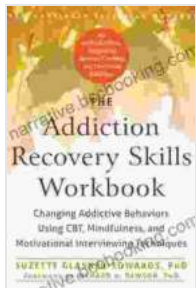


The Addiction Recovery Skills Workbook: Your Guide to a Lasting Recovery



The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-help Workbooks) by Chris I. Naylor

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1769 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 219 pages



Addiction is a serious disease that can have a devastating impact on your life. If you are struggling with addiction, it is important to seek professional help. The Addiction Recovery Skills Workbook is a comprehensive guide to help you overcome addiction and build a lasting recovery.

This workbook provides you with the tools and skills you need to:

- Identify your triggers
- Develop healthy coping mechanisms
- Build a strong support system
- Manage your cravings

- Prevent relapse

The Addiction Recovery Skills Workbook is based on the latest research on addiction treatment. It is written in a clear and easy-to-understand style. The workbook includes exercises and activities to help you apply the skills you learn.

If you are ready to overcome addiction and build a lasting recovery, The Addiction Recovery Skills Workbook is the resource you need.

What's Inside the Workbook?

The Addiction Recovery Skills Workbook is divided into four sections:

1. **Understanding Addiction**
2. **The Recovery Process**
3. **Coping with Challenges**
4. **Maintaining Recovery**

Each section includes exercises and activities to help you apply the skills you learn. The workbook also includes a section on resources for addiction treatment and support.

Who Can Benefit from the Workbook?

The Addiction Recovery Skills Workbook is for anyone who is struggling with addiction. It is also a valuable resource for family members and friends of people who are struggling with addiction.

How to Use the Workbook

The Addiction Recovery Skills Workbook is designed to be used in conjunction with addiction treatment. It can also be used as a self-help tool. To get the most benefit from the workbook, it is important to:

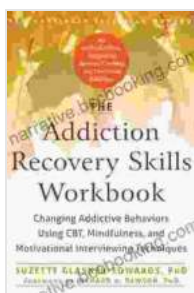
- Read the workbook carefully
- Complete the exercises and activities
- Apply the skills you learn in your daily life
- Seek professional help if needed

The Addiction Recovery Skills Workbook is a valuable resource for anyone who is struggling with addiction. It provides you with the tools and skills you need to overcome addiction and build a lasting recovery.

Free Download Your Copy Today!

The Addiction Recovery Skills Workbook is available now. Free Download your copy today and start your journey to recovery.

Free Download now



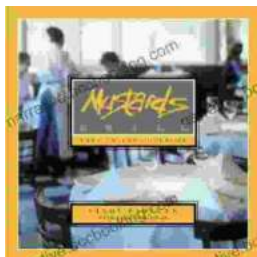
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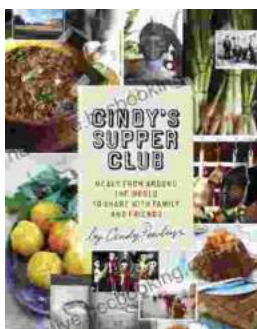
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