

# **12 Smart Things To Do When The Booze And Drugs Are Gone: Choosing Emotional Sobriety Through Self-Awareness And Right Action By Allen Berger Ph.D.**

**By Allen Berger Ph.D.**

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## **Allen Berger (Author of 12 Stupid Things That -**

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<https://www.tahta.ch/lit/src/1438102004549.pdf>

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## **Sober24 Book Club: Allen Berger's 12 Smart Things -**

May 25, 2011 Author Allen Berger, Ph.D., introduces the next assignment from his book, 12 Smart Things to Do When the Booze and Drugs Are Gone. This is Week 2 of 4. For

<http://www.youtube.com/watch?v=ST9GG2iekI>

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