



12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action

Allen Berger

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The author of the recovery mainstay *12 Stupid Things That Mess Up Recovery* offers a fresh list of "smart" things to do to attain and sustain emotional sobriety. Whether it's called "dry drunk" or "white knuckle sobriety," it's that stage in recovery when we realize that "putting the plug in the jug" isn't enough. The next step is taking responsibility for the emotional immaturity that fuels our addictive personality and has a tremendous impact on ourselves and others. Allen Berger, PhD, draws on the teachings of Bill W. and psychotherapy pioneers to offer twelve hallmarks of emotional sobriety that, when practiced, give people the confidence to be accountable for their behavior, ask for what they want and need, and grow and develop a deeper trust in the process of life. These smart things include:

understanding who you are and what's important to you
learning not to take others' reactions personally
trusting your inner compass
taking responsibility for your reactions to problematic situations
It is in these practices that we find release from what Bill W. described as an "absolute dependency" on people or circumstances, and develop the tools to find prestige, security, and belonging within.

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Exactly why? Because this 12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will zap you with the secret the item inside. Reading this book close to it was fantastic author who have write the book in such amazing way makes the content within easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this any more or you going to regret it. This excellent book will give you a lot of gains than the other book possess such as help improving your skill and your critical thinking method. So , still want to hesitate having that book? If I were being you I will go to the reserve store hurriedly.

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