

# STAYING SOBER

A GUIDE FOR RELAPSE PREVENTION

Terence T. Gorski and Merlene Miller



Revised Edition

Foreword by Father Martin

Based on the Gorski-CENAPS® Model

# Staying Sober A Guide For Relapse Prevention

**A.J. Kelly**



## **Staying Sober A Guide For Relapse Prevention:**

**Passages Through Recovery** Terence T Gorski, 2009-07-30 Passages through Recovery presents an action plan for preventing relapse one that can help us understand how recovery works and what is needed to move from active addiction to sobriety Abstinence from alcohol and other drugs is only the beginning of sobriety It s the ticket to get into the theater not the movie we are going to see Passages through Recovery One of the most important things we learn in recovery is that there really is a way out of all the misery if we know which way to go But abstinence from alcohol and other drugs is just the beginning of our journey not our destination And that journey can be a rough one if we don t know what lies ahead Based on the experiences of thousands of recovering men and women Passages through Recovery presents an action plan for preventing relapse one that can help us understand how recovery works and what is needed to move from active addiction to sobriety Gorski s pioneering work describes six stages of recovery from chemical dependency and offers sound advice for working through the challenges of each stage challenges that can create frustration and lead to relapse Passages through Recovery clearly demonstrates that sobriety is more than just healing the damage It s a way of thinking acting and relating to others Gorski writes that promotes continued physical psychological social and spiritual health The skills necessary for long term sobriety are all directed at finding meaning and purpose in life Use this book as a compass in your recovery to help you stay on course

**Staying Sober** A.J. Kelly, 2018-12-08 Most people who struggle with compulsive behaviors want to stop using but they are continually overcome by their cravings Kelly has created a framework that helps them clarify their vision of recovery and prevent relapse long term so that they can move forward with their life with clarity confidence and peace of mind This is a guide to 30 days of strategic relapse prevention Staying Sober A Guide for Sobriety and Relapse Prevention is a relapse prevention and sobriety focused workbook which uses universal elements of effective addiction recovery to help people in recovery from substance misuse disorders and compulsive lifestyles to significantly improve how they prevent relapse so they can walk tall and live free from compulsive disorders A J Kelly s Staying Sober Guide and relapse prevention process is the solution to the struggle men and women in recovery face when trying to live lives free from addiction This revolutionary method for relapse prevention provides people in recovery with a significantly effective strategy to overcome compulsive behaviors No matter how much you crave or feel compelled to drink alcohol or use other drugs and addictive behaviors the Staying Sober Workbook will help you to be aware of your environment and be able to prevent relapse way ahead of time The Staying Sober Workbook does this by setting you up to reprogram your mind through reflective personal questions This is an effective sobriety solution that will help you to stop your addiction Relapse prevention need not to be rocket science This relapse prevention workbook is a simple and easy to understand guide to a happy life that is free from addiction and stronger than the constant threat of relapse People who use the following models of treatment found this workbook highly beneficial Dialectical Behavior Therapy DBT Cognitive Behavioral Therapy CBT Acceptance and

