



Some Assembly Required: A Balanced Approach to Recovery from Addiction and Chronic Pain

Dan Mager

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An intriguing story that addresses the twin challenges of addiction and chronic pain and presents a model for successful recovery from both of these serious, life-altering conditions. The author grounds his story in psychological theory along with the principles of twelve-step philosophy and spirituality as he moves from intellectualized awareness to a deep emotional and mindful practices connection in recovery.

Dan Mager, MSW, is a writer and editor in long-term recovery.



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