

SOBRIEDAD MANUAL DE EJERCICIOS

Una Solución Seria al Problema de la Recaída



TERENCE T. GORSKI

Basado en el Modelo CENAPS de Tratamiento

Sobriedad Manual De Ejercicios Una Solucion Seria Al Problema De La Recaida

S Marginson



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La Solución de Recuperación Brian M.,2018-02-12 La Solución De Recuperación es un libro de trabajo de recuperación diario con la plataforma para que usted supere la adicción a las drogas y el alcohol con el fin de prevenir recaídas a largo plazo Si luchas con el alcohol y otras conductas compulsivas La Solución De Recuperación te guiará a través de la reflexión diaria y la aplicación práctica que te llevará hacia una vida libre de adicciones Con el uso de hábitos diarios simples aprender a enfocarse en su recuperación personal y a ser consciente de su progreso Este es un programa práctico de recuperación personal sencillo pero profundo Se puede usar junto con programas de 12 pasos asesoramiento de recuperación o entrenamiento así como una fuente de recuperación alternativa Este libro de trabajo de recuperación de adicciones y también es un diario personal sobre la transformación de la constante amenaza de recaída a una vida totalmente libre de conductas compulsivas En el largo camino hacia la recuperación necesitarás estar mejor preparado para las curvas de recaída que la vida te lanza para que puedas mantenerte sobrio y vivir la vida según tus propias condiciones La Solución De Recuperación es un libro de ejercicios de habilidades de recuperación de adicciones que te ayudará a superar tus adicciones reconectar tu cerebro para recuperarlo curar el cerebro adicto evita la recaída y practica la gratitud a través de la recuperación consciente Si estás listo para emprender este importante viaje hacia su recuperación considera invitar a otros dos amigos y comenzar un grupo desarrollando La mente maestra de La Solución De Recuperación Este libro lo ayudará a vencer su adicción avanzar en su recuperación y prevenir una recaída Ahora vivirás la vida que siempre quisiste Sobriedad manual de ejercicios/ Intense Exercise Guide Terence T. Gorski,1994-11-22

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