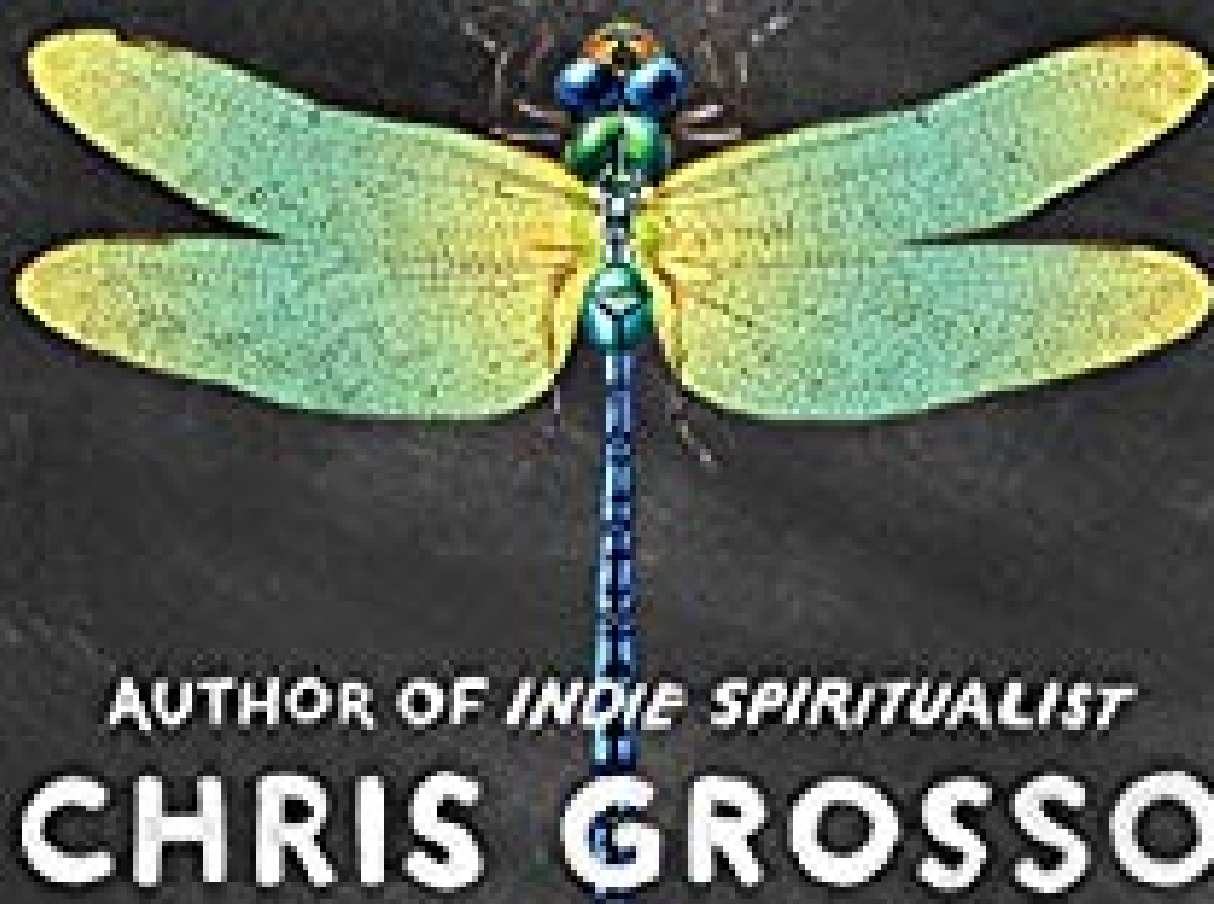


"Raw, ripped, and authentic." — Sam Mergers, professional skateboarder, actor (*Jackass*)

DEAD SET ON LIVING

MAKING THE DIFFICULT
BUT BEAUTIFUL JOURNEY FROM
F#%KING UP TO WAKING UP



AUTHOR OF *INDIE SPIRITUALIST*
CHRIS GROSSO
WITH ALICE PECK

Chris Grosso

Dead Set on Living: Making the Difficult but Beautiful Journey from F#*king Up to Waking Up



