



## Stress and Recovery

By Patricia Hoolihan

Hazelden Information Educational Services, United States, 1984. Pamphlet. Condition: New. Language: English . Brand New Book. For good and bad, lifestyle changes often involve stressful events. This is especially true for those making the courageous but tenuous transition from addiction to recovery. Learning new behaviors, such as expressing anger or asking for help, is a common--and stressful--experience for everyone in recovery. Indeed, stressful events can be a wonderful motivator for positive change, or unchecked, they may lead to a high-stress lifestyle. This pamphlet presents stories of people in recovery and how they found balance in their lives while dealing with stress factors that are common in recovery.



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