



## The Addiction Workbook A Step-by-Step Guide for Quitting Alcohol and Drugs New Harbinger Workbooks

By Patrick Fanning

New Harbinger Publications. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 11.0in. x 8.5in. x 0.5in. If you're thinking about quitting alcohol or drugs, this comprehensive workbook can help you get on track and reach your goals. The Addiction Workbook starts you on your journey by explaining the facts about addiction. It shows you how you can determine if you have a problem and helps you cut through denial or ambivalence to reach a clear decision to quit. Simple, concise exercises and tips help you gather support, deal with detoxification, improve nutrition, and build a personalized exercise program. You will discover how to relax without chemicals and cope with feelings of depression, anxiety, and anger. The book's final chapters cover conducting a personal moral inventory and making lifestyle changes to foster long-term relapse prevention. Direct and easy to understand, for those who want to do something about their use or misuse of alcohol and other drugs. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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