



Alcohol: How to Give It Up and Be Glad You Did

Philip Tate PhD

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This practical, comprehensive, and easy to use book helps alcohol abusers understand their behavior, but provides practical steps that anyone can use to solve an alcohol problem. Written by a cognitive-behavioral psychologist, this book includes chapters on overcoming low self-esteem, depression, stress, attending self-help groups, and living a better life after quitting. Each chapter contains specific self-help techniques. Recommended by SMART Recovery.

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