



Discover Recovery: A Comprehensive Addiction Recovery Workbook

Dan Mager

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A practical collection of evidence-based treatment modalities designed to assist the reader in developing the understanding and skills necessary to construct a solid foundation of recovery. *Discover Recovery*, using an applied approach, will allow readers to successfully integrate levels of change and address the many facets of recovery from substance and behavioral addiction.

Each chapter provides practical strategies and solutions that help strengthen one's capacity to achieve and sustain recovery through didactic learning and skill development. Core issues are addressed that represent significant internal, interpersonal, and environmental obstacles for those new to recovery.

- Speaks to the reader in a contemporary manner while respecting the pain of addiction and offering compassion, hope, and guidance.
- Integrates time-tested wisdom and the spiritual principles of the Twelve Steps with the efficacy of current counseling theories and practice.
- Addresses issues unique to families confronting addiction, trauma survivors, and those suffering with chronic pain.

Dan Mager, MSW, is a Senior Staff Writer at Central Recovery Press. Mager has nearly twenty years experience as a psychotherapist, and clinical director in a wide range of behavioral health and addiction treatment settings. He is a Certified Diplomate in Clinical Hypnotherapy with the National Board of Certified Clinical Hypnotherapists. He currently resides in Las Vegas, Nevada.

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Discover Recovery: A Comprehensive Addiction Recovery Workbook can be one of your nice books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort that will put every word into enjoyment arrangement in writing Discover Recovery: A Comprehensive Addiction Recovery Workbook nevertheless doesn't forget the main point, giving the reader the hottest and also based confirm resource information that maybe you can be among it. This great information can certainly drawn you into fresh stage of crucial thinking.

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