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Smart Recovery Handbook 3rd Edition

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Written in simple, straight-forward language, the SMART Recovery Handbook also offers exercises, techniques and strategies to help you with drinking and substance-abuse addictive behaviors (including smoking) as well as behavioral issues including compulsive gambling or sexual activity, self-harm, and eating disorders.

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SMART Recovery helps people recover from addictive behaviour and lead meaningful and satisfying lives. Our approach is secular and science based; using motivational, behavioural and cognitive methods. This is the 3rd edition of the SMART Recovery Handbook, edited specifically for the UK. SMART Recovery Handbook - UK SMART Recovery

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SMART Recovery Handbook 3rd ed. (Language: Spanish) \$ 11.95; Learn SMART InsideOut Fast \$ 9.95; Commemorative Book \$ 6.00; Presentation Folder \$ 18.00; SMART Recovery 25th Anniversary Padfolio \$ 18.00

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This is the 3rd edition of the SMART Recovery Handbook, edited specifically for the UK. It will be useful to meeting participants who want a stronger understanding of the ideas and tools, and includes most of the hand-outs and written exercises we use in meetings.

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SMART Recovery Publications SMART Recovery offers more than a dozen handbooks and manuals for participants, volunteers and specialized audiences - featuring the 3rd edition of the SMART Recovery Handbook. See all the SMART publications in the SMART Recovery Bookstore. Addictive Behavior Self-Help Books

Suggested Reading List - SMART Recovery

Like our general brochures, these colorful tri-fold brochures are sure to impress wherever you may go! The colorful brochures fully explain the benefits of the Family & Friends Program, and are suitable for distribution to anyone as a way of introducing them to the program. These are shipped in shrink-wrapped packs of 25.

Family & Friends Brochure - SMART Recovery® Canada ...

SMART Recovery handbook (third edition). Mentor, OH: Alcohol & Drug Abuse Self-Help Network, Inc. dba SMART Recovery. Henry-Edwards S. (2009, March). Getting SMART: Enabling offenders in the NSW Department of Corrective Services to understand SMART Recovery. Symposium conducted at the Australian Institute of Criminology Conference, Making a ...

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