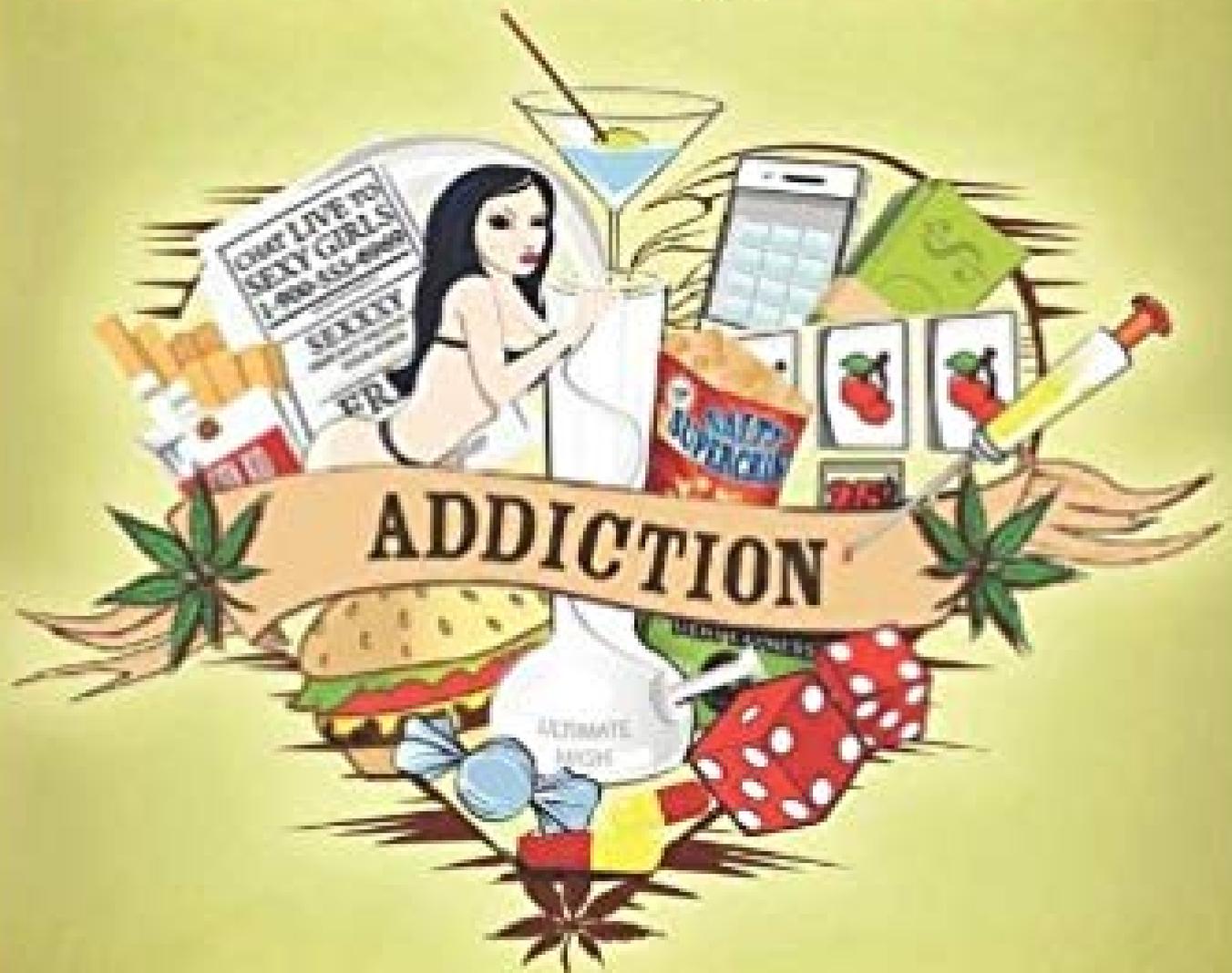


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Good Things

EMOTIONAL HEALING JOURNAL



EFFECTIVE STRATEGIES TO MANAGE
Unwanted Habits AND **Compulsive Behaviors**

ELISABETH DAVIES, M.C.

