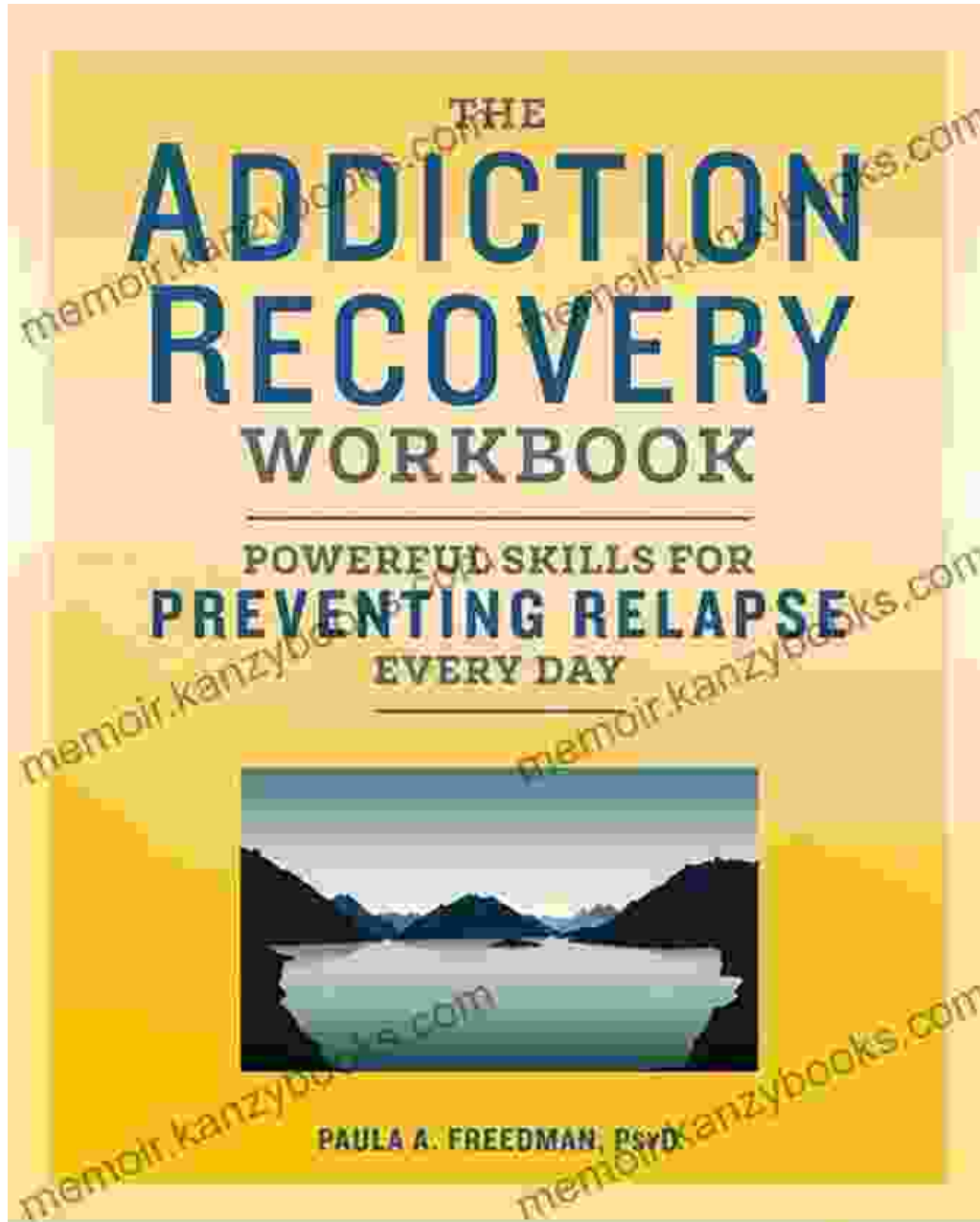


Recovery From Addiction 100 Day Workbook: A Journey to Healing and Transformation



Recovery from addiction – 100 day workbook:
transform your life by setting small goals and quit your
bad behaviors forever by White Souls

★★★★★ 5 out of 5

Section 2: The Path to Recovery

This section focuses on the practical steps involved in recovery. It covers topics such as detoxification, therapy, support groups, and relapse prevention. It also provides guidance on developing coping mechanisms, managing triggers, and rebuilding relationships.

Section 3: Personal Growth and Transformation

This section emphasizes the importance of personal growth and transformation in recovery. It includes exercises and reflections that encourage individuals to explore their values, develop self-awareness, and build a life of purpose and fulfillment.

Section 4: Daily Practices for Recovery

This section provides daily practices and exercises that support the recovery journey. It includes guided meditations, mindfulness exercises, journaling prompts, and affirmations. These practices help individuals develop self-compassion, reduce stress, and cultivate a positive mindset.

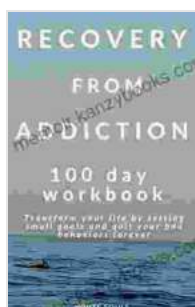
Benefits of the Workbook

Completing the "Recovery From Addiction 100 Day Workbook" offers numerous benefits, including:

- Increased self-awareness and understanding of addiction
- Development of coping mechanisms and relapse prevention strategies
- Improved self-esteem and confidence
- Enhanced communication and interpersonal skills
- Increased motivation and commitment to recovery

- Reduced anxiety, depression, and stress
- Cultivation of a life of purpose and fulfillment

The "Recovery From Addiction 100 Day Workbook" is an invaluable resource for individuals seeking recovery from addiction. This comprehensive workbook provides a structured and supportive framework that empowers individuals to take an active role in their recovery journey. By engaging with the daily practices, exercises, and reflections, individuals can gain the knowledge, skills, and mindset necessary to achieve lasting recovery and build a fulfilling life.



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Language : English
File size : 528 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 105 pages
Lending : Enabled





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