

A NEW HARBINGER SELF-HELP WORKBOOK

An
Individualized,
Integrative
Approach to Help
You Overcome
Addiction

THE
Addiction
Recovery Skills
Workbook

Changing Addictive Behaviors
Using CBT, Mindfulness, and
Motivational Interviewing Techniques

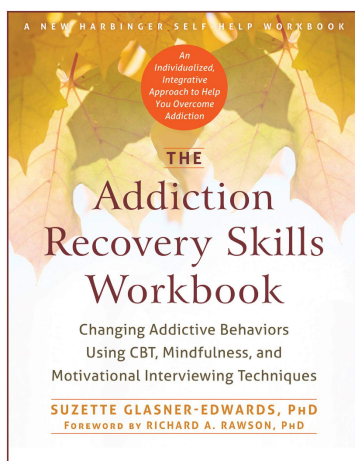
SUZETTE GLASNER-EDWARDS, PhD
FOREWORD BY RICHARD A. RAWSON, PhD

Therapist
Recommended



The Addiction Recovery Skills Workbook

[DOWNLOAD] Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-help Workbooks)



Therapist
Recommended



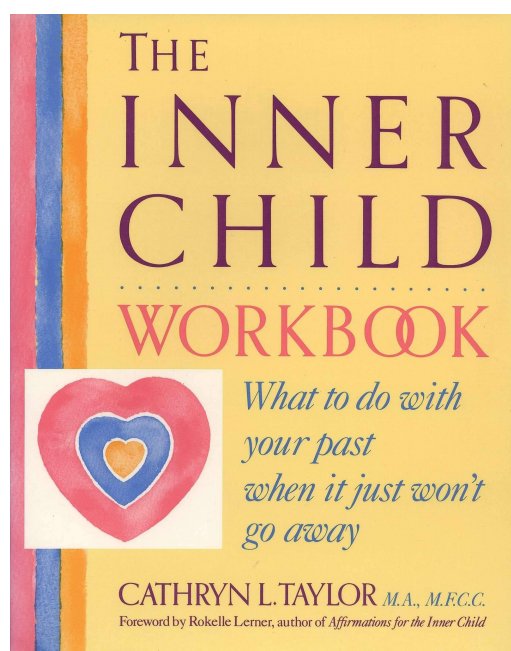
**The Addiction Recovery
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**The Inner Child Workbook: What to do with your
past when it just won't go away**