



The Gift of Fulfillment: Living the Principles of Healthy Recovery

Michael Dinneen

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Wouldn't it be great if there were Twelve Steps for people who were not addicts or alcoholics, who just wanted a simple way to live a better life? Michael Dinneen provides a clear set of emotional tools for anyone committed to living a radically improved life based on spiritual principles and easy-to-follow directions.

Michael Dinneen, LCSW, CACIII, is program manager for the University of Colorado's Hospital Center for Rehabilitation, Addiction, and Dependency (CeDAR). He is in long-term recovery.

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