



Great Recovery Quotes and Stories to Inspire Great Healing

Noah benShea

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The truth is, we are all in recovery; we're all recovering from who we are to who we might yet become. In Great Recovery Quotes and Stories for Healing you will find quotes and stories of wisdom, compassion and strengthening. Both addiction AND recovery are part of the human experience across time. And wherever you are at this moment in your life, take these three truths to heart:

- 1) You are not alone
- 2) There is no shame in being ill
- 3) There is courage in healing.

There is no magic to recovery from addiction. It is hard work. But in this brief life we repeatedly discover that success is often buried in hard work. Hopefully you love—or will learn to love—yourself enough to make your work a labor of love.

Noah benShea is one of North America's most respected and beloved poet-philosophers. He is an international best-selling author of twenty-five books translated into eighteen languages. He has spoken at the Library of Congress, been nominated for the Pulitzer Prizem and was the subject of a National Public Television special. He is the Executive Director of the Justice Project and is the National Philosopher for Foundations Recovery Network

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