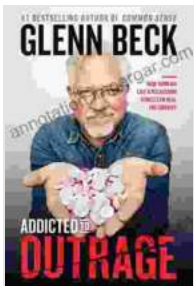


How Thinking Like a Recovering Addict Can Heal the Country

In her new book, *Thinking Like a Recovering Addict Can Heal the Country*, author and addiction specialist Anne M. Fletcher argues that the United States is suffering from a national addiction to power, greed, and self-destruction. She draws on her own experience as a recovering addict to show how the principles of recovery can be applied to the challenges facing our country.



Addicted to Outrage: How Thinking Like a Recovering Addict Can Heal the Country by Glenn Beck

★★★★☆ 4.8 out of 5

Language	: English
File size	: 2552 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 401 pages



Fletcher begins by describing the characteristics of addiction. She writes that addiction is a disease that is characterized by compulsive behavior, loss of control, and a negative impact on the individual's life. She also notes that addiction is often accompanied by denial, shame, and isolation.

Fletcher then argues that the United States is exhibiting many of the same characteristics of addiction. She points to our country's obsession with power and wealth, our willingness to sacrifice our values for short-term gain, and our inability to control our spending and consumption. She also notes that we are increasingly divided and isolated from one another.

Fletcher believes that the principles of recovery can help us to heal from our national addiction. She writes that we need to admit that we have a problem, accept responsibility for our actions, and make a commitment to change. We also need to find a support system of people who will help us to stay on track.

Fletcher's book is a powerful and thought-provoking call to action. She offers a unique perspective on the challenges facing our country and provides a roadmap for healing and recovery. *Thinking Like a Recovering Addict Can Heal the Country* is a must-read for anyone who is concerned about the future of our nation.

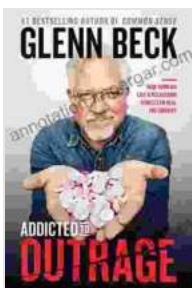
Here are some of the key principles of recovery that Fletcher discusses in her book:

- **Admitting that we have a problem.** The first step to recovery is admitting that we have a problem. This can be difficult, but it is essential. We cannot begin to heal until we acknowledge that we are sick.
- **Accepting responsibility for our actions.** Once we have admitted that we have a problem, we need to accept responsibility for our actions. This means taking ownership of our mistakes and learning from them.

- **Making a commitment to change.** Recovery is a journey, not a destination. It takes time and effort, but it is possible. We need to make a commitment to change and to stick with it, even when it gets tough.
- **Finding a support system.** Recovery is not something that we can do alone. We need the support of other people who are also in recovery. Support groups, therapists, and friends and family can all provide the support we need to stay on track.

Fletcher believes that these principles can be applied to the challenges facing our country. She writes that we need to admit that we have a problem, accept responsibility for our actions, and make a commitment to change. We also need to find a support system of people who will help us to stay on track.

Thinking Like a Recovering Addict Can Heal the Country is a powerful and thought-provoking call to action. Fletcher offers a unique perspective on the challenges facing our country and provides a roadmap for healing and recovery. This book is a must-read for anyone who is concerned about the future of our nation.



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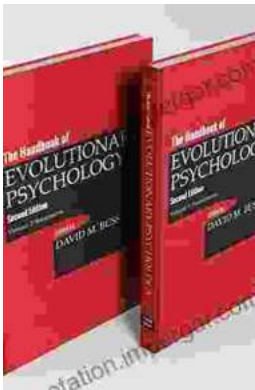
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