



It s a Selfish Program (Paperback)

By Steven C

Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.IT S A SELFISH PROGRAM provides an introduction to the issues of self, selfishness and self-care in healing from addiction. Steven C begins by candidly sharing what brought him to Sex and Love Addicts Anonymous, followed by his three-stage view of how our self can evolve from a mortal enemy to a beloved friend. This booklet is intended to help anyone in search of a clear sense of self mark the pathway to a place of safety, peace, joy and love. Selfishness gets a bad name in addiction. and with good reason. But until we can truly understand what this self is and how to prioritize it, recovery from addiction can be a very rough road. Do you forget about your own needs and wants in your primary relationships? Do you have trouble setting and holding boundaries? Do you determine your okayness by how other people in your life feel? If any of these are true for you, read this booklet.



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