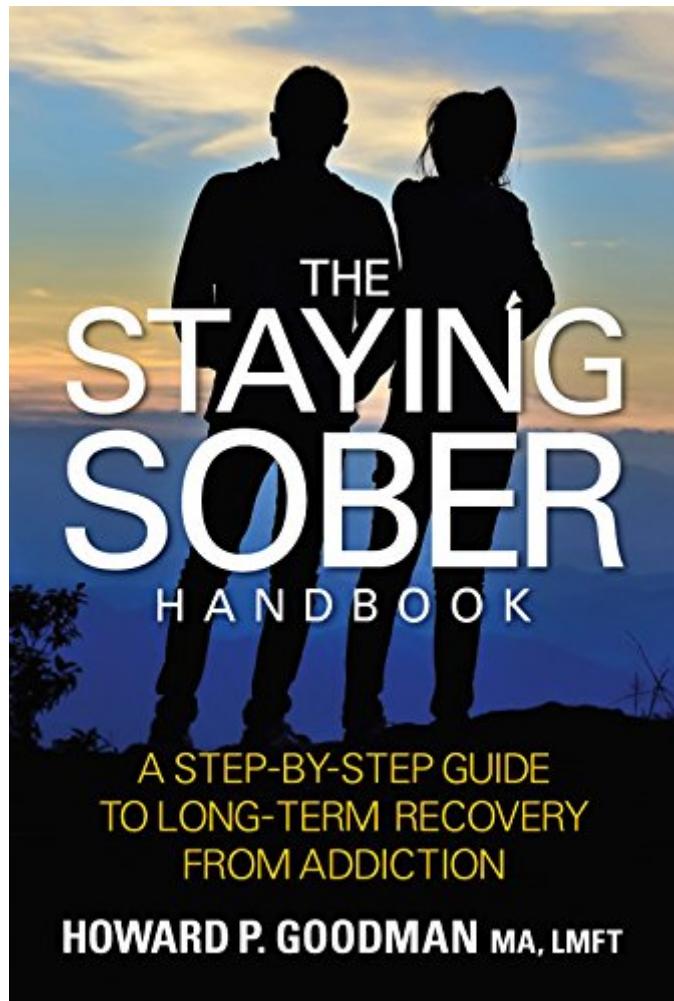


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# The Staying Sober Handbook: A Step-by-Step Guide To Long-term Recovery From Addiction



## **Synopsis**

Yes, You Can Stay Sober! If you're thinking about getting sober, this book will show you that you can do it and how to get there. If you're sober and want to strengthen your resources for staying that way, this will provide the support you need. If you're a family member or loved one of someone suffering from addiction, your life is affected, too. "big time" and this book can restore stability and sanity. And if you are a clinician or therapist, you will find solid ideas for amplifying the effectiveness of your practice with addicts. Are you ready?

## **Book Information**

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## **Customer Reviews**

Of course, I am biased....but the truth is before I began writing "The Staying Sober Handbook," I surveyed all of the books on addiction treatment for the last 25 years. What I found was a mix of memoirs, personal stories, and lots of misinformation about the disease of addiction. The absence of a client-centric book that actually presents the current state of recovery treatment and effective, evidence-based skills, techniques, activities, and behaviors is what motivated me to write The Staying Sober Handbook. This book is the product of 9 years of work on the front lines of addiction

treatment, hundreds of clients, and thousands of hours facilitating groups. And though clearly biased, I can state without reservation, I have seen the staying sober approach to long-term recovery change lives.

This is such an amazing book, it has so many amazing ways to keep you sober and fight your personal addiction. Not only does it help you truly examine and fight your addiction instead of being prescribed a cure. Buy this book if you are battling your personal addiction, buy this book if you are a clinician looking to expand your experiences with your clients, buy this period. This is the best point I hope to bring across. Buy it while it lasts.

I'm a substance abuse counselor as well as a recovering addict. I've worked in the recovery/treatment field for almost ten years and have never seen such a great book! This book covers every aspect of recovery. Very well written, up to date and easy to understand. Most importantly it has the feel of words spoken from care and understanding that only another recovering addict can seem to achieve.

Beautifully written, insightful, sensitive, and a must read for anyone either struggling with addiction or know of someone battling with these issues. Howard's book brings clarity, hope and success for those willing to sit down and read this handbook. Bravo!!

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