



Healing and Recovery

David R. Hawkins

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These holistic lectures were first presented to a variety of recovery organizations and clinicians from diverse backgrounds. The emphasis is on recovery in its fullest sense - mental, physical, psychological and spiritual. To "heal" means to make whole, in contrast to "treating," which is limited and short-sighted. The author draws from a diverse clinical background of over 50 years as a leader in the field of psychiatry. This, and his own spiritual evolution, led to a series of over eight books on the subject of human consciousness itself. Our society lives with constant stress, anxiety, fear, pain, depression, worry and addiction. This book is a dedication to the relief of human suffering in its various expressions. To truly heal is to "make whole" on all levels.

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