

## **BOOKS ABOUT RECOVERY FROM ADDICTION**



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### Best Books on Addiction Recovery Addiction

> Best Books on Addiction Recovery Posted by windwardway on December 11, 2017 The more that is understood about addiction and the process of recovery, the more great books get published.

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### 14 Books About Addiction and Recovery Drug Rehab

Overcoming addiction is a challenging endeavor, but there's no shortage of information on recovery. People in

recovery have written numerous books about their experiences, and experts have published an abundance of self-help books for people with a variety of types of addiction.

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### **100 Must Read Books About Addiction BOOK RIOT**

100 Must-Read Books About Addiction. At the request (well, it wasn't really a request) of his employers, Augusten Burroughs landed in rehab, where his dreams of group therapy with Robert Downey, Jr., are immediately dashed by the grim reality of fluorescent lighting and paper hospital slippers.

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### **Recovery Skills and Tools of Recovery Coping Skills**

The First Rule of Recovery. You don't recover from an addiction by stopping using. You recover by creating a new life where it is easier to not use. If you don't create a new life, then all the factors that brought you to your addiction will eventually catch up with you again. You don't have to change everything in your life.

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