Commitment Therapy Acceptance and Commitment Therapy ACT Motivational Enhancement and Interviewing Medication Assisted Therapies Interpersonal Therapy Interpersonal therapy or IPT Solution Focused Brief Therapy Solution Focused Therapy Mindfulness Based Cognitive Therapy MBCT AA 12 Step meetings Complementary Therapies Whether you are in your early days of your recovery well advanced with years of sobriety you have been sober and you relapsed or you are sober and confident the Staying Sober Guide will forever transform the way you relate to yourself and other people and most importantly your thought process This is a guide to freedom from substance abuse disorders a guide to sobriety     **The Staying Sober Workbook** Terence T. Gorski, 1992-01-01     **Staying Sober** A.J. Kelly, 2018-12-08 Most people who struggle with compulsive behaviors want to stop using but they are continually overcome by their cravings Kelly has created a framework that helps them clarify their vision of recovery and prevent relapse long term so that they can move forward with their life with clarity confidence and peace of mind This is a guide to 30 days of strategic relapse prevention Staying Sober A Guide for Gambling Sobriety and Relapse Prevention is a relapse prevention and sobriety focused workbook which uses universal elements of effective addiction recovery to help people in recovery from gambling overeating shopping and other compulsive lifestyles to significantly improve how they prevent relapse so they can walk tall and live free from compulsive disorders A J Kelly s Staying Sober Workbook and relapse prevention guide is the solution to the struggle men and women in recovery face when trying to live lives free from addiction This revolutionary method for relapse prevention provides people in recovery from gambling addiction with a significantly effective strategy to overcome compulsive gambling and other compulsive behaviors No matter how much you crave or feel compelled to drink alcohol or use other drugs and addictive behaviors the Staying Sober Guide will help you to be aware of your environment and be able to prevent relapse way ahead of time The Staying Sober Workbook does this by setting you up to reprogram your mind through reflective personal questions This is an effective sobriety solution that will help you to stop your addiction Relapse prevention need not to be rocket science This relapse prevention workbook is a simple and easy to understand guide to a happy life that is free from addiction and stronger than the constant threat of relapse People who use the following models of treatment found this workbook highly beneficial Dialectical Behavior Therapy DBT Cognitive Behavioral Therapy CBT Acceptance and Commitment Therapy Acceptance and Commitment Therapy ACT Motivational Enhancement and Interviewing Medication Assisted Therapies Interpersonal Therapy Interpersonal therapy or IPT Solution Focused Brief Therapy Solution Focused Therapy Mindfulness Based Cognitive Therapy MBCT AA 12 Step meetings Complementary Therapies Whether you are in your early days of your recovery well advanced with years of sobriety you have been sober and you relapsed or you are sober and confident the Staying Sober Solution will forever transform the way you relate to yourself and other people and most importantly your thought process This is a guide to freedom from substance abuse disorders a guide to sobriety

**Understanding the Twelve Steps** Terence T. Gorski, 1991-04-15 An interpretation and guide to the 12 steps of

Acoholics Anonymous      *Staying Sober* Minnesota Chemical Dependency Program for Deaf and Hard of Hearing Individuals, Fairview Riverside Medical Center, Center for Substance Abuse Treatment (U.S.), 1993      **Staying Sober** T. A. Kelly, 2018-12-08 Most people who struggle with compulsive behaviors want to stop using but they are continually overcome by their cravings Kelly has created a framework that helps them clarify their vision of recovery and prevent relapse long term so that they can move forward with their life with clarity confidence and peace of mind This is a guide to 30 days of strategic relapse prevention *Staying Sober A Workbook for Relapse Prevention* is a relapse prevention and sobriety focused workbook that uses universal elements of effective addiction recovery to help people in recovery from substance misuse disorders and compulsive lifestyles to significantly improve how they prevent relapse so they can walk tall and live free from compulsive disorders T A Kelly's *Staying Sober Workbook* and relapse prevention process is the solution to the struggle men and women in recovery face when trying to live lives free from addiction This revolutionary method for relapse prevention provides people in recovery with a significantly effective strategy to overcome compulsive behaviors No matter how much you crave or feel compelled to drink alcohol or use other drugs and addictive behaviors this *Staying Sober Workbook* will help you to be aware of your environment and be able to prevent relapse way ahead of time The *Staying Sober Workbook* does this by setting you up to reprogram your mind through reflective personal questions This is an effective sobriety solution that will help you to stop your addiction Relapse prevention need not to be rocket science This relapse prevention workbook is a simple and easy to understand guide to a happy life that is free from addiction and stronger than the constant threat of relapse People who use the following models of treatment found this workbook highly beneficial Dialectical Behavior Therapy DBT Cognitive Behavioral Therapy CBT Acceptance and Commitment Therapy Acceptance and Commitment Therapy ACT Motivational Enhancement and Interviewing Medication Assisted Therapies Interpersonal Therapy Interpersonal therapy or IPT Solution Focused Brief Therapy Solution Focused Therapy Mindfulness Based Cognitive Therapy MBCT AA 12 Step meetings Complementary Therapies Whether you are in your early days of your recovery well advanced with years of sobriety you have been sober and you relapsed or you are sober and confident the *Staying Sober* practice will forever transform the way you relate to yourself and other people and most importantly your thought process This is a guide to freedom from substance abuse disorders a guide to sobriety      *Addiction Counseling* Alan Cavaiola, Amanda L. Giordano, Nedeljko Golubovic, 2021-11-10 Equips the upcoming generation of addiction counselors with crucial knowledge to skillfully treat current and future addictions Grounded in leading edge evidence based research this hands on text applies a step by step approach to addictions counseling This book encompasses assessment diagnosis and treatment planning case management and relapse prevention with an incisive focus on process addictions and co occurring disorders The text covers all essential topics as outlined in the gold standard SAMSHA Counselor Training Manual Included are detailed guidelines on how to write succinct treatment plans and conduct effective client sessions case studies role playing exercises and clinical applications to

