



## Coming Back from a Relapse Workbook

By Sherry Schultz

Hazelden Information Educational Services, United States, 1991. Pamphlet. Condition: New. Language: English. Brand New Book. A relapse into active use of chemicals can be demoralizing to a recovering person. How can you pick up the pieces and get your momentum going again? Coming Back From A Relapse Workbook helps you understand what went wrong and how to get back on track. By working out your own relapse prevention plan, you can avoid doing the same self-defeating things over and over.



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-- Claire Bartell

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