



Higher & Higher: From Drugs and Destruction to Health and Happiness

Jost Sauer

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Offering a fresh and uplifting perspective on every aspect of drug addiction and recovery, this empowering self-help resource, which speaks to addicts from all walks of life, guides readers to the ultimate healthy and sustainable high. This unique handbook explores the human need to feel good and how to integrate past drug experiences into a new, positive lifestyle with traditional Chinese medicine. Mind, body, and spirit workouts are interspersed throughout the guide with analytical material and real-life experiences, providing help for both victims of addiction and their families.

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