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In *Dead Place on Living*, Chris shares these intimate conversations and the procedures that have taught him to become more loving, compassionate, and forgiving with himself along with new meditation and healing methods he learned through his trip. drugs, alcohol, unhealthy taking in, sex, press—and how they are able to recover, heal, and thrive. Unabashedly honest and inspiring, *Dead Established on Living* is essential reading for anybody seeking a path towards triumph over adversity, understanding the human condition, and rebuilding associations after promises have already been broken. In an effort to realize why he relapses, and just why many of us go back to the many other self-defeating behaviors despite our better judgment, he visited bestselling authors, spiritual teachers, psychologists, doctors, and more, and asked them why we have a tendency to repeat mistakes inside our lives, also when we know these actions will damage us and those we love. Chris Grosso invites us to sit in on conversations with beloved luminaries and bestselling authors such as Ram Dass, Lissa Rankin, Noah Levine, Gabor Mate, and Sharon Salzberg to discover why people go back to self-defeating behaviors—In his recovery from drugs and alcohol, Chris Grosso has stumbled, staggered, and started all over again.



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Great tools in the road of honest living Dead Set in Living includes conversations with well-known luminaries and best-selling authors. It provides accessible teachings for people on any healing path. I have suggested it to anyone on the trip to appearance deep within themselves or understand addiction better. He uses his life encounters and encounters with countless mentors, musicians, spiritual leaders, etc. When I browse it, I started with the preface and introduction i quickly jumped to the Ken Wilber chapter mainly because I am an enormous fan of Wilber's writing and philosophies. The writer has a way of taking his own pain and deploying it as a catalyst for continued growth in his own existence. I jumped around the chapters by selecting them from the desk of contents based on what I was drawn to for the reason that moment. Dead Arranged on Living is definitely chock-full of wisdom and honesty. The publication reads great in this manner or traditionally from cover to cover. I highly recommend it to anyone .I am thrilled to include this book to my awareness bookshelf collection which includes Chris Grosso's other two books. Must read - a "inform it enjoy it is" spiritual survey and real story about living a genuine life This is an excellent wide and deep survey of spiritual practices that can help everyone live a life fully. This publication is totally highly relevant to recovery and addiction but Chris's raw, frank, and direct design towards suffering in existence does apply to anyone, unless you're currently enlightened or dead.! I am a enthusiast of Chris's podcast and this book is a great complement to it. Personally, i find true to life stories about issues, successes, trips, falls, starting once again, to be so helpful rather than those authors and teachers that present a Pollyanna watch of the spiritual and recovery route. In a nutshell, we are all to some extent addicts and we are all recovering from something The conversations with amazing folks are perfect! He is an inspiration if you ask me and for many people who are simply trying to create it through the day.. Chris' consider and knowledge with relapse and recovery is normally from the center! Whether you are an addict, coping with a treasured one who's addicted, parting from someone you care about who is certainly addicted, or just stuck in a routine of "feeling numb" or self-loathing, Chris's words soothe & I couldn't wait to learn that one. It's an awe inspiring look at what a human being can endure and live to inform. This book helps me deal with that on a soul level. to explain spirituality in a way that is accessible to people from all walks of existence. This book will definitely be distributed to others aswell. Also inside are soothing mantras, which he actually clarifies through his understanding. 'THE' book for anyone living with addiction A deeply touching, at times disturbing, very real emotional accounts of addiction. heal. They hit you where it hurts in the best kind of method. It also provides something to those of us on the professional aspect of the fence, a deeper awareness of what a person goes through and methods to engage them within their recovery stories. I'm not really a book review sort of dude BUT I LOVED this publication! He offers additional readings, as well. He provides motivation and hope, but his super power is his understanding of spirituality and how to integrate it into life beyond recovery.. This reserve, and the work that Chris does with his podcast and teachings, really models the idea that his instructor, the great Ram Dass, stated about the spiritual path, that "We are all just walking each other Home. This book is actually his best. The various other two were great but that one goes far beyond. I can't put it down. However, many can do this, what set this book apart may be the insights gleaned from the interviews. Chris Grosso provides a personal contact by relating his very own experiences and offering a frank debate about his recovery. I truly think this reserve can offer somebody struggling with their very own recovery a much needed ray of wish, in written form. His various other 2 books I have purchased for close friends (and individuals) who I knew were

