

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

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Dr. allen berger; promoting personal

Dr. Allen Berger, world renown author and therapist, 12 Stupid Things that Mess Up Recovery and 12 Smart Things to do When the Booze and Drugs are Gone,

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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.

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