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Crossing Press,U.S., United States, 1997. Paperback. Condition: New. Language: English . Brand New Book. A time-proven process of healing, The 12-Step method is a practical approach to overcoming addictions, codependency, and compulsions. These steps will help you: Heal your relationships with others.Master new skills to sustain a healthy lifestyle.Restore joy and meaning to your life.Overcome social isolation.Learn to hear and be honest with yourself.Build a clear sense of purpose.

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- Authored by Kathleen S
- Released at 1997



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