



Sober University: Your Next Step to Successful Recovery (Hardback)

By Cheryl Adler

iUniverse, United States, 2011. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you struggling with addiction, whether to alcohol, prescription or illicit drugs, overeating, anorexia, bulimia or gambling, overspending and debt? Or are you in a relationship that is sex-addicted, codependent or self-destructive in another way? Cheryl Adler, MS, LCSW, DAPA, FAPA, speaks with compassion and insight. A psychotherapist, addictions counselor and educator, she is unafraid to delve into the harsh realities of addiction. Cheryl shares her 25+ years of experience and success stories to empower you to take the next steps to strengthen your sobriety and move toward your ultimate recovery. She shares her stories and insights to guide you in areas that addicts struggle with, including: Changing recovery from a clinical experience to one of adventure and self-discovery Designing a sobriety plan unique to you that focuses on your strengths and personal successes Creating healthy and loving relationships Choosing a rehab Finding a supportive therapist What you can learn from a 12-step program Transforming your environment Making healthy choices about nutrition and exercise so you ll start feeling better right away Integrating medication, prayer and spiritual practice into your recovery Becoming a...



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