assessment and diagnosis treatment planning and case management Counselor Perspectives interviews with experienced clinicians working with varied populations throughout the country offer the wisdom of those who have been there Critical topics unique to the book include the role of neuroscience in addiction treatment relapse prevention and advocacy In addition the text offers specific chapters on process addictions and co occurring disorders as well as a separate chapter on multicultural counseling covering gender racial ethnic sexual orientation age religion and disability issues It is also distinguished by an abundance of downloadable forms and documents including screening instruments treatment plan format templates treatment plan examples biopsychosocial assessment forms informed consent forms confidentiality forms case management forms and more Pedagogical elements to help learners process and apply concepts include key terms learning activities discussion questions recommended readings resources and chapter summaries Faculty aides include an instructor s manual with sample syllabi CACREP mapping tools test bank and PowerPoint slides This essential resource will be valued as a primary textbook for any course that focuses on addiction counseling and treatment Purchase includes digital access for use on most mobile devices or computers Key Features Describes a variety of etiological models and how they become a means of assessing biopsychosocial risk factors Delivers step by step guidelines on how to write concise treatment plans and for conducting effective treatment sessions Devotes a chapter to motivational interviewing to promote willingness to change Includes cutting edge research pertaining to neuroscience and its applications and evidence based treatment practices Provides separate chapter on multicultural counseling and substance use disorders among people of diverse races ethnicities genders class ages and spirituality Offers real world insights with Notes from the Field feature Facilitates practical application through role play exercises treatment technique and assessment case examples biopsychosocial assessment guidelines how to provide client feedback and more Includes multiple digital downloadable tools     **The**

**Psychopharmacology Treatment Planner** David C. Purselle, Charles B. Nemeroff, David J. Berghuis, 2004-03-31 The Psychopharmacology Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal review agencies Saves you hours of time consuming paperwork yet offers the freedom to develop customized treatment plans for clients whose therapy includes psychotropic drugs Organized around 28 main presenting problems regularly treated with a combination of psychotropic and psychotherapeutic interventions or treatment modalities from ADHD dementia and substance abuse to antisocial behavior bipolar disorders and more Over 1 000 well crafted clear statements describe the behavioral manifestations of each relational problem long term goals short term objectives and clinically tested treatment options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM IV TR TM diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA JCAHO and NCQA     **Relapse Prevention** Beverly Kelly, 2018-12-08 Most people who struggle with compulsive behaviors

want to stop using but they are continually overcome by their cravings Kelly has created a framework that helps them clarify their vision of recovery and prevent relapse long term so that they can move forward with their life with clarity confidence and peace of mind This is a guide to 30 days of strategic relapse prevention Relapse Prevention A Guide to Staying Sober Long Term is a relapse prevention and sobriety focused workbook that uses universal elements of effective addiction recovery to help people in recovery from substance misuse disorders and compulsive lifestyles to significantly improve how they prevent relapse so they can walk tall and live free from compulsive disorders Beverly Kelly s Relapse Prevention Workbook and relapse prevention process is the solution to the struggle men and women in recovery face when trying to live lives free from addiction This revolutionary method for relapse prevention provides people in recovery with a significantly effective strategy to overcome compulsive behaviors No matter how much you crave or feel compelled to drink alcohol or use other drugs and addictive behaviors the relapse prevention solution will help you to be aware of your environment and be able to prevent relapse way ahead of time The Staying Sober Workbook does this by setting you up to reprogram your mind through reflective personal questions This is an effective sobriety solution that will help you to stop your addiction Relapse prevention need not to be rocket science This relapse prevention workbook is a simple and easy to understand guide to a happy life that is free from addiction and stronger than the constant threat of relapse People who use the following models of treatment found this workbook highly beneficial Dialectical Behavior Therapy DBT Cognitive Behavioral Therapy CBT Acceptance and Commitment Therapy Acceptance and Commitment Therapy ACT Motivational Enhancement and Interviewing Medication Assisted Therapies Interpersonal Therapy Interpersonal therapy or IPT Solution Focused Brief Therapy Solution Focused Therapy Mindfulness Based Cognitive Therapy MBCT AA 12 Step meetings Complementary Therapies Whether you are in your early days of your recovery well advanced with years of sobriety you have been sober and you relapsed or you are sober and confident this sobriety solution workbook will forever transform the way you relate to yourself and other people and most importantly your thought process This is a guide to freedom from substance abuse disorders a guide to sobriety

