



# Recipe for Recovery: A Guide to the Twelve Steps of Chronic Pain Anonymous

*Chronic Pain Anonymous Service Board*

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## **Recipe for Recovery: A Guide to the Twelve Steps of Chronic Pain Anonymous** Chronic Pain Anonymous Service Board

Based in a tradition of spiritual, mental and emotional recovery, this book provides you with Twelve time-tested Steps, used by people throughout the world for leading a satisfying and fulfilling life, regardless of any physical health challenge. Whether your chronic condition is a result of • accident or surgical procedure • disorders such as arthritis, lupus, MS, fibromyalgia, diabetes, Crohn's disease • life-threatening illness, such as cancer or heart disease • back pains, headaches or nerve pains • or any other persistent physical illness or pain-related trauma or disease ... the Steps are a practical recipe and guide for reclaiming a celebration of life. This book will demonstrate that you are not alone. Recipe for Recovery is filled with dozens of true-life stories----personal testimonies of other people just like you. Each one speaks to how the principles of Chronic Pain Anonymous literally saved them from self-obsession, fear and depression, opening the menu of their lives to a whole new range of possibilities for happiness, acceptance and service to others.

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