



The Missing Peace: Solving the Anger Problem for Alcoholics, Addicts and Those Who Love Them

By John Lee

Health Communications. Paperback / softback. Book Condition: new. BRAND NEW, The Missing Peace: Solving the Anger Problem for Alcoholics, Addicts and Those Who Love Them, John Lee, The best kept secret to recovery revealed. If you or someone you love is navigating their way through recovery, there's one thing that will either be a roadblock or a catalyst on the journey: a true, holistic understanding of anger. Unfortunately, most recovery programs don't address or properly understand anger, and many times, this leads to relapse or a rougher transition, even for people who don't consider themselves "angry." In The Missing Peace, bestselling author and recovery movement pioneer John Lee shows that true happiness and fulfillment is not only possible-but within your grasp. Using his highly acclaimed Detour Method, a proven process he uses at seminars and workshops nationwide, Lee shows you how to free many of the anger issues that are holding you back. Through his expert advice, personal stories and his step-by-step program, he will open your eyes to the pervasive myths about anger; help you recognize if you or someone you love has issues with anger; and he will reveal the red-flag scenarios you need to be aware of...



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