**Staying Sober Workbook** Brian Mulipah, 2018-07-22 Most people who struggle with compulsive behaviors want to stop using but they are continually overcome by their cravings Brian Mulipah has created a framework that helps them clarify their vision of recovery and prevent relapse long term so that they can move forward with their life with clarity confidence and peace of mind Recovery coach and author Brian Mulipah uses universal elements of effective addiction recovery to help people in recovery from substance misuse disorders and compulsive lifestyles to significantly improve how they prevent relapse so they can walk tall and live free from compulsive disorders Brian Mulipah s Staying Sober Workbook and relapse prevention process is the solution to the struggle men and women in recovery face when trying to live lives free from addiction This revolutionary method for relapse prevention provides people in recovery with a significantly effective strategy to overcome compulsive behaviors No matter how much you crave or feel compelled to

drink alcohol or use other drugs and addictive behaviors the Staying Sober Workbook will help you to be aware of your environment and be able to prevent relapse way ahead of time The Staying Sober Workbook does this by setting you up to reprogram your mind through reflective personal questions This is an effective sobriety solution that will help you to stop your addiction Relapse prevention need not to be rocket science This relapse prevention workbook is a simple and easy to understand guide to a happy life that is free from addiction and stronger than the constant threat of relapse Whether you are in your early days of your recovery well advanced with years of sobriety you have been sober and you relapsed or you are sober and confident the Staying Sober Workbook will forever transform the way you relate to yourself and other people and most importantly your thought process This is a guide to freedom from substance abuse disorders a guide to sobriety

**Firefighter Emotional Wellness** Jada Hudson, 2022-03-15 Firefighter Emotional Wellness Reconnecting with Yourself and Others is a training exercise for your heart and mind It s an excellent evidence based self help book with boots on the ground sharing interviews with firefighters and how they adapt You are looking at a critical part of your success as a first responder and human being and it doesn t mean that you will have perfect understanding right away or ever but what it means is you will begin to find tools that help you grapple with what you have seen Jada Hudson What others are saying By sharing personal stories of her clients emotional wellness struggles Jada Hudson takes away the stigma of talking about things like depression anxiety addiction suicidal ideation said Dr Thomas E Joiner an academic psychologist author and professor of psychology Florida State University Firefighter Emotional Wellness Reconnecting with Yourself and Others is a must read for every academy recruit newlywed leader retiree spouse and individual who wants to become or remain emotionally well Jada Hudson s years of critically important work with counseling first responders has come full circle in this book Her insight guidance and examination of the issues facing the men and women on the front lines is both remarkable and humbling This book should be a must read for any first responder or medical professional Dr Robert Langman Northwestern Medicine Chicago I highly recommend this book for first responders peer support programs chaplains and clinicians said Dr Joel Fay who teaches intervention case law PTSD Suicide by Cop and Self Care for Sacramento PD CIT Jada Hudson brings a considerable wealth of information regarding the mental health and treatment of first responders She covers a broad range of topics including PTSD suicide stress and trauma resiliency and treatment She shares her professional knowledge and writes from her personal experience and the book is richer for it Jada Hudson draws upon her personal and professional experience as well as research and theory in writing Firefighter Emotional Wellness a book that is timely and important says Dr Stanley McCracken author and lecturer ret The University of Chicago Just as first responders drill to prepare them for the physical demands of their jobs reading this book should be considered a preparation for the emotional demands they will face

