



Spirituality and Recovery: A Classic Introduction to the Difference Between Spirituality and Religion in the Process of Healing

By Leo Booth

Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Spirituality is recognizing that we have the power to change the things in our lives that bring us pain. Whether it s simply a life in need of greater positivity or a life ravaged by addiction, each of us holds the key to initiating the healing process. Spirituality is recovery. This is the essence of the message in Spirituality Recovery: A Guide to Positive Living by noted author and speaker Reverend Leo Booth, who has years of sobriety. In this third edition of a powerful and timeless classic, listeners will learn that spirituality connects with creativity, bringing insights into how to live an authentic life. The drug addict who desperately wants to break from his dependency, the emotionally needy person who wants to stop craving the attention of others, the widow whose life feels empty and discontent, the young adult who feels guilty because of a detachment from religion - these are some of the countless people who will benefit from the journey taken in Spirituality Recovery. With a broad spectrum of references from music, dance, theater, sexuality, relationships, nature, personal experiences - and yes, the...



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