

A NEW HARBINGER SELF-HELP WORKBOOK

*An
Individualized,
Integrative
Approach to Help
You Overcome
Addiction*

THE
**Addiction
Recovery Skills
Workbook**

Changing Addictive Behaviors
Using CBT, Mindfulness, and
Motivational Interviewing Techniques

SUZETTE GLASNER-EDWARDS, PhD
FOREWORD BY RICHARD A. RAWSON, PhD

Nice Addiction Recovery Skills Workbook Motivational

Daniela Niemeyer



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