



Life In Bite-Sized Morsels: Learning to Live "Life on Life's Terms"

Kyczy Hawk

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Once the illusions about using drugs and alcohol have been smashed one faces the more subtle aspects of recovery and leading a recovered life. Addiction can be a teflon process sometimes slipping from one behavior to another: food, consumerism, sex, love, affection, internet activity and so on. How can one keep centered when falling out of balance in any of these areas? "Life in Bite-Sized Morsels" is a book about those challenges and finding solutions. Each piece is short, more like a "share" at a twelve step meeting rather than a "chair". Taking personal experiences or awarenesses and noting them down, similar in manner to a journal entry, Hawk explores life's challenges, learning to accept "life on life's terms".

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