

## RECOVERY 2.0: Move Beyond Addiction and Upgrade Your Life

*By Tommy Rosen*

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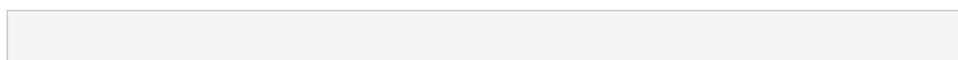
### RECOVERY 2.0: Move Beyond Addiction and Upgrade Your Life By Tommy Rosen

Through more than 20 years of recovery from addiction, noted yoga teacher Tommy Rosen learned a lot about what works and what doesn't work in recovery. From his explorations on the yoga mat and in 12-Step rooms, he found a path to sustainable recovery that includes mind-body practices, a profound look at diet, and a more holistic and inclusive perspective on the 12 Steps. This led him to realize that recovery happens in stages, and that by utilizing the best practices of the 12 Steps in combination with yoga and meditation, he could achieve lasting freedom from addiction.

In Recovery 2.0, Tommy shares his own past struggles with addiction and the powerful insights that helped him to identify and break free from the obstacles that stand in the way of recovery. Building off the key tenets of the 12-Step program, he lays out an innovative approach where deeper levels of detoxification and transformation allow you to uproot addiction and thrive. In these pages, you'll find:

- A new way of looking at addiction as a vibratory frequency that has roots in family history and one's "Addiction Story," which helps to destigmatize addiction and remove associated guilt and shame.
- Fresh perspectives on how to get the most out of the 12-Step teachings and community, while avoiding pitfalls.
- Daily practices in breathing, meditation, and yoga that will give you access to the extraordinary power within you.
- A pathway to a newer, healthier relationship with food designed to boost immunity, increase vitality, support recovery, and prevent relapse.
- Inspiration to help you discover your personal mission and be of service to others.

The point is not to survive addiction. The point is to thrive in recovery and live a life second to none.



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## **RECOVERY 2.0: Move Beyond Addiction and Upgrade Your Life By Tommy Rosen Bibliography**

- Sales Rank: #44708 in Books
- Brand: Hay House Inc
- Published on: 2014-10-21
- Released on: 2014-10-21
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .80" w x 6.00" l, .0 pounds
- Binding: Paperback
- 320 pages

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### Editorial Review

#### Review

“Tommy Rosen is a true leader in the world of addiction recovery. In his book, *Recovery 2.0*, he offers transformational guidance for anyone ready and willing to release the chains of addiction. This book is a true service to the world.”

— Gabrielle Bernstein, *New York Times* best-selling author of *Miracles Now*

“Tommy Rosen has written something extraordinary that is going to change the way people look at addiction and how to approach recovery from it. His rallying cry that we must bring the gifts of yoga and meditation together with the power of the 12 Steps is timely and important. And his emphasis on healthy food choices as part of any complete recovery strategy is cutting edge. As Tommy says, ‘Get psyched. Your life is about to change.’”

— Christopher Kennedy Lawford, *New York Times* best-selling author of *Symptoms of Withdrawal*, activist, and actor

“*Recovery 2.0* is a must for anyone who has either struggled with addiction or knows someone who has. Tommy has a perspective on recovery that is ahead of the curve. This book will become your go-to so you can learn to thrive beyond addiction. If you want sobriety and fulfillment, this is your book.”

— Mastin Kipp, founder of TheDailyLove.com

“In a field and subject matter littered with failure, Tommy Rosen and *Recovery 2.0* are paving a new way forward. Whether you or a loved one is struggling with any form of addiction, this book is a must read!”

— Nick Ortner, *New York Times* best-selling author of *The Tapping Solution*

“Tommy Rosen is a clear-seeing and compassionate teacher who has done the work himself and mastered the ability to help others do the same.”

— Rolf Gates, author of *Meditations from the Mat: Daily Reflections on the Path of Yoga*

“Through his own journey into recovery and becoming a global yoga teacher, mentor, and guide, Tommy has made a tremendous contribution to all beings about the nature of addiction, the liberation through embodying the ground of our own being, and discovering the high of our own inner pharmacy. Highly recommended for all on the path to recovering our essential Self.”

— Shiva Rea, author of *Tending the Heart Fire* and founder of Prana Vinyasa Flow and Global Mala Project

“*Recovery 2.0* is part memoir, part guidebook, and part love letter—written from a deeply caring and experienced friend, Tommy Rosen. Tommy’s honest and direct storytelling helps us to understand the power of addiction and encourages us to be open to the varying tools, both traditional and contemporary—including yoga—that can end our addictive behaviors, while also understanding the internalized trauma that is core to both our dis-ease and our healing. I love this book and know that it will serve as a practical and spiritual

resource for many on their path to recovery.”

— Seane Corn, yoga teacher and co-founder Off the Mat, Into the World

“Anyone in search of holistic, sustainable addiction recovery will treasure this book. Birthed through the lived experience of his own addiction and recovery, Tommy Rosen has created an important resource for all affected by the dis-ease of addiction.”

— R. Nikki Myers, founder of Y12SR: The Yoga of 12-Step Recovery

#### About the Author

TOMMY ROSEN is the founder and host of the Recovery 2.0: Beyond Addiction Online Conference Series. One of the pioneers in the burgeoning field of yoga and recovery, he holds advanced certifications in both Hatha and Kundalini Yoga and has 23 years of recovery from acute drug addiction.

Website: [www.tommyrosen.com](http://www.tommyrosen.com)

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This RECOVERY 2.0: Move Beyond Addiction and Upgrade Your Life book is not really ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is actually information inside this book incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. This kind of RECOVERY 2.0: Move Beyond Addiction and Upgrade Your Life without we know teach the one who reading it become critical in contemplating and analyzing. Don't become worry RECOVERY 2.0: Move Beyond Addiction and Upgrade Your Life can bring any time you are and not make your bag space or bookshelves' turn out to be full because you can have it inside your lovely laptop even cell phone. This RECOVERY 2.0: Move Beyond Addiction and Upgrade Your Life having very good arrangement in word and layout, so you will not experience uninterested in reading.

##### Frank Cockerham:

The book untitled RECOVERY 2.0: Move Beyond Addiction and Upgrade Your Life contain a lot of information on this. The writer explains the girl idea with easy way. The language is very straightforward all the people, so do not really worry, you can easy to read the idea. The book was compiled by famous author. The author brings you in the new period of literary works. You can easily read this book because you can

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