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# Rewired: A Bold New Approach To Addiction and Recovery

*Erica Spiegelman*

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# Rewired: A Bold New Approach To Addiction and Recovery

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**Rewired: A Bold New Approach To Addiction and Recovery** Erica Spiegelman
**A REVOLUTIONARY NEW APPROACH TO ADDICTION RECOVERY FROM AN ADDICTION EXPERT**

***Rewired*** is a new, breakthrough approach to fighting addiction and self-damaging behavior by acknowledging our personal power to bring ourselves back from the brink. Centered on the concept of self-actualization, ***Rewired*** will guide you towards not only physical sobriety, but a mental, emotional, and spiritual sobriety by learning to identify key principles within yourself, including authenticity, honesty, gratitude, and understanding a need for solitude.

***Rewired*** addresses the whole self; just as addiction affects every part of one's life, so too must its treatment. By helping us to build a healthy space to support our own recovery, we can rewrite the negative behaviors that result in addiction. Usable in conjunction with or in place of 12-step programs, ***Rewired*** allows for a more holistic approach, helping to create a personalized treatment plan that is right for you.

Each section in ***Rewired*** includes:

- Personal anecdotes from the author's own struggles with alcoholism and addiction
- Inspiring true success stories of patients overcoming their addictions
- Questions to engage you into finding what is missing from your recovery
- Positive affirmations and intentions to guide and motivate

With all the variables, both physical and emotional, that play into overcoming addiction, ***Rewired*** enables us to stay strong and positive as we progress on the path to recovery. ***Rewired*** teaches patience and compassion, the two cornerstones of a new, humanist approach to curing addiction. Remember, addicts are not broken people that need to be fixed—they just have a few crossed wires.

*From the Trade Paperback edition.*

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