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Christopher Kennedy Lawford's Recover to Live focuses on different ways to fight and manage different addictions including alcohol, drugs, bulimia and anorexia and the like, gambling, hoarding, cigarette and nicotine, and sex addictions.

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Recover to Live: Kick Any Habit, Manage Any Addiction ...

Details of Recover to Live: Kick Any Habit, Manage Any Addiction: Your Self Treatment Guide to Alcohol, Drugs, Eating Disorders,

Recover to Live: Kick Any Habit, Manage Any Addiction ...

But *Recover to Live* stands head and shoulders above the typical self help book in many ways. One of the aspects of Lawford's book that makes it unique and a must read is its careful and powerful weaving of the author's personal recovery experience with the most up to date scientific evidence and strategies to self assess and address unhealthy behavior patterns and addictions.

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In *Recover to Live*, more than 100 of the world's top experts interviewed by Lawford share their research and wisdom on how to determine if your bad habit is becoming a dependency, what treatments will work best for you, how best to help yourself or a loved one recover from addiction, and how to lead a fulfilling and productive life in recovery.

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