



# THE SERENITY PRINCIPLE

Finding  
Inner Peace  
In Recovery

Joseph V. Bailey

# Serenity Principle Finding Inner Peace In Recovery

**Thomas Hohensee**



## **Serenity Principle Finding Inner Peace In Recovery:**

**The Serenity Principle** Joseph Bailey,1990-03-16 This challenge to the paradigms of addiction and recovery theory shows those in recovery how to tap their own source of positive energy in a new approach to the search for serenity a quest long recognized as the key to recovery

**The Soul of Recovery** Christopher D. Ringwald,2002-06-13 Millions of alcoholics and addicts recover through spirituality In *The Soul of Recovery Uncovering the Spiritual Dimension in the Treatment of Addictions* author and journalist Christopher D Ringwald tells how and why they seek and achieve these transformations Ranging as far back as the Washingtonian Total Abstinence Society in 1840 Ringwald illuminates the use of spirituality within a wide range of treatment options from the famous Twelve Step style programs to those tailored to the needs of addicted women Native Americans or homeless teens not ready to quit Focusing on the results rather than the validity of beliefs espoused by these programs he demonstrates how addicts recover through practices such as self examination meditation prayer and reliance on a self defined higher power But the most compelling evidence of spirituality s importance comes from those directly involved in the process Ringwald traveled across the country to visit dozens of programs and interview hundreds of addicts alcoholics counselors family members doctors and scientists Many share moving stories of suffering survival and redemption A homeless man a surgeon a college student a working mother each describes the descent into addiction and how spirituality offered a practical personal means to recovery Ringwald also examines the controversies surrounding faith based treatment and the recovery movement from the conflict between science and spirituality to skepticism about the new age brand of spirituality these programs encourage to constitutional issues over court mandated participation in allegedly religious treatment programs Combining in depth research with powerful personal accounts this fascinating exploration of spirituality will provide a fuller understanding of the nature of addiction and how people overcome it

**Seeking the Wisdom of the Heart** Patricia Romano McGraw,2007 Seeking the Wisdom of the Heart takes us on a journey within ourselves toward a deeper more intimate knowledge of our own spirit From her own personal experience and study author and therapist Dr Patricia Romano McGraw teaches how to access the wisdom of our hearts which hold the keys to true happiness and fulfillment Through reflections questions and personal stories Dr McGraw leads readers on a journey towards enlightenment by narrating her own search for spiritual meaning

*Prevention Pipeline* ,1990 An alcohol and drug awareness service

**Healing and Wholeness** Randi Fredricks,2008 *Healing and Wholeness Complementary and Alternative Therapies for Mental Health* provides a comprehensive overview of complementary and alternative treatments for mental health with information and research on their effectiveness for treating specific disorders Twenty two chapters document research and the current practice of using complementary and alternative therapies in treating a number of disorders including depression anxiety ADHD autism and addictions The therapies covered are both state of the art and ancient including naturopathy psychotherapy hypnotherapy nutritional therapy herbal medicine meditation and others Each

chapter begins with a description of the classification of the disorder followed by discussions of scientific documentation on diet nutritional therapy herbal medicine complementary and alternative therapies psychotherapy and lifestyle changes This compendium of integrative and holistic therapies provides the reader with access to a multitude of options for improving their mental health This is a thorough guide to alternative therapies in the mental health field organizing a large amount of information in a relevant easy to use format Healing and Wholeness Complementary and Alternative Therapies for Mental Health can be used as a standard reference for the mental health care professional the graduate student or anyone looking to improve their emotional health To learn more about Healing and Wholeness Complementary and Alternative Therapies for Mental Health and to read excerpts visit [www.HealingandWholeness.org](http://www.HealingandWholeness.org)

*Dictionary of Scientific Principles* Stephen Marvin, 2012-11-27 *Dictionary of Scientific Principles* presents a unique and timeless collection of almost all known rules or laws commonly called principles identified throughout the history of scientific development their definition and use Exploring a broad range of disciplines the book first lists more than 2 000 principles organized in a standard alphabetical order then provides a list of subject headings for which related principles are identified A staple addition to every library the dictionary will also be of interest to scientists and general readers

*The Speed Trap* Joseph Bailey, 2009-10-13 Between work play family and friends most of us feel like we re speeding along at 100 miles an hour Our lives are full yet we don t feel fulfilled One solution is to slam on the brakes and adopt a radically simpler lifestyle But as psychologist Joe Bailey demonstrates in this essential guide you don t have to give up everything to slow down your life In over thirty five captivating instructive stories Bailey shows just how easy it is to transform your way of thinking and wave good bye to aggravating bosses rocky relationships stress induced illnesses and other symptoms of life in the fast lane You ll discover how to Enjoy each moment and stop worrying about the past or the future Gain insight by trusting your instincts Increase your productivity and achieve success without stress Disregard the negative emotions of people around you Attain a deep rooted sense of fulfillment and inner contentment

**How to Master Change in Your Life** Mary Carroll Moore, 1997 This book offers sixty seven powerful techniques to embrace each challenge with courage love and grace It shows you how to not only cope with change but master it

*Tue nichts und werde glücklich* Thomas Hohensee, 2020-03-02 Warum man das Gl ck nicht ben kann Wo und wie suchen wir unser Gl ck Laufen wir umso eher daran vorbei je mehr wir danach suchen Das sind Fragen auf die Erfolgsautor und Coach Thomas Hohensee in seinem neuen Buch Antworten gibt Er zeigt weniger ist mehr Das gilt auch wenn wir uns f r den leichteren Weg zum Gl ck entscheiden und unserer inneren Stimme vertrauen Daf r braucht man kein bungsprogramm sondern die einfache Erkenntnis dass alles von unserem Denken abh ngt Nur drei Prinzipien zu verstehen gen gt um ein zufriedenes und gutes Leben zu f hren denn Gl ck und Weisheit sind unsere wahre Natur

