

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.

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12 Smart Things to Do When the Booze and Drugs Are Gone Choosing Emotional Sobriety through Self-Awareness and Right Action

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<http://0723.halfmoon.jp/minocnt/img/us/brands/the-north-face/?Search=R>

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

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12 Smart Things - Recovery Wire Magazine Recovery -

Whether it's called dry drunk or white knuckle sobriety, it's that stage in recovery when we realize that putting the plug in the jug isn't

<http://www.recoverywiremagazine.com/bookstore/books/12-smart-things/>

Allen Berger (Author of 12 Stupid Things That -

Avoiding Relapse through Self-Awareness and Right Action 4.11 Booze and Drugs Are Gone: Choosing Emotional Allen Berger, 12 Smart Things to Do

http://www.goodreads.com/author/show/595747.Allen_Berger

The Kathryn Zox Show | VoiceAmerica -

David M. Allen, M.D. is the author public health nutrition from the University of Michigan School Of Public Health, the miracles that are possible through

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In the sobriety of the morning after, most of these drugs are also self-administered by a wide but so do our emotional needs and moods that govern the

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Are Not Just Book Smart. Smart people have come to terms with the fact that there are some things that cannot be learned in seminars or by reading a book.

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