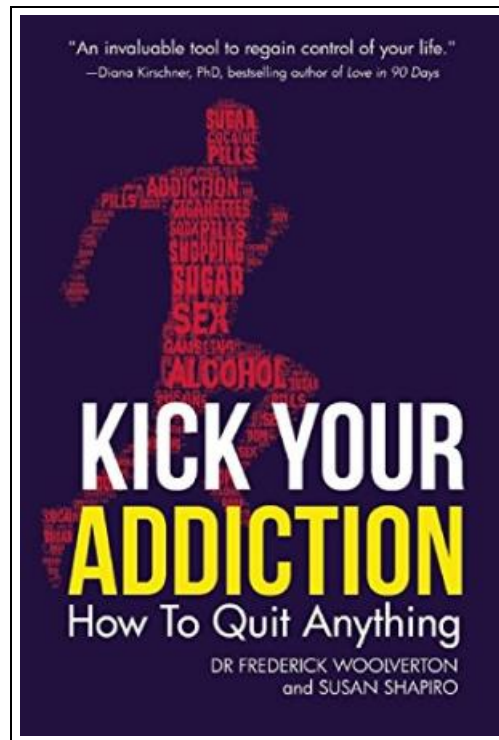


Kick Your Addiction: How to Quit Anything (Paperback)



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Reviews

It is fantastic and great. Sure, it is perform, nonetheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Conor Grant)

KICK YOUR ADDICTION: HOW TO QUIT ANYTHING (PAPERBACK)



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Skyhorse Publishing, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Is a smoking, alcohol, food, gambling, Internet, drug, or sex addiction holding you back from getting what you want most? Over the past twenty-five years, renowned addiction therapist Dr. Frederick Woolverton has used his dynamic, empathetic approach to help thousands of addicts achieve long-term recovery—including himself. He sees the specific habit as less important than the underlying chaos and fear that motivate the urge to soothe ourselves with bad habits. The solution, he has found, requires only a better understanding of yourself and a change in attitude. Using real patient examples as well as research and his own experience, Dr. Woolverton and coauthor and former patient Susan Shapiro show how to thrive without self-medicating. Woolverton s specific instructions do not require an expensive therapist, rehab, a twelve-step program, or a higher power (though he does make readers aware of those viable options). Let him help you beat your addiction. When you conquer a toxic habit, you are leaving room for something beautiful to take its place.



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