



## Free At Last: 7 Spiritual Tools for conquering your addictions

*Pat MacEnulty*

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# Free At Last: 7 Spiritual Tools for conquering your addictions

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## **Free At Last: 7 Spiritual Tools for conquering your addictions** Pat MacEnulty

Drawing on her own experiences as a former drug addict along with the experiences of other recovered addicts and alcoholics, Pat MacEnulty has formulated seven tools to conquer a variety of addictions, including food, nicotine, drugs, alcohol or sex. Incorporating the teachings of mystics and spiritual traditions, MacEnulty offers a simple guide for transformation.

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