
Alternatives Abstinence New Look Alcoholism

harm reduction guide to coming o psychiatric drugs - second edition, revised and expanded. isbn 978-0-9800709-2-7 this guide brings together the best information we've discovered and lessons we've learned at the icarus project and freedom center. **chapter 11 my relapse prevention plan** - sobriety is my priority -- i don't drink or use no matter what recovery by choice - a workbook * lifering press 246 1 decision 2 body 3 exposure 4 activities 5 people 6 feelings 7 life style 8 history 9 culture 10 treatment 11 relapse 12 day plan 13 week plan 14 life plan

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