**The Complete Adult Psychotherapy Treatment Planner** David J. Berghuis, L. Mark Peterson, 2012-07-03 The Complete Adult Psychotherapy Treatment Planner Fourth Edition provides all the elements necessary to quickly and easily

develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features Empirically supported evidence based treatment interventions Organized around 43 main presenting problems including anger management chemical dependence depression financial stress low self esteem and Obsessive Compulsive Disorder Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Designed to correspond with the The Adult Psychotherapy Progress Notes Planner Third Edition and the Adult Psychotherapy Homework Planner Second Edition Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF JCAHO and NCQA

**Staying Sober** Barbara Kelly, 2018-12-08 Most people who struggle with compulsive behaviors want to stop using but they are continually overcome by their cravings Kelly has created a framework that helps them clarify their vision of recovery and prevent relapse long term so that they can move forward with their life with clarity confidence and peace of mind This is a guide to 30 days of strategic relapse prevention Staying Sober A Workbook for Heroin Relapse Prevention is a relapse prevention and sobriety focused workbook uses universal elements of effective addiction recovery to help people in recovery from heroin substance misuse and other compulsive lifestyles to significantly improve how they prevent relapse so they can walk tall and live free from compulsive disorders Barbara Kelly s Staying Sober Workbook and relapse prevention guide is the solution to the struggle men and women in recovery face when trying to live lives free from addiction This revolutionary method for relapse prevention provides people in recovery with a significantly effective strategy to overcome compulsive behaviors No matter how much you crave or feel compelled to drink alcohol or use other drugs and addictive behaviors this Staying Sober Solution will help you to be aware of your environment and be able to prevent relapse way ahead of time The Staying Sober Workbook does this by setting you up to reprogram your mind through reflective personal questions This is an effective sobriety solution that will help you to stop your addiction Relapse prevention need not to be rocket science This relapse prevention workbook is a simple and easy to understand guide to a happy life that is free from addiction and stronger than the constant threat of relapse People who use the following models of treatment found this workbook highly beneficial Dialectical Behavior Therapy DBT Cognitive Behavioral Therapy CBT Acceptance and Commitment Therapy Acceptance and Commitment Therapy ACT Motivational Enhancement and Interviewing Medication Assisted Therapies Interpersonal Therapy Interpersonal therapy or IPT Solution Focused Brief Therapy Solution Focused Therapy Mindfulness Based Cognitive Therapy MBCT AA 12 Step meetings Complementary Therapies Whether you are in your early days of your recovery well advanced with years of sobriety you have been sober and you relapsed or you are sober and confident the Staying Sober Workbook and sobriety solution will forever transform the way you relate to yourself and other people and most importantly your thought process This is a guide to freedom from substance abuse disorders a guide to sobriety

Teens Under the Influence Katherine Ketcham, Nicholas A.

Pace, M.D.,2008-11-26 Across the United States in small towns and major cities in suburbs and slums in public and private schools thousands of kids are experimenting with drugs Many of them will become addicts some will die The first and only book to focus entirely on adolescent alcohol and other drug use *Teens Under the Influence* addresses the immediate dangers that threaten these kids exploring the short and long term effects of their addiction and giving parents solid sensitive practical advice to combat this growing epidemic Knowledge is the key to defeating drug addictions and that is what this comprehensive timely new book provides Full of candid true stories from adolescent drug users with facts based on the most recent scientific research *Teens Under the Influence* tells you exactly what you need to know to deal with your child s problem covering such important topics as The common myths and misconceptions about drug addiction The crucial differences between adult and adolescent dependency The reasons kids get hooked The stages of adolescent addiction The different kinds of drugs kids use and combine Various treatment options and how to choose the best treatment for your child Strategies for handling relapses *Teens Under the Influence* offers practical help that may save your child s life It may save the life of a friend And it may save your own

