

Welcome to a new approach to addiction recovery. The Law of Sobriety combines the power of positive thinking with definite action steps to create and maintain a clean and sober life that is filled with renewed purpose. Psychotherapist Sherry Gaba, the go-to expert for life-coaching matters on VH1's Celebrity Rehab, asserts that there is more to successful recovery than conventional 12-step programs, and she shows how uniting the concepts of the Law of Attraction with one's authentic self can create a powerful recovery. Using the techniques she has shared with celebrities in recovery on VH1's Celebrity Rehab, Gaba shows recovering alcoholics and addicts how to: -Attract the positive energy they need to live a clean and sober life that is filled with renewed purpose -Determine their real values and attract the energy of the universe to lift the veil on old, destructive values and subconscious issues that don't align with sobriety -Live with awareness and mindfulness, combining the serenity of living in the moment with the strength gained from positive thinking -Let go of resistance, negativity, and other behaviors that keep them entrenched in toxic cycles By following Gaba's simple recommendations, recovering alcoholics and addicts will learn how to transform their lives by shifting focus from addiction to doable behaviors that align with sobriety and enjoy a purposeful and meaningful new life.

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