



## Emotional Sobriety: From Relationship Trauma to Resilience and Balance

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By Tian Dayton

HCl. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.3in. x 5.5in. x 0.9in. Do you use substances or engage in compulsive activities to regulate your mood? Do you reach for something sweet, a couple of drinks, or a pack of cigarettes after a difficult day because you can't unwind without them? Do you race to the stores to spend away the days' frustrations or run around in circles taking more time to get less done? If these self-defeating habits sound familiar, *Emotional Sobriety* will shed light on why and how these coping mechanisms threaten your health and impact resilience. When we manage the stresses of the day by turning to outside mood managers such as food, sex, work, shopping, gambling, drugs, and alcohol rather than healthier forms of self-soothing, it is because we lack emotional sobriety--the state of processing our thoughts efficiently to bring our emotions into balance, says bestselling author and renowned addictions psychologist Tian Dayton, Ph.D. In her latest book, *Emotional Sobriety*, Dr. Dayton shares compelling, honest tales of her life experiences and case studies of those she has counseled. Illustrating that emotional sobriety is a mind/body phenomenon, Dr. Dayton includes ideas on how to attain emotional literacy--the skill...



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### Reviews

*Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and I suggested this book to find out.*

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