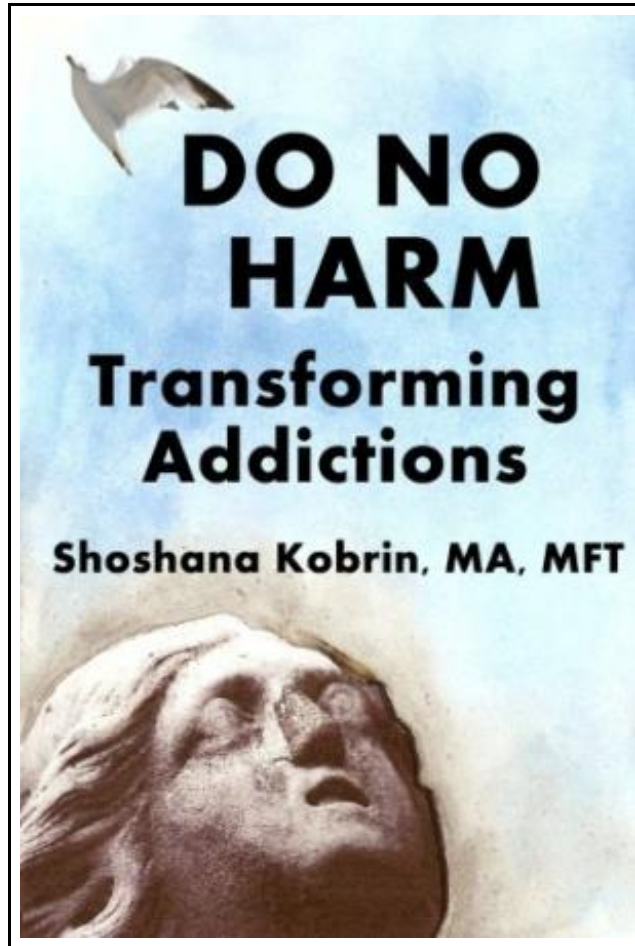


## Do No Harm: Transforming Addictions (Paperback)



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*(Elaina Funk)*

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Kobrin Kreations, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do No Harm is for people trapped in an addiction and for those who love them. It s also geared for people in the helping professions. Today so many of us struggle with addictive substances and behaviors: illegal or prescription drugs, alcohol, food, gambling, sex, overspending, nicotine, or caffeine. For instance, one out of eight Americans is a heavy drinker or abuses drugs. With the proliferation of mobile phones, Internet addiction has reached epidemic proportions. Do No Harm covers all the major addictions. Our culture fosters addictions. Economics is the mark of human achievement. The word affluenza ( affluence and influenza ) refers to the dramatic increase of stress, overwork, and debt from obsessively pursuing the American Dream. Economic pressure, climate change, wars, shootings, terrorism, and assault erode our sense of security. We re becoming more guarded, more disconnected from our surroundings. We use addictions to calm our fears. Most books on addictions deal only with symptoms. Do No Harm explores the underlying causes, aiming at total recovery. Understanding the deeper layers of our struggle is necessary for the addiction to lose its hold. Kobrin s approach is holistic, encompassing our whole self and our relationship to self and the world. Kobrin says, Addictions are an unconscious effort to survive a lack of meaning in ourselves, others, and our lives. We believe we re undeserving and insignificant. I call this belief system the Dark Spiral. When we re lost in its inner emptiness, our lives feel mundane and useless. The antidote for the Dark Spiral is the Satisfied Soul - positive connections with our emotions, body, family, relationships, community, vocation, living situation, and our environment. Connecting...



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