



Like Dragons Did They Fight: A Look Into the Addiction Fighting Principles of the Sons of Helaman Program

By Lucas J. Reynolds

Maurice Harker. Paperback. Book Condition: New. Paperback. 149 pages. Why do Smart People do Stupid ThingsAs I entered both the adult world and the professional world, I gained a hunger and a thirst to improve myself. Some changes were easier than others. Some changes seemed impossible. I was smart, self-disciplined and I had good values, but I could not fix some things. I could not stop doing some stupid things. And if I did not stop, important elements of my life would be lost andor destroyed. As time went on, I found many others in the same situation. I explored Spiritual solutions. I explored Cognitive, Emotional, Bio-Chemical, Theoretical, Practical, Cross-Cultural, etc. I found many ideas and theories that had both merit and value. I must admit that while they came up with interesting ideas to consider, I did start to lose confidence in scientific theorists. Those who declared that their ideas were inspired started to show more credibility. In the end, what I cared about most is what actually worked. What ideas and interventions would actually help me win!This book bravely bridges the gap between the Spiritual and the Temporal (physical) factors of addiction and addiction recovery. It pulls the...



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