

# Same Hope, Different Pathways: Recovery is Possible

## Resources:

### Books:

*Inner Engineering : A Yogi's Guide to Joy by Sadhguru Jaggi Vasudev*

[https://www.amazon.com/Inner-Engineering-Yogis-Guide-Joy/dp/0812997794/ref=sr\\_1\\_1?dchild=1&keywords=Inner+Engineering+%3A+A+Yogi%27s+Guide+to+Joy+by+Sadhguru+Jaggi+Vasudev&qid=1621626950&sr=8-1](https://www.amazon.com/Inner-Engineering-Yogis-Guide-Joy/dp/0812997794/ref=sr_1_1?dchild=1&keywords=Inner+Engineering+%3A+A+Yogi%27s+Guide+to+Joy+by+Sadhguru+Jaggi+Vasudev&qid=1621626950&sr=8-1)

*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](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)