

# Eupsychia Institute Announces Revolutionary New 28-Day Third Stage Recovery(tm) Program and Founder's Latest Book

AUSTIN, TX (SEND2PRESS NEWSWIRE) – The nonprofit Eupsychia Institute announces the dates of its inaugural Alternative to Addiction Treatment 28-Day Program: Third Stage Recovery(tm) (3SR), Jan. 24 – Feb. 21, 2006, at Red Corral Ranch in the scenic hill country near Austin, Texas. The program announcement accompanies the September 2005 release of Eupsychia Founder Jacquelyn Small's latest book THE SACRED PURPOSE OF BEING HUMAN: A JOURNEY THROUGH THE 12 PRINCIPLES OF WHOLENESS (ISBN 0-7573-0337) from the popular Chicken Soup for the Soul publisher Health Communications, Inc.



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“Our Third Stage Recovery program is designed to empower participants to heal their physical and emotional bodies, and stop using any form of addictive behavior they’ve gotten trapped in,” said Small. “3SR methods of transformational inner work transcend the limitations of first-stage abstinence and second-stage psychological family-of-origin work, allowing the way for full recovery from addiction.”

Following clinical experience of over 30 years, Small has implemented her mind/body-based research findings to create 3SR for the millions of people in

recovery today, who struggle to stay sober even after several times in treatment. Research has shown that 47 percent of private inpatients return to chemical use within the first year following treatment, and approximately 90 percent of alcoholics are likely to experience at least one relapse over the 4-year period following treatment, according to studies cited by the National Institute on Alcohol Abuse and Alcoholism.

Researched-based 3SR methods address the full range of addictions: drugs, alcohol, sex, love, eating disorders, codependence, gambling and shopping. 3SR methods include: meditation, bodywork, musical soul journeys, psychospiritual process groups, daily 12-step meetings, yoga, artwork, and journaling. A guided tour through selected 3SR methods is the premise of Small's latest book, *THE SACRED PURPOSE OF BEING HUMAN* (ISBN: 0-7573-033-7, \$13.95, Publisher: HCI, Trade paperback, September 2005) available in bookstores nationwide or through [www.eupsychia.com](http://www.eupsychia.com).

Jacquelyn Small, LMSW, Founding Director of Eupsychia Institute, is the author of nine books on spiritual psychology, including *Awakening in Time* (Bantam/Eupsychian Press), *Embodying Spirit* (HarperCollins) and *Becoming Naturally Therapeutic* (Bantam). Small has been recognized as "a rare and gifted teacher" by physicist and author Fred Alan Wolf of the popular documentary "What the Bleep Do We Know?" Co-author of *Chicken Soup for the Soul* Jack Canfield has recommended Small's book for "anyone who is serious about personal and spiritual growth."

To request additional information on 3SR, an interview with Jacquelyn Small, and/or a complimentary review copy of *THE SACRED PURPOSE OF BEING HUMAN*, contact Brenda Shea, Eupsychia Institute, at (800) 546-2795 or (512) 327-2795 or [eupsychia@austin.rr.com](mailto:eupsychia@austin.rr.com), and visit [www.3SR.org](http://www.3SR.org).

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