

12 Things that Worked for Me

Posted by feedtherightwolf - 04 Oct 2010 06:46

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I just wrote an ebook in which I summarize everything that has worked for me:

[feedtherightwolf.nfshost.com/files/Free\\_Recovery\\_Course.pdf](http://feedtherightwolf.nfshost.com/files/Free_Recovery_Course.pdf)

Or read it online: [www.feedtherightwolf.org/2010/11/recovery-course.html](http://www.feedtherightwolf.org/2010/11/recovery-course.html)

**12 things it talks about are:**

1. A **chemical process** that takes place in your brain causing you to get addicted
2. The **addictive cycle** that your body goes through and how to break out of it
3. How the human brain works and **why sometimes you lose control** of your actions
4. **Four simple exercises to strengthen your brain**
5. How to **create your sexual recovery plan**
6. How to **control your cravings**
7. An **important strategy** to help you **beat your addiction once and for all**
8. How **your beliefs are causing you to suffer**
9. **Seven beliefs that were keeping me trapped**
10. One big **lesson** that I learned **from my relapse** and what **you can do to avoid** my mistakes
11. **Two very important tools** that can **magnify your recovery**
12. **Four things** that you can do to help you **stay sober for the rest of your life**

Please let me know what you think!

[feedtherightwolf.nfshost.com/files/Free\\_Recovery\\_Course.pdf](http://feedtherightwolf.nfshost.com/files/Free_Recovery_Course.pdf)

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Re: 12 Things that Worked for Me  
Posted by feedtherightwolf - 14 Oct 2010 03:51

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I was wondering if anybody got a chance to take a look at this course, the feedback will be greatly appreciated!

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Re: 12 Things that Worked for Me  
Posted by john.watson4181 - 23 Oct 2010 04:53

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I just quickly looked at your article and noticed you mentioned a lot about candeo, have you joined this program?

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Re: 12 Things that Worked for Me  
Posted by the.guard - 23 Oct 2010 20:37

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I posted it in a chizuk e-mail not long ago, so I'm sure many people looked at it...

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Re: 12 Things that Worked for Me  
Posted by feedtherightwolf - 05 Feb 2011 08:55

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[john.watson4181 wrote on 23 Oct 2010 04:53:](#)

I just quickly looked at your article and noticed you mentioned a lot about Candeo, have you joined this program?

I did use Candeo 2 years ago and found it very helpful, but it itself is not enough to get you sober. That being said it sure does help.

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Re: 12 Things that Worked for Me  
Posted by feedtherightwolf - 05 Feb 2011 09:02

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[guardureyes wrote on 23 Oct 2010 20:37:](#)

Sorry, I forgot to sign up for replies

I posted it in a chizuk e-mail not long ago, so I'm sure many people looked at it...

Thanks for doing this. I posted everything online now, so people don't even have to bother with downloading anything.

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Re: 12 Things that Worked for Me  
Posted by return again - 13 Feb 2011 11:38

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This is GREAT STUFF, I read 20 pages right off the bat, now to apply what I've read.....

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Re: 12 Things that Worked for Me  
Posted by admonymous - 13 Feb 2011 13:35

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Thank you very much!

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