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Sobriety Workbook: Key to Success (Paperback)

By Larry J Wells

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The instructional and interactive Sobriety Workbook: Key to Sobriety is written by Larry J. Wells, a former alcoholic and addict who now serves as a well-respected substance abuse counselor. His years of counseling alcoholics and addicts partnered with his personal addiction struggles have been compiled to create this practical, easy-to-read resource that offers both a professional and personal touch. It has helped hundreds achieve freedom from addictions, stay sober and healthy. Sobriety Workbook: Key to Sobriety uses a self-discovery format to explore the reasons for the abuser s particular actions, and methods to retrain particular thoughts in order to establish sobriety. This professional guide through this often-difficult journey explores the roots of the behaviors that lead to substance abuse along with successfully-proven ways to break and restructure one s thinking and actions away from the demons at the source of the addiction. Through direct questions and honest answers, the addict can recognize, and consequently avoid triggers that lead to relapse. These recommended paths to sobriety with the strong influence of twelve step programs have been implemented with a high success rate. If you...



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