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I Love You to Health!: Creating Your Authentic Self in Recovery From Addiction

Lisa Michele Wilson

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I Love You to Health!: Creating Your Authentic Self in Recovery From Addiction Lisa Michele Wilson For those embarking on a recovery journey, Lisa Michele's straight talk on what it means to create an authentic and empowering recovery doesn’t skimp on traditional recovery approaches. Instead, she brings to light important spiritual aspects of recovery that are easy to understand and accessible to everyone. At the core of addiction lies a strong detachment from the mind's most important influence—oneself. When hope, love, and self-insight are at the center of recovery, intoxication can be understood as nothing more than the temporary illusion it is. With this variety of instant tools for any recovery arsenal, you will come to believe that you have what it takes to succeed—knowing that recovery can be customized to your set of circumstances, as you take personal responsibility for discovering your Authentic Self and re-creating your life.

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