**Integrated Treatment for Dual Disorders** Kim T. Mueser,Douglas L. Noordsy,Robert E. Drake,Lindy Fox Smith,2015-05-18 This comprehensive clinical handbook provides virtually everything needed to plan deliver and evaluate effective treatment for persons with substance abuse problems and persistent mental illness From authors at the forefront of the dual disorders field the book is grounded in decades of influential research Presented are clear guidelines for developing integrated treatment programs performing state of the art assessments and implementing a wide range of individual group and family interventions Also addressed are residential and other housing services involuntary interventions vocational rehabilitation and psychopharmacology for dual disorders Throughout the emphasis is on workable ways to combine psychiatric and substance abuse services into a cohesive unitary system of care In a convenient large size format the volume includes reproducible assessment forms treatment planning materials and client handouts

Learning the Language of Addiction Counseling Geri Miller,2014-09-08 FULLY REVISED COMPREHENSIVE AND PRACTICAL *Learning the Language of Addiction Counseling* Fourth Edition introduces counselors social workers and students to the field of addiction counseling and helps them acquire the knowledge and develop the skills needed to counsel individuals who are caught in the destructive cycle of addiction Drawing from her years of experience working in the addiction counseling field Geri Miller provides an engaging balanced overview of the major theoretical foundations and clinical best practices in the field Fully updated the Fourth Edition offers a positive practice oriented counseling framework and features A research based clinical application approach to addiction counseling that practitioners can turn to for fundamental practical clinical guidelines Revised chapters that reflect important changes in research and practice including new DSM5 criteria new assessment instruments and new and expanded treatments Case studies interactive exercises end of chapter questions and other resources that facilitate the integration of knowledge into practice Personal Reflections

sections at the beginning of each chapter provide an invaluable unique perspective on the author's evolving views of addiction counseling Updated and expanded online Instructor's Manual that includes brief video clips PowerPoint slides test bank questions for each chapter and sample syllabi From assessment and diagnosis of addiction to preparing for certification and licensure as an addiction professional this comprehensive book covers all of the essentials **Girlfriend of Bill** Karen Nagy, 2014-04-01 If you are dating sheltering in place with or married to someone who's walking the way of 12 step recovery you may be mystified by the landscape and language of the recovery community and wondering how you fit in to your partner's plan Karen Nagy's book is for you This ground breaking guide provides twelve key points you need to know about dating a person in addiction recovery Gain a greater understanding of your companion's recovery program and personality traits while learning to identify red flags in order to build confidence for a successful relationship Being in a new relationship is hard enough but if the person you're dating is a recovering alcoholic or addict there may be more to consider than just mutual interests and attraction For Karen Nagy dating a recovering alcoholic felt in some ways like she was seeing someone from another planet with his own language culture and social behaviors With humor compassion and a great respect for what it takes to recover from an addiction this first of its kind field guide offers an inside scoop on what people do in all those Twelve Step meetings why they need a sponsor what is a sponsor and why phrases like Live and Let Live and Easy Does It keep creeping into your conversations Nagy offers twelve key points that you need to know about dating a person in recovery She also helps you identify the warning signs of developing your own codependent tendencies by playing into your partner's addictive thinking and behavior and what to do about it By gaining a greater understanding of your companion's recovery program you can help them stay sober learn how to deal with character flaws and also build your confidence in the potential for a healthy successful relationship **Approaches to Drug Abuse Counseling, July 2000** ,2000 **Approaches to Drug Abuse Counseling** ,2000

## Unveiling the Power of Verbal Art: An Mental Sojourn through **Staying Sober A Guide For Relapse Prevention**

In a global inundated with displays and the cacophony of instantaneous communication, the profound power and mental resonance of verbal art often diminish into obscurity, eclipsed by the continuous barrage of noise and distractions. However, located within the lyrical pages of **Staying Sober A Guide For Relapse Prevention**, a fascinating perform of literary beauty that pulses with fresh thoughts, lies an memorable journey waiting to be embarked upon. Written by a virtuoso wordsmith, this mesmerizing opus instructions visitors on an emotional odyssey, gently revealing the latent potential and profound influence stuck within the intricate internet of language. Within the heart-wrenching expanse of this evocative examination, we will embark upon an introspective exploration of the book is key themes, dissect their interesting writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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### **Staying Sober A Guide For Relapse Prevention Introduction**

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