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Recover to Live: Kick Any Habit, Manage Any Addiction ...

Christopher Kennedy Lawford's newly released book, Recover to Live: Kick Any Habit, Manage Any Addiction: Your Self-Treatment Guide to Alcohol, Drugs, Eating Disorders, Gambling, Hoarding, Smoking, Sex, and Porn, his 4th, is very different. Yes it provides in-depth information about the causes, nature and course of addictions and toxic compulsions.

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In Recover to Live, more than 100 of the world's top experts interviewed by Lawford share their research and wisdom on how to determine if your bad habit is becoming a dependency, what treatments will work best for you, how best to help yourself or a loved one recover from addiction, and how to lead a fulfilling and productive life in recovery.

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From New York Times bestselling author of Symptoms of Withdrawal and Moments of Clarity Christopher Kennedy Lawford comes a book that will save lives. For most of his early life, Christopher Kennedy Lawford battled life-threatening drug and alcohol addictions. Now in recovery for

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Recover to Live provides the most up to date information available on addiction, treatment, and recovery today; the tools and strategies are proven to work, easy to understand and to apply. Evgeny M. Krupitsky, M.D., Ph.D., D.Med.Sci., Prof.

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