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# RECOVERY 2.0: MOVE BEYOND ADDICTION AND UPGRADE YOUR LIFE



Hay House Inc, United States, 2015. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. Through more than 20 years of recovery from addiction, noted yoga teacher Tommy Rosen learned a lot about what works and what doesn't work in recovery. From his explorations on the yoga mat and in 12-Step rooms, he found a path to sustainable recovery that includes mind-body practices, a profound look at diet, and a more holistic and inclusive...

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- Authored by Tommy Rosen
- Released at 2015



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