Illustrated by BRYAN MARSHALL

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Good Things, Emotional Healing Journal: Addiction



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"Physical and psychological stress can make hundreds of thousands of people susceptible to use mood altering substances and unhealthy habits as an attempt to cope. GOOD STUFF Emotional Healing Journal-Addiction" is usually a valuable resource that provides effective strategies and insights to control unwanted habits and compulsive behaviors, so that you can choose healthier methods to cope with life.



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. My husband uses this a whole lot This is great! Which is all of us for some reason or another, from huge to small. He is a visible learner and is a recovering addict. Be kind to yourself, buy it for you after that buy it for everyone you love. Great help for addictions and compulsions--you know you possess 'em!In the preface, Davies warmly proclaims it "an honor" to transfer the various tools, strategies and insights she's discovered from her years as a licensed therapist. The splash of title on the cover instantly provides a smile. Her experience, knowledge, and generous spirit are sprinkling sunlight on the webpages from the git-go. Exceptional resource! Like GOOD STUFF Emotional Curing Journal: The promise is, Open this publication and discover those "issues" and that "healing".Beneath the title may be the outline of a flying heart enticingly stuffed with colorful depictions of "fun things to do"--food, sex, alcohol, etc., etc.; these are entwined beneath a not-so-colorful, heart-spanning banner that broadcasts, ADDICTION. I get the picture. I expect good things inside this cover, fun what to combat my negative traits, whatever they are. For me, this little book was love at first sight. "You aren't alone", she reassures us in the intro; 140 million people in the U.S. suffer from addictions--"unwanted practices and compulsive behaviors".. It evokes my amount of time in India, where signals painted on the backs of large, multi-color trucks recommend, "Horn okay make sure you".This book is simple going. You peruse a few simple, informative pages;meals, alcohol, texting, sex.. in Chapter 5, a succinct desk guides you to customized "Effective Strategies for Managing (your own) Addiction".The next important chunk of the book is fifteen chapters which outline fifteen Effective Strategies.. Ideal for what ails me.After practicing one technique, you re-take an Addiction Inventory to see what your location is. I would suggest this book for those who are in a 12 step plan and/or as an adjunct to psychotherapy. Strongly suggested for any kind of addiction.and more. Wonderful, black-and-white, cartoon-like graphics clarify content material and lighten the 125 pages, as do Davies' own brief, heart-felt poems. This workbook journal is addictive Author Davies has twenty years experience counselling thousands and offers taken a journey through addiction to recovery herself. I was struck in early stages about all the types of addictions. The "Good Things Psychological Healing Journal" walks a person through the basic pitfalls that those not used to recovery face. Additionally it is a good device for those who may not be sure whether they possess an addiction or not. Then you go on to some other prescribed technique, and another--as many as apply, as many as you want. Please be aware that this is definitely a journal -- with "homework" type assignments -- so that it isn't likely to help if you are not willing to perform the assignments. However, the assignments are thoughtfully composed to have the addict considering his/her condition and methods to behave differently in the future. I certainly believe this piece could be useful to those who need a place to straighten out

