



Relapse Prevention Workbook: Your Third Quarter Sobriety Inventory (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...



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