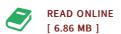




Relapse Prevention Practice: A Sobriety Workbook for the First 90 Days (Paperback)

By Brian M

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you in recovery from substance abuse? Are you in recovery from compulsive behaviors? Here is a practical recovery workbook that will help you to promote your recovery and avoid relapse. Relapse is not inevitable and even if it does happen, there is hope because you can do something about it. Working through your addiction recovery process? This book will work as your personal addiction treatment planner. It is not just one of the regular recovery books, it is a relapse prevention workbook that you can use together with your recovery bible. Because of the manner in which you will use it, it is essentially a relapse prevention therapy workbook even though it offers no therapy. This relapse prevention practice uses a simple strategy that will help you to develop a specific plan of action and be aware of your high relapse risk situations. If you are going through relapse prevention therapy, relapse prevention counseling or addiction counseling, this workbook has daily practical exercises that can be used in group counseling or individual setting. You will learn gain new coping skills...



Reviews

It is great and fantastic. It can be writter in easy phrases and never hard to understand. You will not really feel monotony at at any time of your respective time (that's what catalogues are for concerning if you request me).

-- Michel Halvorson

An incredibly awesome publication with perfect and lucid reasons. It can be writter in simple phrases and not confusing. I am just delighted to let you know that this is actually the very best publication i actually have study during my very own lifestyle and could be he best publication for actually.

-- Paula Gutkowski