

The Addiction Recovery Workbook: A 7-Step Master Plan to Take Back Control of Your Life (Paperback)



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Reviews

*It is really an remarkable book which i have ever go through. It can be writter in simple terms and not difficult to understand. I am just effortlessly can get a enjoyment of reading a composed pdf.
(Dr. Lily Wunsch II)*

THE ADDICTION RECOVERY WORKBOOK: A 7-STEP MASTER PLAN TO TAKE BACK CONTROL OF YOUR LIFE (PAPERBACK)

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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A Recovered Addict Shares His 7-step Masterplan For Lasting Recovery In this non-judgemental and remarkable workbook the author will guide you through seven clever steps that will lead to lasting recovery from any addiction. The approach is inspiring, realistic and practical, so you could use it instantly or on your own pace. It will lead you to a better understanding of your addiction and give you the strength and inspiration to live a life beyond recovery. The author of the book, fought seven long and painful years against the horrors of his own addiction. That s why he was so passionate to write this honest and compassionate recovery story, to help and inspire millions around the world to find lasting recovery as well. The Addiction Recovery Workbook, contains a reliable 7-step plan to lasting recovery and making the most out of your remaining life, starting today. It focuses on: How to instantly quit or stop overindulging in your addiction and finding peace in a cooling-off period How to understand your addiction with provoking thoughts and self-talk, even in the confidence of anonymity How to use your addictive feelings in a constructive way, without actually giving in to the craving How to deal with the problems and pain caused by your addiction How to feel secure and self-confident enough to deal with life problems in a constructive manner, creating a meaningful life beyond your addiction and thoroughly enjoy this process. From the author: I wrote this workbook because I can t stand to see so many wonderful souls being tore down by the devilish claws of addiction. Nobody is put here on the earth, only to fight an addiction. I know from...



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