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The 12 Principles to Wellness Burning Bushes and Other Epic Discoveries on the Road to Food and Alcohol Recovery

By Eleanor R.

BalboaPress. Paperback. Condition: New. 124 pages. Dimensions: 8.5in. x 5.5in. x 0.3in. From fat, bloated, and on the brink of disaster to healthy, slim, and successful, Eleanor R. tells how The 12 Principles to Wellness can save your life and then your soul. She will take you through a journey of self-discovery both heart-wrenching and humorous. Eleanor writes honestly and vividly about how she has realized her dreamed of life by surrendering that which she thought she could not give up: first alcohol and then flour and sugar. Over her twenty-six-year journey, she shares a host of epiphanies and epic discoveries that transform her from a non-believer to a true believer. One by one, she tackles the issues of life that can often cause a person to go back to addictive behavior. It is a story of hope, joy, and the triumph over self to understand that a joyful life is cultivated with the right thinking, which leads to the healthy behavior. Eleanor's first book, The Disease of More, set the stage. This book continues the chronology of overcoming the devastation of teenage bulimia and alcoholism that continued into young adulthood but was ultimately healed. She tells the story of hitting...



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Reviews

Extensive information! Its this type of excellent study. I have read and i am sure that i will gonna go through yet again once more down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Aliyah Mayer**

Unquestionably, this is actually the greatest function by any writer. We have go through and so i am confident that i am going to gonna read through once more once again later on. I am just happy to explain how this is actually the very best book i have got go through during my individual existence and might be he greatest ebook for ever.

-- **Wilbert Connelly**