

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



The Recovery Formula An Addicts

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.

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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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.

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The Addiction and Recovery Formula by Jessica Caplain, 9781987748819, available at Book Depository with free delivery worldwide.

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The Recovery Formula is an essential guide for anyone who is addicted to alcohol or drugs and wants to do something about it. This 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. Your recovery starts here.

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