



The Seven Deadly Needs

Edward Bear

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Whether you are in recovery or simply looking to improve your life, Edward Bear's latest "Tyler tape" will show you how to overcome your outwardly centered needs and concentrate on the inner work of healing and growth. The Seven Deadly Needs is the sequel to Edward Bear's previous work, The Dark Night of Recovery. Set in a conversational format, the book is written as a series of tape-recorded sessions between a mentor, Tyler, and his somewhat resistant pupil, Edward Bear. Each session deals with one of what Tyler calls the Seven Deadly Needs: the Need to Know, to Be Right, to Get Even, to Look Good, to Judge, to Keep Score, and to Control. Because these needs are outwardly focused, they force us to act in ways that are not true to ourselves, and often lead to addiction, isolation and unhappiness. This book will help guide you around some of the larger potholes in life's often-hectic road. In form not unlike Platonic dialogues, the seven chapters deal with many everyday issues that confine rather than expand our experiences of reality. These obstacles often keep us from an awareness of how rich our lives can be. Through the course of the book, you will learn how to overcome these deadly needs, how to see the possibilities open to each of us, and how to view each day as a wonderful opportunity for living. Although The Seven Deadly Needs is Twelve-Step oriented, the principles and practices are universal, and the tone is both irreverent and charming.

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Nichole Gibson:

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