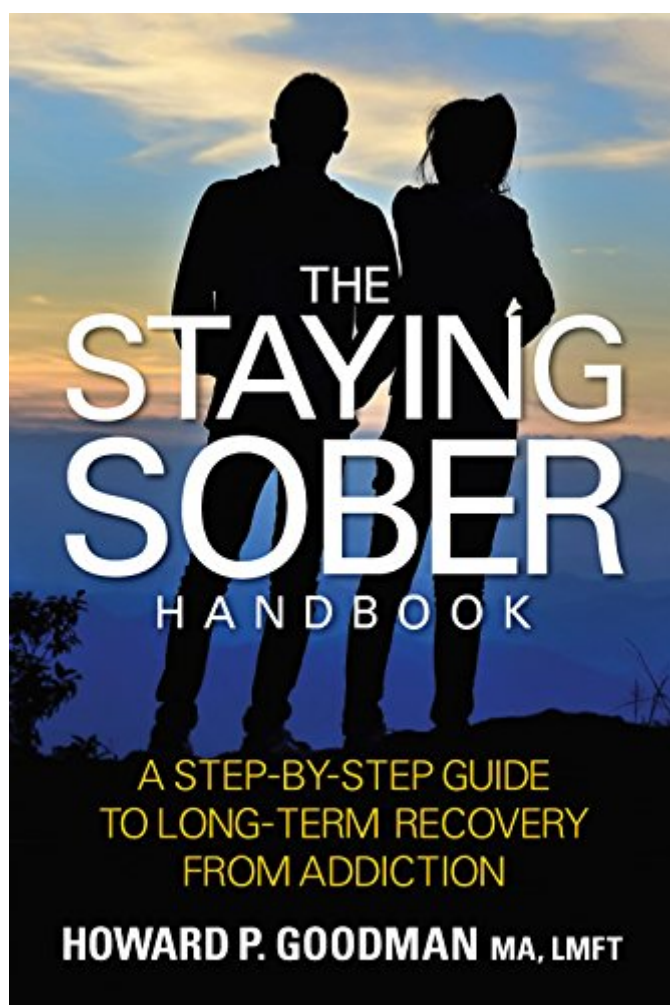


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# The Staying Sober Handbook: A Step-by-Step Guide To Long-term Recovery From Addiction



## Synopsis

Yes, You Can Stay Sober! If you're thinking about getting sober, this book will show you that you can do it and how to get there. If you're sober and want to strengthen your resources for staying that way, this will provide the support you need. If you're a family member or loved one of someone suffering from addiction, your life is affected, too—and this book can restore stability and sanity. And if you are a clinician or therapist, you will find solid ideas for amplifying the effectiveness of your practice with addicts. Are you ready?

## Book Information

File Size: 4965 KB

Print Length: 320 pages

Publisher: Strandline Press (February 18, 2016)

Publication Date: February 18, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01BXTZawe

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #388,434 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #54

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Adult

Children of Alcoholics #115 in Books > Health, Fitness & Dieting > Addiction & Recovery >

Adult Children of Alcoholics #170 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Counseling > Couples & Family Therapy

## Customer Reviews

Of course, I am biased....but the truth is before I began writing "The Staying Sober Handbook," I surveyed all of the books on addiction treatment for the last 25 years. What I found was a mix of memoirs, personal stories, and lots of misinformation about the disease of addiction. The absence of a client-centric book that actually presents the current state of recovery treatment and effective, evidence-based skills, techniques, activities, and behaviors is what motivated me to write The

Staying Sober Handbook. This book is the product of 9 years of work on the front lines of addiction treatment, hundreds of clients, and thousands of hours facilitating groups. And though clearly biased, I can state without reservation, I have seen the staying sober approach to long-term recovery change lives.

This is such amazing book, it has so many amazing ways to keep you sober and fight your personal addiction. Not only does it help you truly exam and fight your addiction instead of being perscribed a cure. Buy this book if your battling your personal addiction, buy this book if your a clinician looking to expand your excerieses with your clients, buy this periode is the best point I hope to bring a cross. Buy it while it lasts.

Im a substance abuse counselor as well as a recovering addict. Ive worked in the recovery/treatment field for almost ten years and have never seen such a great book ! This book covers every aspect of recovery. Very well written, up to date and easy to understand. Most importantly it has the feel of words spoken from care and understanding that only another recovering addict can seem to achieve.

Beautifully written, insightful, sensitive, and a must read for anyone either struggling with addiction or know of someone battling with these issues.Howard's book brings clarity, hope and success for those willing to sit down and read this handbook.Bravo!!

I loved reading this book! I'm in recovery myself. It's an easy read and the information in this book is fantastic! Everything from day to day activities to help someone in recovery to the science behind why you are or might be an addict. Definitely helps people who are not in active recovery understand a person that is in recovery!

I am not even half way through but felt the need to comment. This book is extremely insightful and true. I think if anyone would like a better understanding or just KNOWLEDGE regarding addiction, read this book.

"The Staying Sober Handbook is the best book on addiction treatment IÃfÂçÃ â ¬Ã â,,çve read in a long time. Easy to read and understand, this information-packed handbook meets people where they are and helps them get where they want to go. This is a must-have book for people who want

to get sober, their loved ones, and professionals in the field. I highly recommend this book!" Sherry Gaba, author of *The Law of Sobriety: Attracting Positive Energy for a Powerful Recovery*.

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Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) The Staying Sober Handbook: A Step-by-Step Guide to Long-term Recovery from Addiction Who Will Care For Us? Long-Term Care and the Long-Term Workforce: Long-Term Care and the Long-Term Workforce Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Long-Term Dynamics of Lakes in the Landscape: Long-Term Ecological Research on North Temperate Lakes (Long-Term Ecological Research Network Series) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Being Sober: A Step-by-Step Guide to Getting To, Getting Through, and Living in Recovery Staying Sober: A Guide for Relapse Prevention Teen Guide to Staying Sober (Drug Abuse Prevention Library) Who Will Care For Us? Long-Term Care and the Long-Term Workforce Recovery Essays: Narcotics, Addiction, Recovery, Alcoholics, Twelve Steps, Anonymous Groups, Thirteenth Step, Lions, Tigers, and Bears Sex Addiction 101: The Workbook, 24 Proven Exercises to Guide Sex Addiction Recovery Wilderness Survival Handbook: Primitive Skills for Short-Term Survival and Long-Term Comfort Gambling:Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction,Gambling,Compulsive Gambling,Roulette,Gambling Systems) Opiate Addiction - How to detox from Opiates (How to Get Off Opiates): SHORT READS - Signs of opiate addiction, Symptoms of opiate use, Signs of opiate ... prescription drugs abuse, heroin addiction)

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