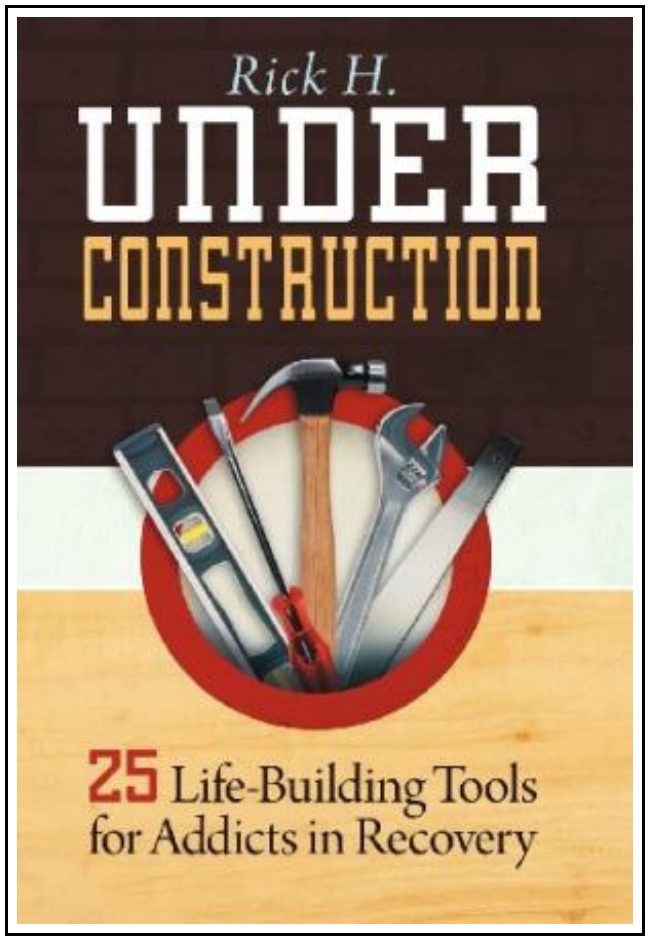
# Under Construction: 25 Life-Building Tools for Addicts in Recovery




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***(Felicia Nikolaus)***

# UNDER CONSTRUCTION: 25 LIFE-BUILDING TOOLS FOR ADDICTS IN RECOVERY

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WestBow Press A Division of Thomas Nelson. Hardcover. Book Condition: New. Hardcover. 182 pages. Dimensions: 8.5in. x 5.5in. x 0.6in. Rick H. often starts his talk at recovery meetings with this statement: I come here because the Rick of old will drink again. So I need to change, and this is where my professors are. He then adds that, to live a sober, happy life, he had to find a replacement for the alcohol that he used in his struggles to cope with the realities of life. That replacement includes a set of tools that he relies on to contend with all of lifes ups and downs They reflect a wide range of powerful insights and practical wisdom gathered over twenty years from fellow recovering addicts in countless meetings, retreats, and workshops. Realizing the power of compiling and sharing this life-changing information in one source, and recognizing that every addict needs such a toolkit, Rick wrote Under Construction. Its primary purpose is to provide a simple reference guide consisting of twenty-five life-recovery tools, described in a practical, easy-to-read format along with real-life stories of how these tools have been applied. In addition, he includes probing questions that will challenge the reader to explore how these areas relate to his or her personal journey of recovery. The tools presented in Under Construction can turn your life aroundif you have the guts to follow this pragmatic book. It will give you insight into the triggers that can accelerate progress in recovery and all relationships. Prepare for hard-hitting questions and no-holds-barred action steps. The book goes straight to tackling the biggest challenges facing anyone in recovery. -Todd S. A portion of the proceeds from this book will be donated to organizations supporting recovery efforts. This item ships from multiple locations. Your book may...

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