



# An Integral Guide to Recovery: Twelve Steps and Beyond

*Guy du Plessis*

Download now

[Click here](#) if your download doesn't start automatically

# An Integral Guide to Recovery: Twelve Steps and Beyond

*Guy du Plessis*

## **An Integral Guide to Recovery: Twelve Steps and Beyond** Guy du Plessis

In the information age of the 21st century, the world has become exceedingly complex. Never before in history have we had access to the sum total of all human knowledge, technology, and wisdom. Consequently, finding the right path and methods to recovery can often be perplexing to the newcomer, as well as the "old timer." This book presents to you the recovering addict a progressive recovery map and toolkit suitable for the complexities of today's world. This ultra-modern approach to recovery is known as Integrated Recovery, a truly holistic lifestyle approach that provides all the essential structure and knowledge to guide you in working a wholly comprehensive, inclusive, and sustainable recovery program, achieved through an integration of the best contemporary knowledge and personal development tools. Although Integrated Recovery is a novel approach, it has not set out to reinvent the wheel as such, but is a synergistic framework that includes many time-honored recovery practices. Integrated Recovery is a 12-step, abstinence-based approach that is informed by Integral Theory, mindfulness, positive psychology, and existentialism.

What makes the Integrated Recovery approach unique, relative to other holistic and integrative approaches to recovery, is that it implements the revolutionary ideas of the Integral model, developed by the American philosopher Ken Wilber. The word "integral" means comprehensive, inclusive, and non-marginalizing. The Integral model, or Integral Theory, attempts exactly that: to include as many perspectives and methodologies as possible within a coherent view of any topic. The Integral model is capable of helping to design a "recovery worldview" that allows a truly holistic approach to recovery and its practices.

This book is dedicated to showing you how to design, plan, and execute your own personalized Integrated Recovery Program - which can be defined as mindfully practicing your physical, psychological, intellectual, existential, social, and environmental dimensions as part of an Integrated Recovery Lifestyle, that is geared towards continued personal growth in relation to self, others, and our being-in-the-world. We are all unique; therefore our recovery paths will also be unique. One size recovery does not fit all. This book will help you find a recovery program that is best suited to your unique needs.

Chapters one and two explore the core influences and philosophies that inspire the Integrated Recovery approach, providing brief overviews of Integral Theory, mindfulness, positive psychology, existentialism, and 12-step philosophy. In the remaining chapters, which cover the practical application of the Integrated Recovery approach, I introduce the various practices, in each of the six recovery dimensions (physical, psychological, intellectual, existential, social, and environmental), that form part of an Integrated Recovery Lifestyle, and explain how all of these practices work together synergistically. The chapters on the recovery dimensions end with suggestions and written exercises that will assist you in designing your recovery practices for that recovery dimension. Chapter nine will assist you in putting together your own personalized Integrated Recovery Program.

 [Download An Integral Guide to Recovery: Twelve Steps and Be ...pdf](#)

 [Read Online An Integral Guide to Recovery: Twelve Steps and ...pdf](#)



## **Download and Read Free Online An Integral Guide to Recovery: Twelve Steps and Beyond Guy du Plessis**

---

### **From reader reviews:**

#### **David Martin:**

The event that you get from An Integral Guide to Recovery: Twelve Steps and Beyond may be the more deep you searching the information that hide inside words the more you get enthusiastic about reading it. It does not mean that this book is hard to recognise but An Integral Guide to Recovery: Twelve Steps and Beyond giving you buzz feeling of reading. The author conveys their point in selected way that can be understood by means of anyone who read the idea because the author of this guide is well-known enough. This book also makes your vocabulary increase well. So it is easy to understand then can go to you, both in printed or e-book style are available. We highly recommend you for having this An Integral Guide to Recovery: Twelve Steps and Beyond instantly.

#### **Patsy Hall:**

The reserve with title An Integral Guide to Recovery: Twelve Steps and Beyond contains a lot of information that you can learn it. You can get a lot of benefit after read this book. That book exist new knowledge the information that exist in this e-book represented the condition of the world today. That is important to yo7u to understand how the improvement of the world. This specific book will bring you with new era of the glowbal growth. You can read the e-book in your smart phone, so you can read the idea anywhere you want.

#### **Phillis Ries:**

Reading a book to be new life style in this 12 months; every people loves to go through a book. When you study a book you can get a lot of benefit. When you read books, you can improve your knowledge, due to the fact book has a lot of information on it. The information that you will get depend on what sorts of book that you have read. If you would like get information about your study, you can read education books, but if you want to entertain yourself you can read a fiction books, this sort of us novel, comics, and also soon. The An Integral Guide to Recovery: Twelve Steps and Beyond provide you with new experience in studying a book.

#### **Ivan Dinkel:**

Many people spending their time period by playing outside along with friends, fun activity having family or just watching TV all day long. You can have new activity to pay your whole day by examining a book. Ugh, ya think reading a book can definitely hard because you have to take the book everywhere? It ok you can have the e-book, having everywhere you want in your Touch screen phone. Like An Integral Guide to Recovery: Twelve Steps and Beyond which is having the e-book version. So , why not try out this book? Let's notice.

**Download and Read Online An Integral Guide to Recovery: Twelve Steps and Beyond Guy du Plessis #BA19V5HJD62**

## **Read An Integral Guide to Recovery: Twelve Steps and Beyond by Guy du Plessis for online ebook**

An Integral Guide to Recovery: Twelve Steps and Beyond by Guy du Plessis Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read An Integral Guide to Recovery: Twelve Steps and Beyond by Guy du Plessis books to read online.

### **Online An Integral Guide to Recovery: Twelve Steps and Beyond by Guy du Plessis ebook PDF download**

**An Integral Guide to Recovery: Twelve Steps and Beyond by Guy du Plessis Doc**

**An Integral Guide to Recovery: Twelve Steps and Beyond by Guy du Plessis Mobipocket**

**An Integral Guide to Recovery: Twelve Steps and Beyond by Guy du Plessis EPub**