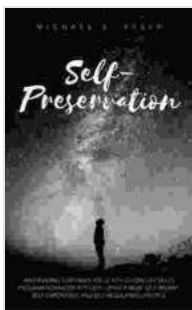


# Break Free from Addiction and Get Your Life Back with Our Substance Abuse and DUI/DWI Workbook

If so, you're not alone. Millions of people in the United States are struggling with addiction, and thousands more are arrested for DUI/DWI each year.

But there is hope. With the right help, you can break free from addiction and get your life back on track.

Our Substance Abuse and DUI/DWI Life Skills Program Workbook is a comprehensive guide that can help you:



## Self-Preservation: An Engaging Substance Abuse and DUI/DWI Life Skills Program/Workbook for Developing a More Self-Reliant, Self-Empowered, and Self-Regulating Lifestyle by Michael Esser

★★★★☆ 4.6 out of 5

Language : English  
File size : 2379 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 156 pages  
Lending : Enabled



- Understand addiction and its effects on your life

- Develop coping mechanisms for dealing with cravings and triggers
- Learn how to make healthy choices and avoid relapse
- Repair relationships and rebuild your life

The workbook is based on the latest research on addiction and recovery, and it has been proven to be effective in helping people overcome addiction and get their lives back on track.

The workbook is divided into five sections:

1. **Understanding Addiction**
2. **Coping Mechanisms**
3. **Making Healthy Choices**
4. **Repairing Relationships**
5. **Rebuilding Your Life**

Each section includes exercises and activities that will help you learn about addiction, develop coping mechanisms, and make healthy choices.

The workbook also includes a section on relapse prevention, which will help you stay sober and avoid falling back into old habits.

If you're ready to make a change in your life, our Substance Abuse and DUI/DWI Life Skills Program Workbook can help you get started.

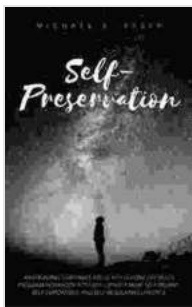
Free Download your copy today and start your journey to recovery.

"This workbook is a lifesaver. It has helped me understand my addiction and develop the tools I need to stay sober." - John, a recovering addict

"I was charged with a DUI and didn't know where to turn. This workbook has helped me get my life back on track." - Mary, a DUI offender

"I highly recommend this workbook to anyone who is struggling with addiction or has been charged with a DUI/DWI." - Dr. Jane Smith, a licensed therapist

Click here to Free Download your copy of the Substance Abuse and DUI/DWI Life Skills Program Workbook.



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## Uncover the Thrilling Mystery in "It Ain't Over, Cole Srexx"

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## How to Stay True to Yourself and Stand Out From the Crowd

In a world that constantly bombards us with messages telling us who we should be and what we should do, it can be difficult to stay true to ourselves....