



## RECOVERY 2.0: Move Beyond Addiction and Upgrade Your Life

By Tommy Rosen

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### RECOVERY 2.0: Move Beyond Addiction and Upgrade Your Life By Tommy Rosen

*"The feeling was electric-energy humming through my body. I felt like blood was pouring into areas of my tissues that it had not been able to reach for some time. It was relieving and healing, subtler than the feeling from getting off on drugs, but it was detectable and lovely, and of course, there was no hangover, just a feeling of more ease than I could remember. I felt a warmth come over me similar to what I felt when I had done heroin, but far from the darkness of that insanity, this was pure light-a way through." - Tommy Rosen, on his first yoga experience*

Most of us deal with addiction in some form. While you may not be a fall-down drunk, anorexic, or a gambling addict, you likely struggle with addiction in other ways. Workaholism, overeating, and compulsively engaging with technology like video games, texting, and Facebook are also highly common examples. And if you don't suffer from addiction, chances are you know someone who does.

Through more than 20 years of recovery and in working professionally with others, Tommy Rosen has uncovered core elements of recovery and healing, what he refers to as Recovery 2.0. In the book, he shares his own past struggles with addiction, and powerful, tested tools for breaking free from the obstacles that stand in the way of a holistic and lasting recovery. Building off the key tenets of the 12-Step program, he has developed an innovative approach that includes

- Looking at the roots of addiction; your family history and "Addiction Story"
- Daily breathing practices, meditation, yoga, and body awareness
- A healthy, alkaline-based diet to aid with detox, boost immunity, increase vitality, support your entire recovery, and help prevent relapse
- Discovering your mission, living on purpose, and being of service to others

*Recovery 2.0* will help readers not only release their addictions, but thrive in their recovery.

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### Editorial Review

#### Review

“Tommy Rosen is a true leader in the world of addiction recovery. In his book, *Recovery 2.0*, he offers transformational guidance for anyone ready and willing to release the chains of addiction. This book is a true service to the world.”

— Gabrielle Bernstein, *New York Times* best-selling author of *Miracles Now*

“Tommy Rosen has written something extraordinary that is going to change the way people look at addiction and how to approach recovery from it. His rallying cry that we must bring the gifts of yoga and meditation together with the power of the 12 Steps is timely and important. And his emphasis on healthy food choices as part of any complete recovery strategy is cutting edge. As Tommy says, ‘Get psyched. Your life is about to change.’”

— Christopher Kennedy Lawford, *New York Times* best-selling author of *Symptoms of Withdrawal*, activist, and actor

“*Recovery 2.0* is a must for anyone who has either struggled with addiction or knows someone who has. Tommy has a perspective on recovery that is ahead of the curve. This book will become your go-to so you can learn to thrive beyond addiction. If you want sobriety and fulfillment, this is your book.”

— Mastin Kipp, founder of [TheDailyLove.com](http://TheDailyLove.com)

“In a field and subject matter littered with failure, Tommy Rosen and *Recovery 2.0* are paving a new way forward. Whether you or a loved one is struggling with any form of addiction, this book is a must read!”

— Nick Ortner, *New York Times* best-selling author of *The Tapping Solution*

“Tommy Rosen is a clear-seeing and compassionate teacher who has done the work himself and mastered the ability to help others do the same.”

— Rolf Gates, author of *Meditations from the Mat: Daily Reflections on the Path of Yoga*

“Through his own journey into recovery and becoming a global yoga teacher, mentor, and guide, Tommy has made a tremendous contribution to all beings about the nature of addiction, the liberation through embodying the ground of our own being, and discovering the high of our own inner pharmacy. Highly recommended for all on the path to recovering our essential Self.”

— Shiva Rea, author of *Tending the Heart Fire* and founder of Prana Vinyasa Flow and Global Mala Project

“*Recovery 2.0* is part memoir, part guidebook, and part love letter—written from a deeply caring and experienced friend, Tommy Rosen. Tommy’s honest and direct storytelling helps us to understand the power of addiction and encourages us to be open to the varying tools, both traditional and contemporary—including yoga—that can end our addictive behaviors, while also understanding the internalized trauma that is core to both our dis-ease and our healing. I love this book and know that it will serve as a practical and spiritual

resource for many on their path to recovery.”

— Seane Corn, yoga teacher and co-founder Off the Mat, Into the World

“Anyone in search of holistic, sustainable addiction recovery will treasure this book. Battered though the lived experience of his own addiction and recovery, Tommy Rosen has created an important resource for all affected by the dis-ease of addiction.”

— R. Nikki Myers, founder of Y12SR: The Yoga of 12-Step Recovery

About the Author

TOMMY ROSEN is the founder and host of the Recovery 2.0: Beyond Addiction Online Conference Series. One of the pioneers in the burgeoning field of yoga and recovery, he holds advanced certifications in both Hatha and Kundalini Yoga and has 23 years of recovery from acute drug addiction.

Website: [www.tommyrosen.com](http://www.tommyrosen.com)

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### **From reader reviews:**

#### **Johnny Cervantes:**

Now a day people who Living in the era everywhere everything reachable by interact with the internet and the resources included can be true or not call for people to be aware of each information they get. How a lot more to be smart in acquiring any information nowadays? Of course the answer then is reading a book. Examining a book can help individuals out of this uncertainty Information mainly this RECOVERY 2.0: Move Beyond Addiction and Upgrade Your Life book since this book offers you rich info and knowledge. Of course the details in this book hundred pct guarantees there is no doubt in it you may already know.

#### **Phillip Barker:**

Would you one of the book lovers? If yes, do you ever feeling doubt while you are in the book store? Make an effort to pick one book that you never know the inside because don't assess book by its include may doesn't work here is difficult job because you are scared that the inside maybe not since fantastic as in the outside appearance likes. Maybe you answer can be RECOVERY 2.0: Move Beyond Addiction and Upgrade Your Life why because the excellent cover that make you consider concerning the content will not disappoint a person. The inside or content will be fantastic as the outside or perhaps cover. Your reading 6th sense will directly assist you to pick up this book.

#### **James Goldman:**

Is it anyone who having spare time in that case spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something new? This RECOVERY 2.0: Move Beyond Addiction and Upgrade Your Life can be the reply, oh how comes? A fresh book you know. You are and so out of date, spending your time by reading in this completely new era is common not a nerd activity. So what these books have than the others?

**Katherine Velasquez:**

Many people said that they feel uninterested when they reading a guide. They are directly felt the item when they get a half elements of the book. You can choose often the book RECOVERY 2.0: Move Beyond Addiction and Upgrade Your Life to make your own personal reading is interesting. Your skill of reading proficiency is developing when you similar to reading. Try to choose very simple book to make you enjoy to see it and mingle the opinion about book and reading especially. It is to be first opinion for you to like to available a book and learn it. Beside that the guide RECOVERY 2.0: Move Beyond Addiction and Upgrade Your Life can to be your brand-new friend when you're experience alone and confuse with the information must you're doing of that time.

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