

seeking material regarding relapsing
Posted by mclean - 19 Oct 2010 22:50

Hi,

I'm new here. Can go clean for months at a time, but then overwhelmed and relapse. Can use specific advice.

Thanks,

mclean

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Re: seeking material regarding relapsing
Posted by Holy Yid - 19 Oct 2010 23:37

Read "Relapse Traps" by Roger and Mclillen

www.amazon.com/Relapse-Traps-Common-Pitfalls-Recovery/dp/0553354795/ref=sr_1_1?ie=UTF8&qid=1287531365&sr=8-1

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