

Addictions

What we want most of all is LIFE. We want a life that is rich and meaningful. We want to be whole.

But there are forces which prevent us from achieving all we want. We get tired, frustrated, and sick. We make mistakes and fail.

When our life is not going well we can easily become angry or sad or lonely. Then we tend to turn to something to ease or take away the pain and sorrow and that often leads to addiction. Adventure, food, drink, drugs and sexual activity become addictive. A person's genetic makeup or history often predisposes them to one or another type of addiction.

Overcoming such addictions is no longer a matter of will-power or even prayer for the mind and body now bent in a certain way. But there are methods of changing how the mind and body interact with a person's spirit. Addictions can be managed and even become dormant.

The links in this section highlight some initial steps. Other websites, books or counselors and programs can be of real benefit.