**Relax, Recover** Patricia Wuertzer, 1988-06

**A New Path to Recovery: Reflections on the Journey** Pasquale De Marco, 2025-05-12 A New Path to Recovery Reflections on the Journey is a powerful and transformative guide to recovery and personal growth

offering a path toward healing self discovery and lasting change Whether you are struggling with addiction facing personal challenges or simply seeking a deeper understanding of yourself this book is here to support you Through a series of thought provoking chapters we will explore the complexities of recovery the power of connection and the importance of self reflection Together we will navigate the challenges of maintaining recovery overcome setbacks and build resilience Delve into the root causes of addiction identify triggers and vulnerabilities and develop self awareness and mindfulness Explore the role of spirituality in recovery the importance of finding community and belonging and the power of embracing personal growth and change Discover the gift of sobriety the power of sharing your story and the ripple effect you can create in the world A New Path to Recovery Reflections on the Journey is not just a guide to recovery it is an invitation to embark on a transformative journey toward a life of purpose fulfillment and joy Join us on this journey of hope healing and empowerment Together we will create a positive impact on the world one step at a time If you like this book write a review on google books

**Is There Anything I Can Do?** Sol Gordon,1996 Many times when faced with a friend s crisis the only words we can find are I know how you feel or time heals all wounds Now with sound answers and a caring heart Sol Gordon teaches us how to find the right words do the right thing and be a friend who can make a difference *Slowing Down to the Speed of Love* Joseph Bailey,Joseph V. Bailey,2004-09 In this wise and practical book psychologist and bestselling author Joseph Bailey applies his message of slowing down to the subject of intimate relationships Featuring his Eight Guidelines of Timeless Love along with real life stories of couples who have used them *Slowing Down to the Speed of Love* provides a road map to the increased self awareness that helps restore intimacy and improves our closest relationships Book jacket

**Turning Points** Mary Carroll Moore,1995 [Easy Does It Meditation Book and Recovery Flash Cards](#) Mary Faulkner,2009-01-09 The good news is we can find serenity by doing nothing It doesn t cost any money and it doesn t require anything out of us The bad news is we can find serenity by doing nothing we can t buy it and it doesn t need anything out of us Therein lies the challenge Mary Faulkner The *Easy Does It Meditation Book and Recovery Flash Cards* is a profound challenging and comforting book that includes fifty two meditations one for each week of the year These wise and witty musings are meant to encourage and inspire anyone traveling on the path of recovery Also included are fifty two Recovery Flash cards Each card contains specially selected line drawings Twelve Step folk wisdom and quotes from The Big Book of Alcoholics Anonymous This is the essential tool for embracing the challenges of recovery It provides a quick pick me up a gentle reminder to refocus on your spiritual program and a way of getting back on track

**Forthcoming Books** Rose Arny,1997 **It Takes A Family** Debra Jay,2014-10-21 As the coronavirus pandemic isolates us from many of our circles the power of family connections to help loved ones succeed in recovery is as essential as ever Counselor and interventionist Debra Jay shows alcoholics other addicts and their loved ones how to work collaboratively and as individuals to take on the roles and responsibilities that support long term sobriety Most books on recovery from addiction focus either on the addict or the family While most alcoholics and addicts coming out

of treatment have a recovery plan families are often left to figure things out for themselves In It Takes a Family Debra Jay takes a fresh approach to the recovery process by making family members and friends part of the recovery team beginning in the early stages of sobriety In straightforward compassionate language she outlines a structured model that shows family members both how to take personal responsibility and to build a circle of support to meet the obstacles common to the first year of recovery Together family members address the challenges of enabling denial and pain while developing their communication skills through practical easy to follow strategies and exercises designed to create transparency and accountability With this invaluable guide family members work together as they reinvent their relationships without the all consuming dysfunction of active addiction American Book Publishing Record ,1991 *Many Roads, One Journey* Charlotte Davis Kasl,Charlotte Sophia Kasl,1992 Studies the impact of recovery programs on individual lives and explains how to adapt the principles of the Twelve Step process to personal needs **The Serenity Path: A Journey of Healing and Transformation through Spirituality** Pasquale De Marco,2025-08-14 In the grip of addiction hope can seem like a distant mirage a flicker of light swallowed by the encroaching darkness The Serenity Path A Journey of Healing and Transformation through Spirituality offers a lifeline to those struggling with addiction a beacon of hope illuminating the path towards recovery and renewal This book delves into the profound connection between spirituality and addiction recovery exploring the transformative power of the human spirit in overcoming adversity Through the poignant stories of individuals who have triumphed over addiction we witness the resilience of the human spirit the capacity for profound change and the life changing impact of spirituality The Serenity Path unveils the diverse ways in which spirituality can manifest in recovery from the solace found in prayer and meditation to the transformative power of community and service It emphasizes the importance of self reflection forgiveness and the cultivation of inner peace offering practical tools and insights to guide readers on their journey of healing With compassion and empathy this book delves into the challenges of recovery acknowledging the potential for relapse and the importance of ongoing support It provides invaluable guidance for individuals seeking lasting recovery as well as for their loved ones and the professionals who support them The Serenity Path is more than just a book it is a companion a source of hope and an inspiration for anyone seeking to understand the role of spirituality in addiction recovery Drawing upon the wisdom of experts the experiences of those in recovery and the latest research it offers a comprehensive exploration of the spiritual dimension of addiction and its profound impact on the healing process Within these pages readers will find solace guidance and a renewed sense of hope The Serenity Path is an invitation to embark on a journey of self discovery healing and transformation a journey towards a life of serenity and fulfillment a life free from the shackles of addiction If you like this book write a review

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