



Higher and Higher: From Drugs and Destruction to Health and Happiness (Paperback)

By Jost Sauer

Allen Unwin, Australia, 2007. Paperback. Condition: New. Language: English . Brand New Book. This is one of the most powerful, real, relevant, and thought-provoking books I have picked up in some time. The Art of Healing Have you ever wondered: Whether marijuana can lead to harder drugs. How come you feel immortal on speed. Why acid trips can feel so good - or so bad. Why total strangers bond on ecstasy. Whether drugs can enhance your spirituality. Why some antidepressants can make your depression worse. Higher and Higher offers a fresh perspective on every aspect of drugs from addiction to repair. Using a new analytical approach that fuses Traditional Chinese Medicine and Energy Medicine, it shows you how to integrate past drug experiences into your life in a positive way. Learn how to reclaim the excitement and exhilaration drugs offer, through a unique mind - body - spirit workout. Combining case studies with a candid account of Jost Sauer's own journey through drugs, depression and near self-destruction, to good health and freedom, Higher and Higher is in turn confronting, thought-provoking and informative. This uplifting and accessible read takes you on a roller-coaster ride from the relentless pursuit of drug-induced...



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