

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

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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

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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](http://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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