

The Recovery Formula An Addicts Guide To Getting Clean And Sober Forever

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The Recovery Formula: An Addict's Guide to getting Clean ...

Beth Burgess is a therapist and recovery coach, as well as an alcoholic in recovery. Although best known for her addiction recovery work, Beth has been sought out to help people overcome relationship problems, anxiety, stress, low self-esteem, phobias, mental health issues, OCD, personality disorders, eating disorders, and to deal with redundancy, illnesses, divorce, and bereavement.

The Recovery Formula: An Addict's Guide to getting Clean ...

The Recovery Formula is a framework that anyone can use to achieve a happy and successful sobriety. Receiving high praise from addicts and addiction professionals alike, this is the book to have if you want to get clean and sober forever. Beth Burgess is an Addiction Therapist and Recovery Coach, as well as a recovering addict.

The Recovery Formula: An Addict's Guide to Getting Clean ...

The Recovery Formula is an essential guide for anyone who is addicted to alcohol or drugs and wants to do something about it. Having struggled as a serial relapser before achieving her own recovery, Beth Burgess shares the universal lessons she has learnt about what really works and what doesn't when it comes to getting clean and sober.

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An Addict's Guide to getting Clean & Sober Forever

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The Recovery Formula An Addicts Guide to getting Clean and ...

book will help you to understand your problem, to make decisions about treatment, to avoid relapse and to set yourself up for success from the start. The Recovery Formula is a framework that anyone can use to achieve a happy and successful sobriety. Receiving high praise from addicts and addiction professionals alike, this is

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5.0 out of 5 stars The Recovery Formula: An Addict's Guide to getting Clean and Sober... Reviewed in the United Kingdom on December 9, 2012. Verified Purchase. Absolutely brilliant book - written for addicts by an addict who has conquered her alcohol addiction, and wants to help you to do the same with your addictions. Bought this after reading ...

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The truth is that there is no one recovery formula. Every single option available is just an experiment to see if it works for you. There are some more effective treatments (like cognitive behavioral therapy) and some scam treatments (like homeopathic medicine), but most of the rest exist in some large gray area – where they are effective for many, but not for all.

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