Same Hope, Different Pathways: Recovery is Possible Resources:

Books:

*Inner Engineering: A Yogi’s Guide to Joy by Sadguru Jaggi Vasudev*


*The Four Agreements: A Practical Guide to Personal Freedom by Don Miguel Ruiz*

https://www.amazon.com/Four-Agreements-Practical-Personal-Freedom/dp/1878424319/ref=sr_1_1?dchild=1&keywords=the+four+agreements&qid=1621627141&sr=8-1