

12 Stupid Things That Mess Up Recovery

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12 Stupid Things That Mess Up Your RECOVERY . Avoiding Relapse through Self - Awareness And Right Action . Stupid Thing 1: Believing addiction to one substance is the only problem. Stupid Thing 2: Believing sobriety will fix everything. Recovery begins with breaking the bonds of addiction. But this is only the first step on a long journey.

12 Stupid Things That Mess Up Your RECOVERY

/ 12 Stupid Things ourselves and our relationships, and dealing with the wreckage of our past. Few of us will relate to all of these issues, but the general themes should be familiar. So without further ado, here are my top twelve nominations for stupid things we do to mess up our recovery: 1. Believing addiction to one substance is the only ...

12 Stupid Things That Mess Up Recovery - Hazelden

With "12 Stupid Things that Mess Up Recovery", Dr. Allen Berger provides the means for targeting behaviors and attitudes that sabotage sobriety. It sounds so simple: Just stop drinking (or drugging, or binging, or gambling), and everything will be fine.

12 Stupid Things That Mess Up Recovery: Avoiding Relapse ...

With his popular book 12 Stupid Things that Mess Up Recovery, Dr. Berger has shown many people how to confront self-defeating thoughts and behavior. With this sequel, you'll gain the tools to work through twelve more hazards on the path to long-term recovery.

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Buy 12 More Stupid Things That Mess Up Recovery by Berger, Allen (ISBN: 9781616496548) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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12 Stupid Things That Mess Up Recovery | Audio Version Avoiding Relapse through Self-Awareness and Right Action. Author Allen Berger, PhD. Narrated by Matthew Boston . Publication date Jan 28, 2020 . Running time 4 hrs. Synopsis: Concise advice on hunting down the personal culprits that sabotage sobriety and personal happiness.

12 Stupid Things That Mess Up Recovery | Audio Version – abphd

12 Stupid Things That Mess Up Recovery. Price: \$15.95 Online Price: \$14.35. Qty. Add to Cart Details Summary. To grow in recovery, we must grow up emotionally. This means getting honest with ourselves and facing up to the self-defeating thoughts and actions that put our sobriety at risk. Although there are as many ways to mess up recovery as ...

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Here are the 12 “Stupid Things” from his first book: Believing addiction to one substance is the only problem. Believing sobriety will fix everything. Pursuing recovery with less energy than pursuing addiction.

12 Stupid Things | Dr. Michael McGee

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