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The Recovering Body: Physical and Spiritual Fitness for Living Clean and Sober

By Jennifer Matesa

Hazelden Information & Educational Services. Paperback. Book Condition: new. BRAND NEW, The Recovering Body: Physical and Spiritual Fitness for Living Clean and Sober, Jennifer Matesa, In our former lives as practicing alcoholics and addicts, we likely punished our bodies as much as our minds. And yet, recovery programs often neglect the physical, focusing primarily on the mental, emotional, and spiritual dimensions of staying sober. In The Recovering Body, popular health writer and Guinevere Gets Sober blogger Jennifer Matesa provides simple, effective ways for addicts to heal the damage caused by substance abuse, whatever our age, lifestyle, or temperament. Combining solid science and practical guidance, along with her own experience and that of other addicts, Matesa offers a roadmap to creating our own unique approach to physical recovery. Each chapter provides key summaries and helpful checklists, focused on: * Exercise and activity. * Sleep and rest. * Nutrition and fuel. * Sexuality and pleasure. * Meditation and awareness. Matesa's holistic approach frames physical fitness as a living amends to self--a transformative gift analogous to the "spiritual fitness" practices worked on in recovery.



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