



NEVER ENOUGH: A Recovery Workbook: For Addictions, Obsessive Compulsive Behaviors and Eating Disorders (Volume 1)

Nina Bingham

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NEVER ENOUGH: A Recovery Workbook is a do-it-yourself counseling program which will uncover the roots of addictive behaviors and obsessive thinking and provide state-of-the-art, research-proven methods of dealing with stress, loss and fear. Determine the causes for addictive and obsessive thinking, develop new and healthier coping skills, learn to accept loss and move beyond it, and change patterns which have caused broken relationships or difficulties. With these powerful mind/body self-intervention exercises, you can replace unwanted habits with coping strategies that will soothe the "Never Enough" cravings and beliefs.

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