## SmallTownBoy

All the drugs you ever need are in your own head

## Rob Jones and Small Town Boy



The real story of how Rob Jones became dependent on drugs and alcohol and his struggles to get himself clean. This book shows his trip and provides an insight into getting fit and exercises to show how it's completed. Using fitness training and will-power he provides conquered his demons and is moving on.



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Great book of childhood in a bygone age This is actually the autobiographical story of Rufus M. Jones, b. 1863, in rural Maine and his early childhood until he went away to college. He was a brilliant student and went to Haverford College where he afterwards became a professor. There is absolutely no discussion about alcohol and drugs in this publication. Two great biographies of him are by Elizabeth Vining "Friend of Existence - The Biography of Rufus M. Jones" and David Hinshaw, "Rufus Jones, Grasp Quaker". It really is a wonderful true story of his whole childhood before technology. Using your brain God offered them to understand and create meaningful methods to live. He was an excellent student and visited Haverford University where he afterwards became a professor. He was a major Quaker leader. (Be aware: Pamela, not Michael, wrote this review) came across myself attracted to Small City Boy because of my very own journeys with alcohol and drugs. In the event that you or someone you understand has a problem, I encourage you to learn this publication. I am a recovering alcoholic and cocaine addict. I haven't got either for 25 years. This book doesn't have a lecturing or intellectual tone; it tells an important story in an readable style. It displays truth and heart; due to that, I think it will reach some people that it wouldn't otherwise reach. The interspersing of workout tips is outstanding! Many stories like this essentially say "don't do what I did so," but give no ideas for alternatives. Raised in the small village of South China, Maine Jones became a key writer and thinker for the Quakers but reflects on earlier times in his publication Small

Town Boy. My dad died from a head on car collision with a drunk teenager." Though this is primarily about heroin addiction, it says a whole lot about the methods people dull themselves out with numerous substances, to their own and others destruction. A census of my dead relatives implies that most of them died, directly or indirectly, from alcoholic beverages or cigarettes. Lots of local color Little town boy combines youthful memories with the first theological reflections and influences of Quaker Rufus Jones. My mother died from the long-time ramifications of emphysema caused by smoking cigarettes. Most of all, it tells the story of one man who pulled from it and writes about any of it, for us and for his child. Thank you for writing this important function! This is the story of Rufus M. We would all be wise to study from this book Drugs. Great book of childhood in a bygone age. We would all be wise to study from this book. The review by Horton about this book will need to have been a mistake and also have been designed for another book. He was a major Quaker leader . A LITTLE Town Boy This is a wonderful look on the past of life before electronics when boys could possibly be adventurous without causing alarm. Jones, b. 1863, in rural Maine and his early childhood until he went away to school... Two amazing biographies of him are by Elizabeth Vining "Friend of Life - The Biography of Rufus M. Jones" and David Hinshaw, "Rufus Jones, Grasp Quaker". It is a wonderful true tale of his full childhood before technology. Review by Horton should be of another reserve. So, I cheered when I read (paraphrasing) "shall we start with recreational medicines or with the real killers? Exercise might not function for everyone, enjoy it do for him, however the seed is usually planted that something needs to replace what was the default before (drugs, alcohol). The reserve is conveniently read and more fun for any acquainted with the China Lakes area as it is full of local references. Not only does the reserve reveal some of the influences behind Rufus Jones and his thinking it is an excellent slice of early 20th hundred years rural America.

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