

# Healthy Initiative Study

## Understanding Yourself: Body, Mind & Spirit

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Our goal is to offer Healthy Initiative Studies (study groups) for those needing motivation to take the next step in their pursuit of healthier bodies, minds and spirits – what we call “whole person care”.

These Healthy Initiative Study guides are for the classic book titled - Addiction and Grace by Gerald G. May, M.D. published by Harper & Row in 1988.

These study guides are offered free of charge by the generosity of our donors and funding from our Switch&Support Funding Plan. Please consider partnering with us by making a financial contribution on our Partners page to help provide these guides and group studies. Participants will not have to pay for the group meetings but will be invited to “pay forward” so future group studies will be ongoing for others.

Another way to help financially is to go to **www.switchandsupport.org** to use the services offered (energy and wireless) to generate ongoing support. Select HIM as your preferred Cause.

Offered by **Healthy Initiative Ministries** - Ron Lively, M.Div., M.A.  
medicalmobilizers.org/healthy-initiative-studies - 615-238-4035  
Thanks, Ron

#### **Chapter 1 – DESIRE: Addiction and Human Freedom**

Lesson 1.1: Preface & Introduction / Repression

Lesson 1.2: The Paradoxes of Addiction

Lesson 1.3: Journey Toward Understanding

Lesson 1.4: Genesis

Lesson 1.5: Addiction and Freedom & G – Attachment and Detachment

Lesson 1.6: Grace

Lesson 1.7: Hope

To Be Written:

**TBD Chapter 2 – EXPERIENCE: The Qualities of Addiction**

**TBD Chapter 3 – MIND: The Psychological Nature of Addiction**

**TBD Chapter 4 – BODY: The Neurological Nature of Addiction**

**TBD Chapter 5 – SPIRIT: The Theological Nature of Addiction**

**TBD Chapter 6 – GRACE: The Qualities of Mercy**

**TBD Chapter 7 – EMPOWERMENT: Grace and Will in Overcoming Addiction**

**TBD Chapter 8: HOMECOMING: Discernment and the Consecrated Life**

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