



Breaking the Chains of Addiction: How to Use Ancient Eastern Orthodox Spirituality to Free Our Minds and Bodies From All Addictions

Victor Mihailoff

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Breaking the Chains of Addiction is a self-help book with information and quotes obtained from Eastern Orthodox Christian spiritual books. The author helps the addicted reader attain to the blessed passionless state, beyond all manner of self-destruction behaviors, which the saints have acquired through the oldest spiritual methods in the Christian world dating back to the third century.

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