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Turnabout: Help for a New Life

Jean Kirkpatrick

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Turnabout: Help for a New Life Jean Kirkpatrick
From front book flap: "Jean Kirkpatrick knows what it is to be an alcoholic. She also knows what it takes to recover. Speaking honestly of her experiences as an alcoholic, and of the accompanying agony, guilt, and self-hatred, she tells how she was finally able to stop drinking and begin a new life..... Since her recovery, Dr. Kirkpatrick has devoted herself to helping other women alcoholics combat their addition. In the course of that effort, Dr. Kirkpatrick founded Women for Sobriety, an organization that uses group therapy to help the alcoholic woman change the negative feelings that lead her to drink into positive attitudes that will help her to find a plan for her new life. The emphasis is on affirming the woman's value as a person, enjoying the present, setting constructive goals, learning to love others, and cultivating an awareness of life's spiritual dimensions."

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