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## Who's Your Higher Power? Finding a God of Your Own Understanding (Paperback)

By Dawn V Obrecht

Richer Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Dawn Obrecht grew up with two alcoholic parents, rode her own addiction to the edge of suicide, and then became an MD Addictionist and professor. In her third book, WHO S YOUR HIGHER POWER, she focuses attention on a question of profound importance that has been surprisingly neglected in the addictions literature-how does one fully embrace the first three steps to recovery when views of a Higher Power have been distorted by life? In WHO S YOUR HIGHER POWER, Dr. Dawn Obrecht shares insightful and touching narratives about finding a God of your own understanding from thirty courageous consociates who she compassionately calls alcoholics and addicts I have known and loved. RECOVERY FROM ADDICTION, from depression, trauma or any other discomfort, painful feeling, habit or dysfunction, is not about simply refraining from some substance or process or merely taking a medication to alter how you feel. Yes, there are neurological disturbances that respond to medication. Many people find antidepressants, mood stabilizers and other medication to be a useful or even necessary part of recovery. They also find that they need to do...



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