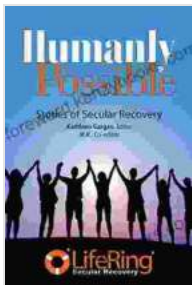


# Humanly Possible: Stories of Secular Recovery

## What is Secular Recovery?

Secular recovery is a type of addiction recovery that does not involve the use of a higher power. Instead, secular recovery programs focus on the power of human connection and the strength of the individual. Secular recovery programs are based on the belief that addiction is a disease that can be overcome through the support of others and through the development of healthy coping mechanisms.



## Humanly Possible: Stories of Secular Recovery

by Matt "Wiggy" Wiggins

★★★★☆ 4.4 out of 5

Language : English  
File size : 1346 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 205 pages  
Lending : Enabled



## The Stories in Humanly Possible

The stories in Humanly Possible are from people who have found recovery from addiction without the use of a higher power. These stories offer hope and inspiration to those who are struggling with addiction, and they provide a glimpse into the transformative power of human connection. The stories

in Humanly Possible are all different, but they all share a common theme: that recovery is possible, even without the use of a higher power.

## **The Benefits of Secular Recovery**

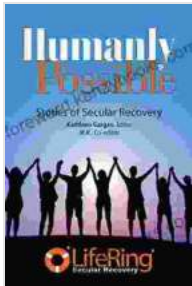
Secular recovery offers a number of benefits over traditional recovery programs. First, secular recovery programs are more inclusive than traditional recovery programs. They are open to people of all faiths and backgrounds, and they do not require participants to believe in a higher power. Second, secular recovery programs are more focused on the individual than traditional recovery programs. They focus on the power of human connection and the strength of the individual, rather than on the power of a higher power. Third, secular recovery programs are more evidence-based than traditional recovery programs. They are based on the latest research on addiction and recovery, and they have been shown to be effective in helping people to achieve long-term recovery.

## **How to Find a Secular Recovery Program**

If you are interested in finding a secular recovery program, there are a number of resources available to help you. You can search online for secular recovery programs in your area, or you can contact a local addiction treatment center. You can also find information about secular recovery programs on the websites of organizations such as the Secular Recovery Alliance and the Center for Secular Recovery.

Humanly Possible is a collection of stories from people who have found recovery from addiction without the use of a higher power. These stories offer hope and inspiration to those who are struggling with addiction, and they provide a glimpse into the transformative power of human connection. If you are interested in learning more about secular recovery, I encourage

you to read Humanly Possible. It is a powerful and inspiring book that can help you on your journey to recovery.

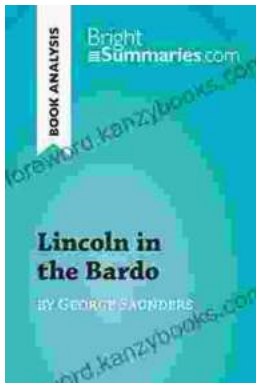


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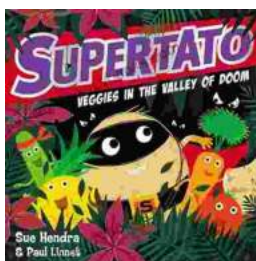
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