



Restore Your Life: A Living Plan for Sober People

Anne Geller

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Based on the program of one of America's leading treatment centers, this comprehensive guide to overcoming alcoholism and drug abuse explores the gamut of issues faced by millions in the recovering community: work, stress, health, family, sex, and nutrition. Dr. Geller draws on the Smithers Center's work to offer readers a complete plan for lifetime sobriety. 10 charts.



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