



# Getting the Monkey Off Your Back

*J. Emil Terry*

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# Getting the Monkey Off Your Back

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## **Getting the Monkey Off Your Back** J. Emil Terry

This book was written for the sole purpose of setting people free from addictive behavior. If a person struggles with an addiction to alcohol, drugs, over-eating, pornography or sex, gambling or any other type of addiction, this book gives clear direction for recovery. It clearly explains and challenges the various approaches to recovery; moreover, it gives the reader step by step guidance in experiencing a recreation of their lifestyle establishing power, manageability and stability. There are many self help books produced and published for the purpose of helping people over-come addiction, but not until now has anyone published a book that challenge the disciplines of the behavioral sciences, the twelve step process, psychology, psychiatry, and the biblical based approach. The questions are being answered as to whether these approaches really work, and then the process for recovery is given in a simple format. If you don't need this book buy it for someone who does!

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