

RATIONAL



RECOVERY

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**A REVOLUTIONARY  
ALTERNATIVE  
FOR OVERCOMING  
ALCOHOL  
AND DRUG  
DEPENDENCE**

**The  
small  
book**

**Jack Trimpey**  
with an introduction by  
**Albert Ellis, Ph.D.**

# Small A Revolutionary Alternative For Overcoming Alcohol And Drug Dependence

**Neil R. Bockian, Ph.D., Nora Elizabeth  
Villagran, Valerie Ma Porr**

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