



# Beat Your Addiction: A Complete Program for Overcoming Any Addiction

*Kenneth Peiser, Martin Sandry*

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Beat Your Addiction, 2nd Edition is a simple, step-by-step programme that provides tangible hope and practical support for readers trying to break any addiction. The book features a revolutionary new approach that works for people who do not subscribe to a specific religion or faith. Each chapter includes exercises, such as: Keeping a rational notebook; Knowing addiction triggers; Reviewing recovery progress; Altering habits; The versatile programme in Beat Your Addiction, 2nd Edition can be easily combined with other therapies to ensure complete recovery and long-term success.

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