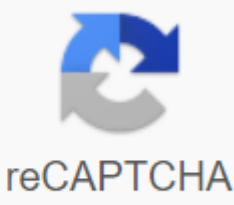




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Staying sober workbook pdf

This revised new version of The Staying Sober Workbook treats the problem of relapse as what it really is: the most serious problem facing pople recovery and the field of addiction. Serious problems require serious solutions. The working book Staying Sober presents a practical method for the prevention of relapses, a method in use since 1988 when the first book and field tested by hundreds of specialists in the prevention of relapses certified in their work with recovering clients was published. More than 48,000 copies of the First Edition of the book have been acquired and used by individuals concerned about the relapse prevention process. The working book Staying Sober presents a practical and proven method for the prevention of relapse. It's not a quick fix or a magic bullet for the relapse problem. It is a serious guide to the prevention of relapses that requires time, energy and is especially useful when used under the direction of trained professionals. The relapse prevention process presented in this workbook is not difficult, but it does require hard work and a serious commitment to work through the process. So if you are willing to invest your time and energy in learning how to stay sober, this book is for you! There are no results for The Staying Sober Workbook, Revised and Simplified. Staying Workbook, Revised Visit help section or contact us Skip to main content Customer Comments Top reviews Top comments Main comments There are 0 comments and 1 UK rating Unlimited One Day Delivery and more prime members enjoy fast and free shipping, unlimited streaming of movies and TV shows with Prime Video and many more exclusive benefits. Your recently seen articles and featured recommendations Showing 1-30 Start your review of The Staying Sober Workbook: A Serious Solution for the Problem of Relapse Aug 30, 2016 Sibtain Bajwa has rated that he really liked the best book for people who are in recovery or looking forward to it. This book presents a clear picture of what recovery is, what are the dilemmas and most importantly how to manage things in recovery PAMLYN HILL qualified you really liked August 10, 2019 Charla Blair rated it was amazing Nov 05, 2019 Roseann Volpe rated it was amazing Jul 05, 2014 Susan qualified she liked Oct 25 , 2015 Ashley rated really liked December 30 , 2012 Larkin scored that he really liked February 13, 2015 David rated it was ok July 30, 2011 Paul Taylor rated that he really liked February 21, 2015 Connie Mele rated it was amazing 28, 2018 Stephen Frantz said he really liked Jun 12, 2016 Laura F rated it was amazing May 28, 2019 Melissa rated it was amazing Jan 20 , 2017 Angie Thomad rated it was amazing Set 15, 2019 Sarah qualified that she really liked June 13, 2015 Chris Ames qualified that she really liked Jul 15 , 2015 Tammy rated it was amazing Set 15, 2019 EA Alexander rated that he really liked August 06, 2017 People who bought this also bought buy > The Staying Sober Workbook The authors discuss addictive disease and its physical, psychological and social effects. They also identify symptoms based on sobriety, study management techniques to reduce the risk of withdrawal and explore our wrong beliefs about relapse to help us change our attitudes and behaviors. Slideshare uses cookies to improve functionality and performance, and to provide you with relevant advertising. If you continue browsing, you accept the use of cookies on this website. See our User Agreement and Privacy Policy. Slideshare uses cookies to improve functionality and performance, and to provide you with relevant advertising. If you continue browsing, you accept the use of cookies on this website. See our Privacy Policy and user agreement for more information. Details.

