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My Reclaimed Life - About Ed

The only other alcohol in our home as I grew up was a bottle of Old Granddad whiskey that sat on the top shelf of a kitchen cabinet. It was about a third full and never changed during the first fourteen years of my life. My parents either gave it away or tossed it when we moved to Miami in 1965. At least, I don't remember seeing it again.

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How to Find Inner Peace: 15 Things You Can Start Doing Today

My writing had become tied to my drinking and doing it again was hard. For a while, I had to work on it one paragraph at a time. Eventually, like every thing else in my life during the recent years, it got better. The book was just sitting there, a cartharsis for me.

My Reclaimed Life Finding Peace

My Reclaimed Life: Finding Peace While Defeating Alcohol, Cigarettes, Gluttony, and Sloth [Ed Wyrick] on Amazon.com. *FREE* shipping on qualifying offers. After twenty-four years of daily drinking, Ed Wyrick hit his bottom and tossed out his last bottle of vodka in August 2002. As a high school counselor in a rural county in the middle of the Bible belt

My Reclaimed Life: Finding Peace While Defeating Alcohol ...

From the book, My Reclaimed Life. Here's something I finally figured out: Wanting to quit drinking, smoking, and being overweight and out of shape was no help at all.. Not a bit. In fact, wanting to do all that probably hurt me. During my forty-year career as a teacher and school counselor, I met with hundreds of failing students and their parents.

My Reclaimed Life - The Numbers It may sometimes feel like bringing just a little more inner peace and calmness into your life is a hopeless wish. But it doesn't have to be that way. Small and smart changes can over time make a big difference. So today I'd like to share 15 of my own favorite tips for finding more peace and calmness in everyday life.

My Reclaimed Life: Finding Peace While Defeating Alcohol .

Read My Reclaimed Life: Finding Peace While Defeating Alcohol, Cigarettes, Gluttony, and Sloth

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8 Things to Do If You Want to Be at Peace with Yourself

Reclaiming LIFE. My Journey to lose 100 pounds and maintain it for a decade ... 2019 by Christine Leave a comment. Today is the 14th year since I reclaimed my health and dropped the 100. Every year on that special day, I write a post about what I've learned this past year. ... The feeling of peace I have now that my life is on a good track ...

My Reclaimed Life: Finding Peace While Defeating Alcohol ...

Of all the people I hurt in my life, I hurt no one more than myself. I hurt myself by doing things that would make me feel guilt and shame later on. When I finally got the right treatment and got sober, after a decade of madness, I heard people speak about serenity and finding peace of mind. In early recovery, it was still an utter mystery to me.

My Reclaimed Life Finding Peace While Defeating Alcohol ...

These tools lead me to peace without my addictions. During my years of addiction to alcohol, nicotine, and sloth, I had many good times, enjoyed my family, and had professional success. At the same time, life was pure hell – a paradox.

My Reclaimed Life: Finding Peace While Defeating Alcohol ...

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