that lead to relapse such as fears anxieties resentments expectations insecurities and reservations Addictive behavior and stinking thinking sometimes leads to the thought that a person can have one drink or use drugs onetime Statistics show that there is a 90% chance that at least one of these risk

factors or situations will lead to relapse Moving beyond Denial into Recovery offers the discipline of putting first things first and setting priorities in a person s life A person s true character and their true spiritual worth is not determined by their achievements or the fortunes they have amassed but by what they have achieved in inward peace and contentment with God This is the purpose of Moving Beyond Denial into Recovery

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