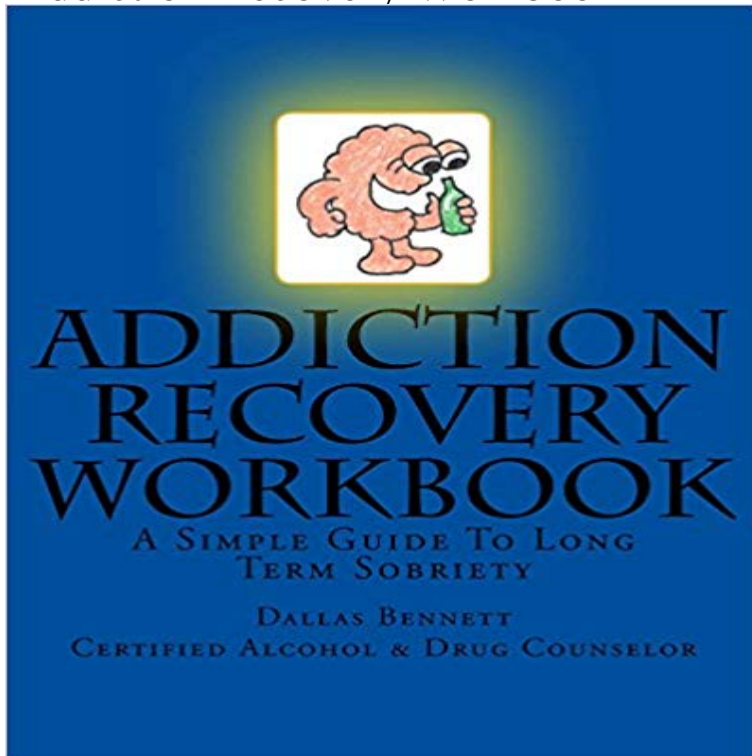


Addiction Recovery Workbook



This is the workbook that goes with my first book: *Midbrain and The Beast*. Over the past twenty years while working as a substance abuse counselor and helping people who struggle with drug and alcohol addiction, [some making it and some not] I've learned a few things about what works and what doesn't. During the last few years I've been focusing most of my efforts toward something I feel is very important to long term success. And the success I'm referring to means a lot more than just sobriety. Anyone can quit drinking and drugging. A ten year old child can tell you how to quit drinking and drugging. Quitting is the easy part. Staying clean and sober; that's the difficult part. The biggest challenge for most people is living life on life's terms without turning to a mood altering chemical. And how to do that is what I'm going to share with you in this workbook. We'll get into the details of what separates the winners from the losers. Some people don't like when I use the word loser. However, the reality is, if you relapse you will increase your chances of losing this game called life. If you want to be successful do what successful people do, go where they go and learn what they learn. Successful people in recovery are willing to do what the unsuccessful people won't do. This separates the men from the boys [the mature women from the little girls]. As you complete this small workbook program you'll notice I like to keep things simple. I do it this way mainly so I can understand it and then explain things in a way you can understand it. Then you can gain the knowledge and apply it to your life. We've all heard that knowledge is power. Well, I've learned that applied knowledge is real power. And power means the ability to make things happen; to get something done. So, let's get started.

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