

How to Get Sober and Stay Sober



[How to Get Sober and Stay Sober_ 下载链接1](#)

著者:Anonymous

出版者:Hci

出版时间:2000-3

装帧:Pap

isbn:9781568383576

This step-by-step guide helps those new to recovery start building the foundation for a lifetime of sobriety. The workbook makes the powerful, healing concepts of Steps One through Five come alive through thought-provoking exercises, concise and simple

language, and helpful illustrations. "How to Get Sober and Stay Sober" provides a thorough look at the first five Steps of Alcoholics Anonymous, which guides newcomers through the process of understanding chemical dependence, how it has affected them, and what they need to do to get help.

作者介绍:

目录:

[How to Get Sober and Stay Sober_ 下载链接1](#)

标签

评论

[How to Get Sober and Stay Sober_ 下载链接1](#)

书评

[How to Get Sober and Stay Sober_ 下载链接1](#)