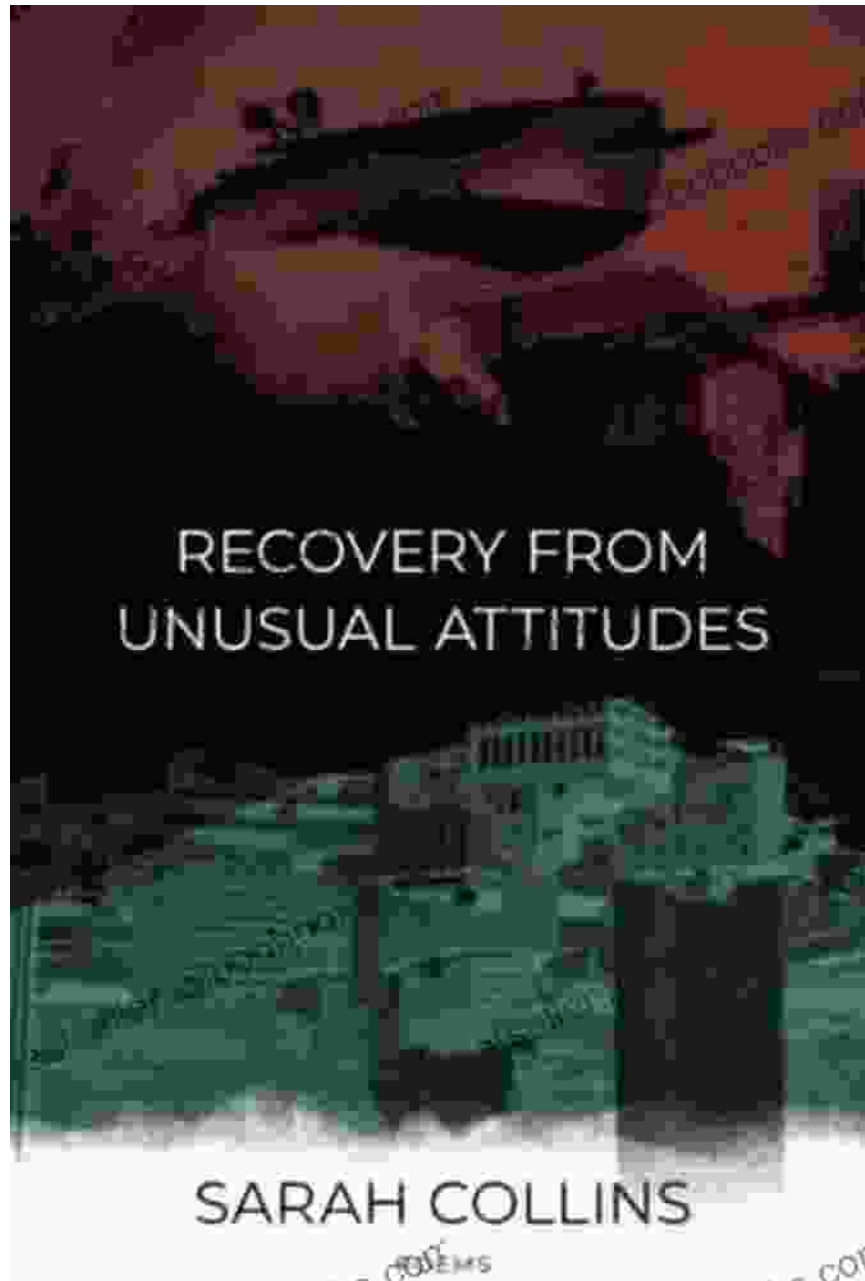


# **Unleash Your Inner Strength: Recovery From Unusual Attitudes by Sarah Marie Collins**

Prepare to embark on an extraordinary journey of self-discovery with Sarah Marie Collins' groundbreaking work, *Recovery From Unusual Attitudes*. This comprehensive guide delves into the depths of human psychology, equipping you with the tools to overcome the psychological obstacles that hinder your progress towards a fulfilling and meaningful life.



**Recovery From Unusual Attitudes** by Sarah Marie Collins

★★★★★ 5 out of 5

Language : English

File size : 1623 KB

Screen Reader : Supported

Print length : 123 pages

Lending : Enabled

Paperback : 96 pages

Item Weight : 11.9 ounces

Dimensions : 6.14 x 0.31 x 9.21 inches  
Hardcover : 112 pages  
Reading age : 14 years and up



## Understanding Unusual Attitudes

Collins defines unusual attitudes as habitual ways of thinking and behaving that can lead to negative consequences in our lives. These attitudes stem from our past experiences and may manifest in various forms, such as:

- Low self-esteem and self-sabotage
- Fear and anxiety
- Unhealthy relationships
- Addictions
- Compulsive behaviors

By identifying and understanding the root causes of these unusual attitudes, we can begin to dismantle their hold on our lives and cultivate a more positive and empowering mindset.

## The 12-Step Model for Recovery

Drawing inspiration from the principles of the 12-step recovery program, Collins presents a comprehensive 12-step model for overcoming unusual attitudes. This model provides a structured and supported framework for personal transformation, guiding you through the following stages:

1. Admission of the problem
2. Surrender to a higher power
3. Taking inventory of yourself
4. Confessing your wrongs
5. Asking for help
6. Being willing to change
7. Making amends
8. Continuing to work the program
9. Helping others
10. Acceptance
11. Gratitude
12. Living a life of purpose

Each step is meticulously described and supported with practical exercises and reflective questions, empowering you to delve deeply into your own experiences and apply the principles to your personal journey.

### **Tools for Transformation**

Beyond the 12-step model, *Recovery From Unusual Attitudes* offers a wealth of tools and resources to support your recovery process, including:

- Cognitive-behavioral therapy techniques
- Mindfulness and meditation practices

- Self-care strategies
- Boundary-setting exercises
- Assertiveness training

These tools are presented in a user-friendly manner, making them accessible to readers of all backgrounds and levels of experience.

## **Personal Stories and Case Studies**

To further illustrate the transformative power of the 12-step model, Collins shares inspiring personal stories and case studies from individuals who have successfully overcome unusual attitudes. These accounts provide relatable examples of the challenges and triumphs faced on the path to recovery, offering hope and encouragement along the way.

*Recovery From Unusual Attitudes* by Sarah Marie Collins is a transformative masterpiece that will empower you to break free from the chains of your past and embrace a life of fulfillment and purpose. With its comprehensive 12-step model, practical tools, and inspiring personal stories, this book is an indispensable guide for anyone seeking to overcome psychological obstacles and unlock their full potential.

Free Download your copy today and embark on the journey to recovery. Let Sarah Marie Collins be your beacon of hope and support as you embark on a transformative journey that will change your life forever.

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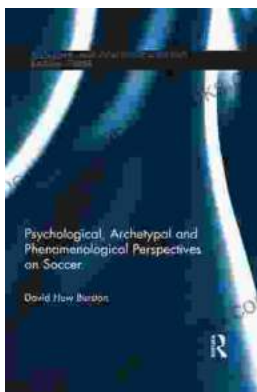


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