



The Law of Sobriety: Attracting Positive Energy for a Powerful Recovery

Sherry Gaba

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Welcome to a new approach to addiction recovery. *The Law of Sobriety* combines the power of positive thinking with definite action steps to create and maintain a clean and sober life that is filled with renewed purpose. Psychotherapist Sherry Gaba, the go-to expert for life-coaching matters on VH1's *Celebrity Rehab*, asserts that there is more to successful recovery than conventional 12-step programs, and she shows how uniting the concepts of the Law of Attraction with one's authentic self can create a powerful recovery.

Using the techniques she has shared with celebrities in recovery on VH1's *Celebrity Rehab*, Gaba shows recovering alcoholics and addicts how to:

- Attract the positive energy they need to live a clean and sober life that is filled with renewed purpose
- Determine their real values and attract the energy of the universe to lift the veil on old, destructive values and subconscious issues that don't align with sobriety
- Live with awareness and mindfulness, combining the serenity of living in the moment with the strength gained from positive thinking
- Let go of resistance, negativity, and other behaviors that keep them entrenched in toxic cycles

By following Gaba's simple recommendations, recovering alcoholics and addicts will learn how to *transform their lives* by shifting focus from addiction to doable behaviors that align with sobriety and enjoy a purposeful and meaningful new life.

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