their thoughts about their addiction. Highly Recommend I definitely love this journal. My dedication to the author is to purchase them and hand them out to these great people as random acts of kindness. Each technique for handling an addiction asks open up ended questions. The questions allow the reader to be an observer of their thoughts, feelings, beliefs and behaviors. I would recommend this book for anyone who is seeking to better their life. I highly recommend this journal for anyone who would like to determine if they possess an addiction as well as for those who desire to implement healthful behaviors. guided journaling brings clearness and clearness brings success that is exactly what Elisabeth provides reader with her publication Elisabeth Davies Emotional Recovery Journal is a workbook packed with fantastic strategies, worksheets, space to think and write all in one very handy place. This is such a very important resource for anyone looking for ways to become more apparent by themselves personal roadblocks in lifestyle. I firmly believe that among the only methods to really conquer what retains us back would be to think it out and create it down.. Elisabeth provides us the tools to take action in a managable method. Each chapter is so clear and an easy task to digest with thought provoking ideas, strategies to use when our personal demons rise up, and personal revelations and poetry from Elisabeth herself that simply infuses the workbook with empathy and care. Sometimes that is half the battle- whenever we know someone offers been there and discovered their way back we think probably we can too. 22 years in the field, a masters degree and an abundance of personal knowledge has allowed Elisabeth to create a publication that is ideal for anyone who struggles. My hubby uses this a whole lot. This has helped him to comprehend so a lot of things. It issues. This makes this device authentic. I've done intensive counseling with the writer, Elisabeth Davies, and I cannot explain in phrases what Elisabeth does. She is very educated and has dedicated her life's function to helping others. This reserve is cognitive behavioral based and spiritual structured to help people recover step by step from their addictions or struggles (since it did me). Elisabeth does keep a Masters in Psychology and has done her research and initial hand experience so this reserve is normally factual. It's a self-research like format with effective approaches for addiction management. Also, I recommend phoning the author as she is among the nicest and most helpful people on the face of earth. In the event that you let this publication show you through its encouraging, enlightening webpages, you will surely find Good Things and Emotional Healing. Excellent I've completed this reserve 3 times now in fact it is amazing. Excellent Workbook I spent a good deal of period reviewing this workbook and found it to be a fantastic journal for those new to addiction recovery... after that, on lines offered, you WRITE, following apt prompts. That is great! Chapters 2 through 4 request you to complete brief inventories and do some journaling to identify your addictive symptoms and their strength; Its

corporation is strikingly smart and effective. The Good Things, Emotional Healing Journal: Addiction, is a wonderful tool to assist you manage through the healing process of any addiction. I'll use this book personally as a tool for bettering lifestyle. I volunteer in the not for revenue community where we provide harm recovery services, and programs for marginalized people. This is actually the first easy to read and apply workbook that I can give to others. It really is set up just like a workbook with easy to follow measures for the reader. Not a command, just gentle words that convey the message. Loved this workbook.). A person who gets it! Finally! Someone who gets it! Where was this publication when I was struggling? Do yourself a favor and understand this book for you personally or your loved one. " includes a beautiful view, recommendations and a emotional healing journal throughout . Especially those who are searching for personal growth.. Elizabeth Davies, MC book "GOOD STUFF".. But occasionally its hard to come up with the right questions. Good Things Emotional Recovery Journal helped me by making it an easy task to put things that I really do, like shopping &..." has a beautiful view, suggestions and a emotional curing journal throughout this gorgeous book. The first few chapters enable you to learn about your personal addiction, and then each chapter introduces a new strategy which you can work through and put into action for yourself. Beautiful book compiled by a lovely, spiritual lady. ? A Wonderful Self-Help Tool! This reserve pushes the reader to better understand if they possess any uncontrollable habits and to do the work to implement strategies, and with a rating system, measuring progress before concern is handled. This workbook can be filled up with wonderful exercises to help promote self-recognition and self-esteem, and is simple to navigate. A must have for everyone attempting to conquer any undesired behaviors. I didn't do everything, however the journal pushed me to do things beyond my safe place, and that was a very important thing. Plan on buying lots and handing them out to your Ladies For Sobriety meetings. I utilized it for my sugar addiction, and discovered that I had psychological issues I had under no circumstances realized around eating. Even because of this picky grammarian, small spelling and structure glitches do not detract a whit from the publication's punch. There is something for everyone right here - from believing in yourself, to connecting with others, to lifestyle problems encircling the addiction (like going out to consume or having dessert after a good time, or a bad day time, or just about any day. She lists a half-dozen of her own past addictions. I was led first, based on my inventories, to Strategy #5—"Soothe Your Moods and Emotions". Finally! Wonderful way to sort out your issues This workbook has the ideal mix of information and exercises that you sort out about your own struggles. A great publication for those folks wanting help with any kind of addictions... consuming, in perspective. Truly an incredible read in a straightforward straight forward way. I would reccomend this reserve to anyone who is on

a journey of self awareness and self development. I chose this ranking because I love the easy to use and basic but effective strategies that are offered in Good Things Emotional Healing.



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