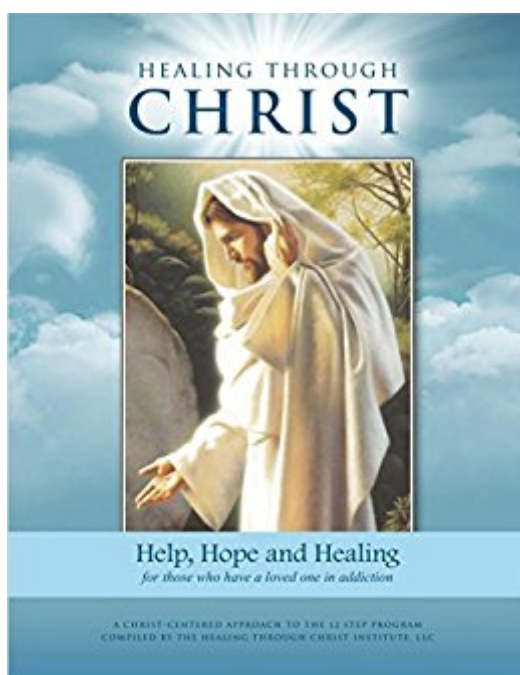


The book was found

# Healing Through Christ Family Workbook: Help, Hope, And Healing For Those Who Have A Loved One In Addiction



## Synopsis

Healing Through Christ is a very unique workbook which brings together in one place many of the best principles, practices and tools of recovery available for those who have a loved one in addiction of any kind. We, who have compiled this workbook, have combined valuable information about codependence, addiction and the healing principles of the Twelve Steps. Crucial insights from the latest medical research provided understanding on how addiction, as a brain disease, significantly alters the brain of our addicted loved ones. In addition, skilled family therapists, with decades of clinical experience in addiction and family relations, have added their insights and incorporated their successful clinical practices into this workbook. This workbook is also a great resource for individuals that have all kinds of addictions.

## Book Information

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## Customer Reviews

This workbook is a Godsend. I am so grateful for it. The authors have carefully crafted a 12 step program for friends and family of addicts that places the 12 steps of Al-Anon in a gospel context. Al-Anon meetings have been instrumental in helping me overcome my childhood experiences and lead a healthy, happy life. But this workbook takes the wisdom of Al-Anon and experts like Melody Beattie and explains them in the context of the gospel and Christ's atonement. It is written from an

LDS perspective, but it would be a valuable resource for all Christians who have loved ones who are struggling with addiction. I particularly like the questions that help me work the steps in a very personal way, and the list of talks/sermons referenced in the book is also very helpful for further study. I study this book daily, and it was truly an answer to prayer.

This is an incredible book!!!

I have been using this workbook for the last 6+ years to help me navigate through the challenges of having someone I love struggle with addiction. I have found it to be invaluable - filled with hope, sound principles, and effective tools gathered from many different reputable 12 Step organizations. It is written to an LDS (Mormon) audience, but I feel that the Christian principles and counsel it contains can be easily understood and adapted to many Christian beliefs. It's focus is on the family member and how they can heal and find peace in their own life - which I found very refreshing when so many resources focus on the person in addiction. While studying and working through the workbook, I have attended support groups that use it as their curriculum, and have found it to be even more effective when used in this way. There are some phone-in support groups listed on the foundation's website [healingthroughchrist.org](http://healingthroughchrist.org). I highly recommend this resource.

Healing Through Christ has literally changed myLife, healed my relationships, saved my family, and brought me closer to the Savior than I could have ever imagined. So so grateful!

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Healing Through Christ Family Workbook: Help, Hope, and Healing for those who have a loved one in addiction  
Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4)  
Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating  
Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits)  
Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction)  
Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions)  
The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking

addiction, stop smoking,) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Sex Addiction: The Partner's Perspective: A Comprehensive Guide to Understanding and Surviving Sex Addiction For Partners and Those Who Want to Help Them My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) On Hope and Healing: For Those Who Have Fallen Through the Medical Cracks Understanding Addiction and Recovery Through a Child's Eyes: Hope, Help, and Healing for Families Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Gambling:Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction,Gambling,Compulsive Gambling,Roulette,Gambling Systems) Opiate Addiction - How to detox from Opiates (How to Get Off Opiates): SHORT READS - Signs of opiate addiction, Symptoms of opiate use, Signs of opiate ... prescription drugs abuse, heroin addiction) The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook) The Ultimate Gambling Addiction Help Guide: How to Overcome a Gambling Addiction and Problem Gambling Once and for All Family Ties That Bind: A self-help guide to change through Family of Origin therapy (Personal Self-Help Series) Help! I Think My Loved One Is an Alcoholic: A Survival Guide for Lovers, Family, and Friends

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