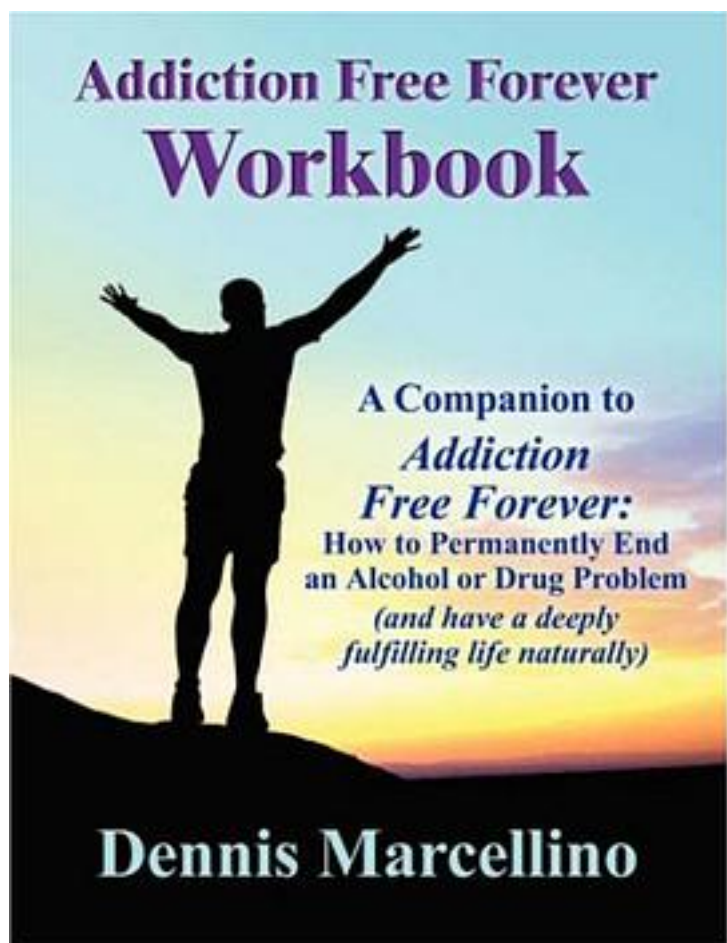


# Addiction Free Forever Workbook



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The Addiction Free Forever Workbook is the companion workbook to the Addiction Free Forever book. This workbook has a 10-phase program on how to permanently and naturally cure an alcohol or drug addiction. Designed to be used along with the

Addiction Free Forever book, it contains exercises to help a person evaluate and improve their life and to become addiction free. It includes a way to successfully (and as painlessly as possible) get through withdrawal as well as showing how to naturally have an inner experience that is strong and consists primarily of good feelings and not bad ones. It also gives tips on how to have a life of deep fulfillment, inner strength and great purpose.

作者介绍:

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