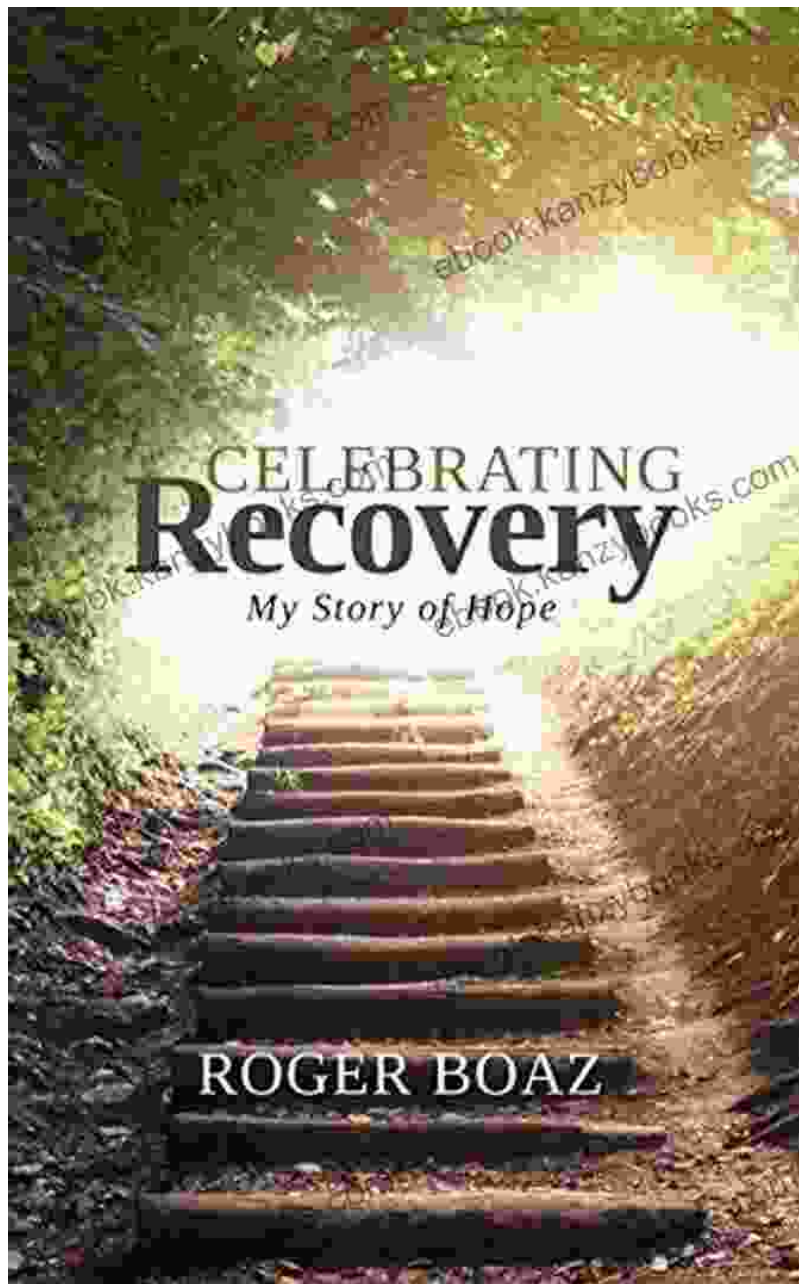


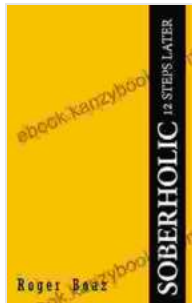
Soberholic: 12 Steps Later - Navigating Recovery Beyond Addiction

Unveiling the Journey from Addiction to Recovery and Beyond



In the realm of addiction recovery, the 12-step program has long been a cornerstone of treatment. However, for many individuals, the journey

beyond those initial steps can be fraught with challenges and complexities. Enter "Soberholic: 12 Steps Later" by Roger Boaz, a transformative book that delves into the post-addiction landscape, offering invaluable insights and practical guidance for navigating this critical phase of recovery.



Soberholic: 12 Steps Later by Roger Boaz

★★★★★ 5 out of 5

- Language : English
- File size : 225 KB
- Text-to-Speech : Enabled
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 76 pages
- Lending : Enabled
- Screen Reader : Supported



Redefining Recovery: Beyond the 12 Steps

Boaz boldly challenges the notion that recovery ends with the completion of the 12 steps. Instead, he argues that true recovery is an ongoing process that requires continuous effort and self-discovery. "Soberholic: 12 Steps Later" encourages readers to embrace a broader understanding of recovery, one that encompasses physical, emotional, and spiritual well-being.

Uncovering the Hidden Patterns

Drawing from his extensive experience as a therapist and addiction specialist, Boaz identifies common patterns and pitfalls that individuals face in post-addiction recovery. Through compelling case studies and personal

anecdotes, he sheds light on the subtle yet profound challenges that can arise, such as:

- **Codependency and enabling**
- **The fear of intimacy and vulnerability**
- **Unresolved trauma and emotional triggers**
- **The struggle to find purpose and meaning**

Practical Tools for a Sustainable Recovery

Beyond identifying potential obstacles, "Soberholic: 12 Steps Later" provides readers with a comprehensive toolkit for cultivating a sustainable recovery. Boaz introduces practical strategies and exercises that empower individuals to:

- **Develop healthy coping mechanisms**
- **Build strong support systems**
- **Address underlying emotional issues**
- **Discover personal values and create a fulfilling life**

Beyond Sobriety: Embracing a Meaningful Life

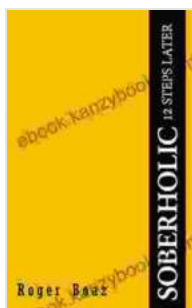
"Soberholic: 12 Steps Later" goes beyond the mere attainment of sobriety. It inspires readers to envision a life beyond addiction, one that is characterized by purpose, connection, and personal growth. Boaz encourages individuals to explore their passions, tap into their creativity, and cultivate a sense of belonging.

A Path to Transformation

Throughout the book, Boaz weaves together personal stories, research findings, and therapeutic techniques to create a compelling narrative that is both insightful and empowering. "Soberholic: 12 Steps Later" offers a roadmap for transforming one's life from the depths of addiction to the heights of recovery and personal fulfillment.

"Soberholic: 12 Steps Later" by Roger Boaz is an essential guide for anyone navigating the post-addiction recovery landscape. With its compassionate insights, practical tools, and inspiring stories, this book empowers individuals to transcend the limitations of their past and embrace a life of purpose, meaning, and sustainable well-being.

Whether you are a recovering addict, a family member or friend supporting someone in recovery, or a professional working in the field of addiction, "Soberholic: 12 Steps Later" is an invaluable resource that will illuminate your path towards a brighter and more fulfilling future.



Soberholic: 12 Steps Later by Roger Boaz

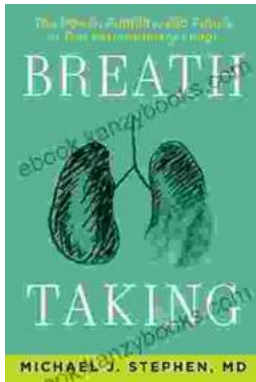
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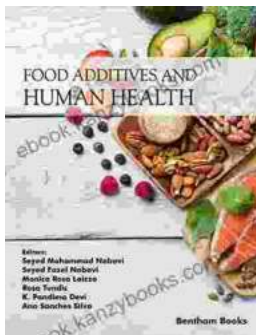
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