



Quitting Alcohol Workbook: Your Personal Recovery Plan (Paperback)

By Cardwell C. Nuckols

Hazelden Information Educational Services, United States, 2007. Paperback. Condition: New. Language: N/A. Brand New Book. Does alcohol interfere with your close relationships? Do you drink to relax, relieve anxiety, or go to sleep? Do you worry about having enough alcohol for an evening or weekend? Have you tried to stop drinking but could only quit for a few days or less? Quitting Alcohol helps individuals answer these and other important questions to determine if their lives have become unmanageable due to alcohol consumption. The author provides suggestions and written exercises for changing behaviors and attitudes, and creating a dynamic personal recovery plan.



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