

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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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

<http://www.voiceamerica.com/episode/86788/superwoman-strategies-and-meditating-for-success>

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

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Author: Allen Berger, Ph.D.

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12 Smart Things - Recovery Wire Magazine Recovery -

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

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