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By Allen Berger

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<http://www.youtube.com/watch?v=eMs9OSI9-Kc>

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With 12 Stupid Things that Mess Up Recovery, Dr. Allen Berger provides the means for targeting behaviors and attitudes that sabotage sobriety.

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The 12 stupid things that mess up recovery presented by the author are: 1) Believing addiction to one substance is the only problem. 2) Believing sobriety will fix

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The author of the recovery mainstay 12 Stupid Things That Mess Up Recovery offers a fresh list of "smart" things to do to attain and sustain emotional sobriety.

<https://www.overdrive.com/media/493224/12-things-bundle-12-stupid-things-that-mess-up-recovery-12-smart-things-to-do>

12 Stupid Things That Mess Up Recovery by Allen -

There are as many ways to mess up recovery as there are alcoholics and addicts, but Allen Berger, Ph.D., presents twelve common misguided beliefs and attitudes that

<http://www.mkrecoverycoaching.com/2011/07/01/12-stupid-things-that-mess-up-recovery-by-allen-berger-ph-d/>

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12 Timeless Quotes from the book 12 Stupid Things -

I recently finished re-reading 12 Stupid Things that Mess Up Recovery by Allen Berger, a recovery classic for people in early recovery. I almost forgot what a great

<https://www.duffysrehab.com/blog/12-quotes-from-the-book-12-stupid-things-that-mess-up-recovery>

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<http://www.worldcat.org/title/12-stupid-things-that-mess-up-recovery-avoiding-relapse-through-self-awareness-and-right-action/oclc/184925036>

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Perhaps you have read Allen Berger s 12 Stupid Things That Mess Up Recovery: Avoiding Relapse through Self-Awareness and Right Action. You should definitely read

<http://www.recoverymoments.com/12-stupid-things/>

12 Stupid Things That Mess Up Recovery | One Day -

Dr. Allen Berger \$14.95 Hazelden Publishing . Four out of five newcomers to Alcoholics Anonymous relapse during the first year of their recovery, according to author

<http://betaodat.freshmediastrategies.com/blog/2012/06/26/12-stupid-things-that-mess-up-recovery/>

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