



# **The Addiction Workbook: A Step-by-Step Guide for Quitting Alcohol and Drugs (New Harbinger Workbooks)**

*Patrick Fanning*

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If you're thinking about quitting alcohol or drugs, this comprehensive workbook can help you get on track and reach your goals.

**The Addiction Workbook** starts you on your journey by explaining the facts about addiction. It shows you how you can determine if you have a problem and helps you cut through denial or ambivalence to reach a clear decision to quit. Simple, concise exercises and tips help you gather support, deal with detoxification, improve nutrition, and build a personalized exercise program. You will discover how to relax without chemicals and cope with feelings of depression, anxiety, and anger.

The book's final chapters cover conducting a personal moral inventory and making lifestyle changes to foster long-term relapse prevention.

Direct and easy to understand, for those who want to do something about their use or misuse of alcohol and other drugs.

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book. Honestly, that is why this book ideal all of you.

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