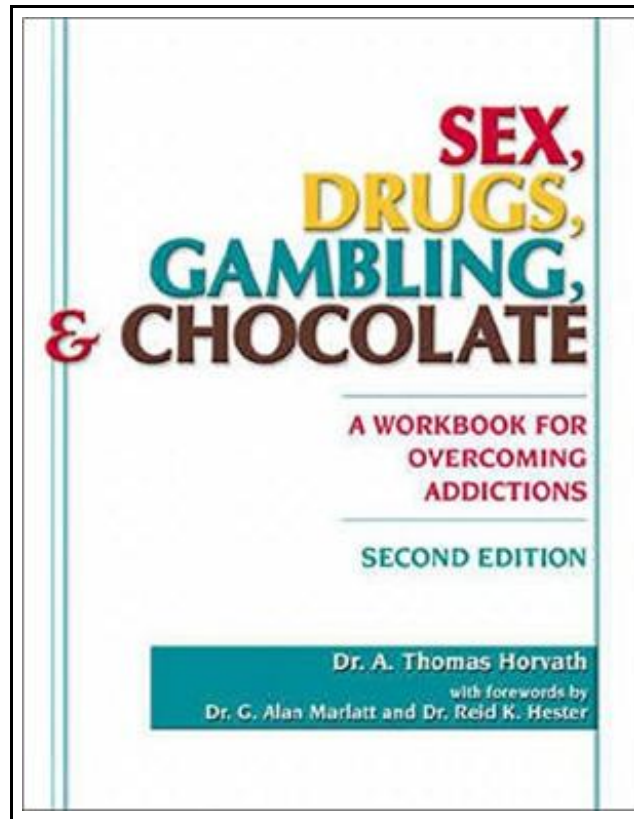


Sex, Drugs, Gambling Chocolate: A Workbook for Overcoming Addictions



Filesize: 4 MB

Reviews

This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Juliet Mertz)

SEX, DRUGS, GAMBLING CHOCOLATE: A WORKBOOK FOR OVERCOMING ADDICTIONS



Impact Publishers. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 10.9in. x 8.4in. x 0.5in. There is an alternative to 12-step! Eliminate or reduce any type of addictive behavior with this practical and effective workbook. Treats addictions as a whole, rather than dealing separately with each issue (e. g. , drinking, smoking, overeating, gambling. . .). Dr. Horvath's rational approach is based on scientifically validated methods and emphasizes taking responsibility for your actions, without requiring an allegiance to a higher power. Teaches readers about consequences (and even possible benefits) of addictive behavior, alternative coping methods, choice, understanding and coping with urges, building a new lifestyle, preventing relapse. Includes dozens of exercises, self-study questions, guidelines for individual change plans. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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