



# **Tales of Addiction and Inspiration for Recovery: Twenty True Stories from the Soul (Reflections of America)**

*Barbara Sinor*

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How you can help

## **Praise for *Tales of Addiction***

"This inspiring and penetrating new book by Dr. Barbara Sinor shows us how we gather the courage and the force of will to make a transformational change."

--Mark Thurston, PhD, author *Willing to Change: The Journey of Personal Transformation*

"Like a tapestry, this book works by holding the reader's interest with unique tales smoothly interwoven with both a spiritual and intellectual thought process."

--Bill Ford, *Addiction Recovery Blog*

"Filled with stories of heroic struggle, victory and defeat, it is both illuminating and inspiring. The book is intensely personal yet sadly universal, the stories recounted are for anyone touched by the trials of addiction."

--Rev. Steve Doolittle, *Astara*, author *From the Heart: Five Minute Inspirations*

"These heart-wrenching and ultimately heartwarming stories, provide the inspiration for each one of us to know that recovery works."

--Ken Seeley, PhD, host of *Intervention 911*, author, *Face It and Fix It*

## **About the Author**

Barbara Sinor, Ph.D. is a Psychospiritual Therapist dealing with childhood abuse/incest, PTSD, addiction recovery, and adult children of alcoholics. Dr. Sinor uses integral holistic methods encompassing forms of hypnotherapy, regression therapy, Jungian dreamwork, and other transpersonal techniques. Dr. Sinor holds a Doctorate in Psychology, a Master of Arts from John F. Kennedy University, and her Bachelor of Arts degree is from Pitzer College of the Claremont Colleges.

Learn more at [www.DrSinor.com](http://www.DrSinor.com)

From the Reflections of America Series at Modern History Press

PSY038000 Psychology : Psychopathology - Addiction

SEL013000 Self-Help : Substance Abuse & Addictions - Drug Dependence

SEL003000 Self-Help : Adult Children of Alcoholics

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