

Synopsis

This program is read by the author. A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food, and eBay, that will help addicts and their loved ones make the first steps into recovery. "This manual for self-realization comes not from a mountain but from the mud.... My qualification is not that I am better than you but I am worse." (Russell Brand) With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his 14 years of recovery. Brand speaks to those suffering along the full spectrum of addiction - from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not "why are you addicted?" but "what pain is your addiction masking? Why are you running - into the wrong job, the wrong life, the wrong person's arms?" Russell has been in all the 12-step fellowships going, he's started his own men's group, he's a therapy regular and a practiced yogi - and while he's worked on this material as part of his comedy and previous best sellers, he's never before shared the tools that really took him out of it, that keep him clean and clear. Here he provides not only a recovery plan but an attempt to make sense of the ailing world.

Book Information

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Recovery: Freedom from Our Addictions Addiction: The Last ADDICTION RECOVERY Guide - The

Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) 7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love The Quick-Reference Guide to Addictions and Recovery Counseling: 40 Topics, Spiritual Insights, and Easy-to-Use Action Steps Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Teen Addictions & Recovery Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts Numb No More: Simple Solutions to Achieve Freedom from Habits and Addictions W.A.I.T.loss: The Keys to Food Freedom and Winning the Battle of the Binge (Eating Disorder, Diet, Weight Loss, Binging, Food Addictions) Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families (Recovery Classics Edition) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Multiple Sclerosis - Diet for Recovery: The Multiple Sclerosis Autoimmune Disease Recovery Diet Guide for Beginners Recovery Essays: Narcotics, Addiction, Recovery, Alcoholics, Twelve Steps, Anonymous Groups, Thirteenth Step, Lions, Tigers, and Bears Weight Loss Surgery Cookbook: RECOVERY Bundle - 2 Manuscripts in 1 - a total of 90+ Delicious Low-Carb, Low-Sugar, Low-Fat, High Protein recipes for all stages of recovery After Weight Loss Surgery Manual of Fast Track Recovery for Colorectal Surgery (Enhanced Recovery)

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