

**12 Stupid Things That Mess Up Recovery: Avoiding
Relapse Through Self-Awareness And Right Action By
Allen Berger Ph.D.**

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The author of the recovery mainstay 12 Stupid Things That Mess Up Recovery offers a fresh list of "smart" things to do to attain and sustain emotional sobriety.

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With 12 Stupid Things that Mess Up Recovery Dr. Allen Berger provides the means for targeting behaviors and attitudes that sabotage sobriety. It sounds so simple

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