



The Thirsty Addict Papers: Spiritual Psychology for Counselors

Michael A. Hoffman

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Dr. Michael Hoffman wrote *The Thirsty Addict Papers* for the thousands of counselors searching for practical wisdom and how-to instruction on enlivening spirituality in the delicate process of recovery. This is the first book to apply the diverse fields of Jungian depth psychology, Buddhist mindfulness practice, mythology and folklore, cognitive behavioral therapy and contemplative prayer to addiction. The Twelve Steps of Alcoholics Anonymous opened the door; now *The Thirsty Addict Papers* offers new knowledge for readers with open minds. Stories of courage combine with stark clinical facts about struggles with sobriety and death from self-destructive addiction. As Dr. Hoffman traces the roots of obsessive-compulsive behavior back to their ancient origins, *The Thirsty Addict Papers* provides a roadmap for expanding consciousness and enlivening the human soul. It is a provocative psychological work and a must-have reference for anyone struggling to find a way out of the nightmare of addiction.

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