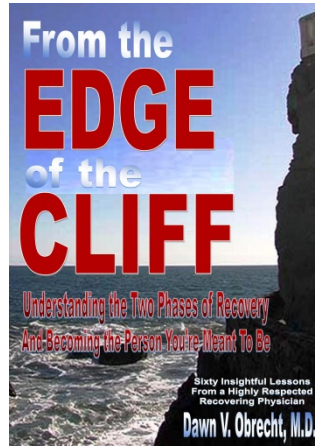




Dawn V. Obrecht, M.D.
Author, MD Addictionist
and professor



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Author email: info@www.docdawn.com

From the Edge of the Cliff: Understanding the Two Phases of Recovery and Becoming the Person You're Meant to Be

Description: From the Edge of the Cliff: Understanding the Two Phases of Recovery and Becoming the Person You're Meant To Be" is a well-written book that provides those recovering from drug and/or alcohol abuse with practical lessons on how to understand and successfully navigate the two-phases of recovery from drug and/or alcohol addiction. However, it is also a remarkably touching, real-life story of someone who has used these same lessons to maintain more than 30 years of successful recovery. In "From the Edge of the Cliff", Dawn Obrecht, M.D., candidly, yet thoughtfully, shares how she was able to escape the destructive and hurtful world of drug and alcohol addiction by facing the reality of the disease, understanding the recovery process and finding a deep, personal relationship with God. It is rare to find in one book the combination of an instructive, addiction recovery resource and an unfettered look into the world of the "addict next door." Just as Dr. Obrecht found the courage and support needed to surface from 20 years of addiction with her professional skills and caring spirit intact - she has found a way, in this book, to not only help the addict but to also entertainingly enlighten family members, non-addicts and other physicians on the importance of their role in also understanding the recovery process.

Dawn V. Obrecht, M.D., is a graduate of the University Of Maryland School Of Medicine. For many years she had a busy family medicine practice. Licensed in several states, she now travels to small, rural communities, filling in for physicians who need time off. Having been in recovery from drug addiction for over a quarter century, Dr. Obrecht uses her experience with life-threatening illness to identify with and help others to heal and to hear God.

Dr. Obrecht is also the author of two other books, *Mission Possible: A Missionary Doctor's Journey of Healing*, Published in 2009 and *Who's Your Higher Power? Finding a God of Your Own Understanding*, Published in 2013.