experiencing depression, anxiety & Writing and content are i'm all over this..whether you are in recovery or simply want some great life tools. I've heard Chris on his podcast and his composing is equal in quality. He illuminates the side of us that's capable of healing and having deep spiritual encounters, even if we've experienced discomfort and self-destruction. We need more books such as this. The breadth of his research and the depth of his contemplation demonstrates chapter after chapter that Chris writes from his heart. Not to mention includes some amazing mindfulness techniques!.whether you are in recovery or not. It's an approachable map for the street of life. Gorgeous and Fearless Book! Chris Grosso has created just one more amazing book! That is an absolutely beautiful book! He has the capacity to consider you into his unpleasant trip of relapse and addiction and then he seamlessly goes out of his dark journey into the light. The light is certainly filled with teachings from different teachers and spiritual practices. He has a powerful way of contrasting the "shadow" part of the human condition and the "light" part. Authentic in a way that required me into his head and his center.Chris Grosso is a modern day teacher, as he is relatable to anyone that has had dark and painful situations in their life. I love his writing because his humility, gratitude, and fearlessness shine through. Five Stars Life changing book! You can find therefore many amazing teachings from different spiritual teachers; I have learned so much from reading "Dead Set on Living."Thank you Chris for your honesty, fearlessness, and service!!! It made me feel just like I was seated in on these extremely candid and approachable conversations, like the part where the writer meets the Dalai Lama... and all anyone who has been touched by addiction.!. whether it's themselves or their loved ones this book helps put factors in perspective... This is a must read for anybody who's experienced addiction personally or struggles with anxiety.! Chris' take on addiction and relapse can be one of revelation and prevention. Using his personal interactions with various other inspirational humans, gives you a knowledge of addiction from various points of watch. Dead Place is a lovely read. GREAT BOOK! Loved this book!! addiction issues plus they also found them extremely helpful.! ***** Fantastic book. Excellent Read This book is an amazing testimony alive and all it's beautiful good and the bad.. Therefore I'll make an exception." Im glad that Chris is strolling beside me. He is Chris - a genuine human which has had success, has stumbled, provides gotten back again up and keeps heading.! that is my favorite up to now. I will continue to open this publication up often!! Whatever path you've chosen this book will deepen it!!Thanks a lot for writing it Chris! Chris has already established the great opportunity to dialogue with many fantastic and powerful teachers and he has synthesized those conversations in a cogent and approachable method so that anyone can take away very relevant and practical methods to address life's challenges.! Excellence This was a remarkably soul-gripping and enlightening text. His accounts are so real and approaches he describes align with eastern philosophy meeting practical western lives. Eventually, we all have been in recovery from becoming human being.! The interviews are in essay form, which I prefer and it enables him to break the debate down for the reader. Five Stars Awesome read !! Chris has had a difficult path with addiction BUT I am SO grateful he provides shared his tale and wisdom because this book will help whoever has felt lost and hopeless. Real, raw.. recovery. straight from the heart this book spoke to me like no other I have read. I have browse/listened to countless books linked to learning from the wounds of existence; The practices to go along with each chapter are excellent and a few I have been implementing into my own daily practice. Chris speaks from his center and is certainly transparent and vulnerable in his sharing. He ties together and references many of my beloved "teachers" My children has been touched by addiction and

mental disease and I understand we are not alone. It is my hope that more and more people should come to see that people are all connected, we all suffer, most of us numb in some ways. Chris is not Pollyanna.



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