



Holistic Healing for Drug & Alcohol Addiction: Enlivening Body, Mind and Spirit to Remedy Depression, Anxiety and Self Hate

JessicaRae Pulver-Adell

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Holistic Healing for Addiction: Enlivening Body, Mind and Spirit to Remedy Depression, Anxiety and Self-Hate is a hands-on guide to combat substance use disorders and the underbelly of the disease focusing on teaching holistic remedies before, during, and after rehabilitation, Holistic Healing for Addiction empowers readers, and their loved ones, with the tools to stave off self odium. Learn how to change your thoughts, behaviors, and environments by implementing:

- Crystal Healing
- Feng Shui
- Chakra Healing
- Affirmations
- Oracles
- The Art of Tea
- Adult Coloring
- Practical Wisdom

Tackle remedying withdrawal anxiety, the necessity of going to treatment, and learn how to let go of the past for a beautiful future. Holistic Healing for Drug & Alcohol Addiction is intended to serve anyone interested in discovering their true selves through introspection, spirituality, and an escape from the sometimes limiting prescriptions of westernized medicine.

Not a substitute for traditional recovery, this guide is a complement to recovery pursuits mastering the emotional, spiritual, and psychological pursuits of recovery, sometimes skated over in lieu of treating addiction topically.

With this book learn to resolve inner unrest and conquer addiction, self doubt, self loathing, and the void addiction leaves behind.

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