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Overcoming Your Addictions And Bad Habits For Good

Peter Andrew Sacco PhD

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A book for anyone who suffers from addiction, contends with bad habits, possesses negative thinking patterns, or is held captive by their addictive personality. Information and methods in this book for treating addictions and habits have taken a decade to put together - compiling information, insights and ideas from recovering alcoholics, substance abusers, addiction sufferers, mental health sufferers and world leading practitioners in addictions and mental health. The principles, when applied, have a tremendous success rate!

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