



A Spiritual Evolution: How 14 after-effects of a Near-Death Experience helped cure my addictions and changed my life

Louisa P.

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A Spiritual Evolution: How 14 after-effects of a Near-Death Experience helped cure my addictions and changed my life Louisa P.

An addiction memoir told with the humor of hindsight but interspersed with raw material from the author's diary, *A Spiritual Evolution* opens with the self-harming disorder Louisa developed growing up in an alcoholic home and follows her desperate pursuit of okayness via the twin highs of drinking and infatuation that drove her to hit bottom at 34. Finally willing to listen, she learned from others how the 12 steps could enable her to tap an inner resource she calls (small-g) god that has led her through subsequent upheavals and losses toward happiness. Woven through is the account of her Near Death Experience and its continuing after-effects that, for Louisa, have erased all doubt of an active and powerful spirit world.

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