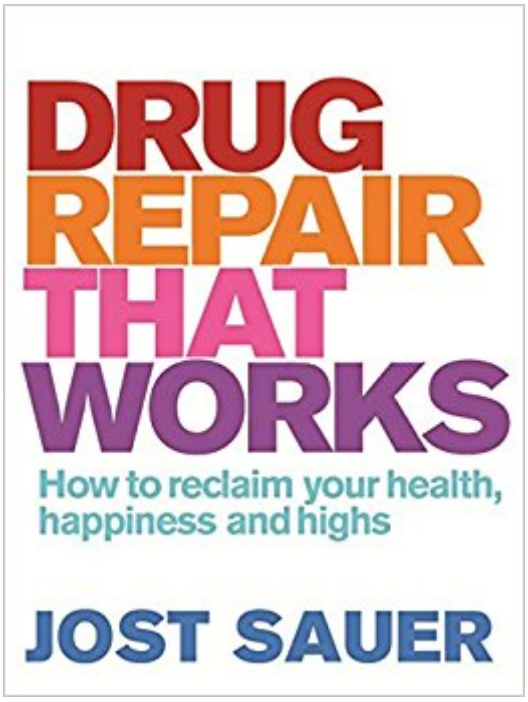
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Drug Repair That Works: How To Reclaim Your Health, Happiness And Highs



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Synopsis

Drugs can be a tempting refuge for everyone—from school kids and housewives to stressed corporate executives and ex-hippies, all seeking enhanced experiences that everyday life fails to provide. These people use drugs because they make them feel good. The longer they take drugs, the harder it is to imagine life without them. Here, drawing on his long-term expertise in this area, Jost Sauer presents readers with a powerful, practical, step-by-step recovery regime and a wealth of case studiesÃ Â that deal with a whole range of issues to help people fully realize a life beyond drugs. Topics include whatÃ¢â ¬â„¢s really going on in psychotic episodes, how to handle the postdrug emotional roller-coaster, why raw foods hinder recovery, what forms of exercise work, and how to achieve natural highs.

Book Information

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Customer Reviews

Jost Sauer is a former addict and is now a practitioner of Chinese medicine. He is the author of Higher & Higher.

Great book for users, ex users or anyone. TCM gives you a direction, instead of other fatalistic paradigms.

This is one of the most profound, insightful, revelatory and radical books ever written about drugs. A whole new way of looking at addiction suited to contemporary times, rather than the old-fashioned

guilt-trip approach

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