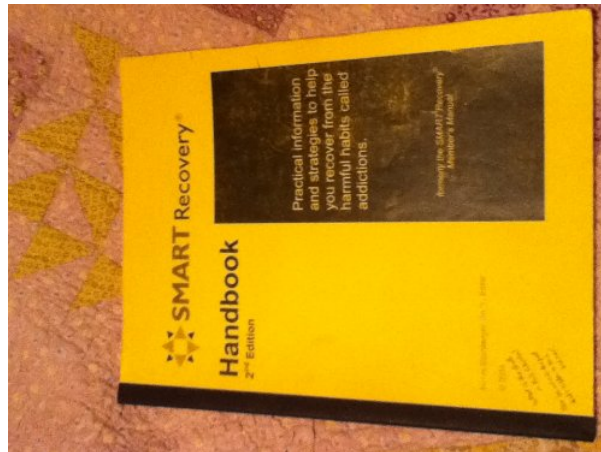
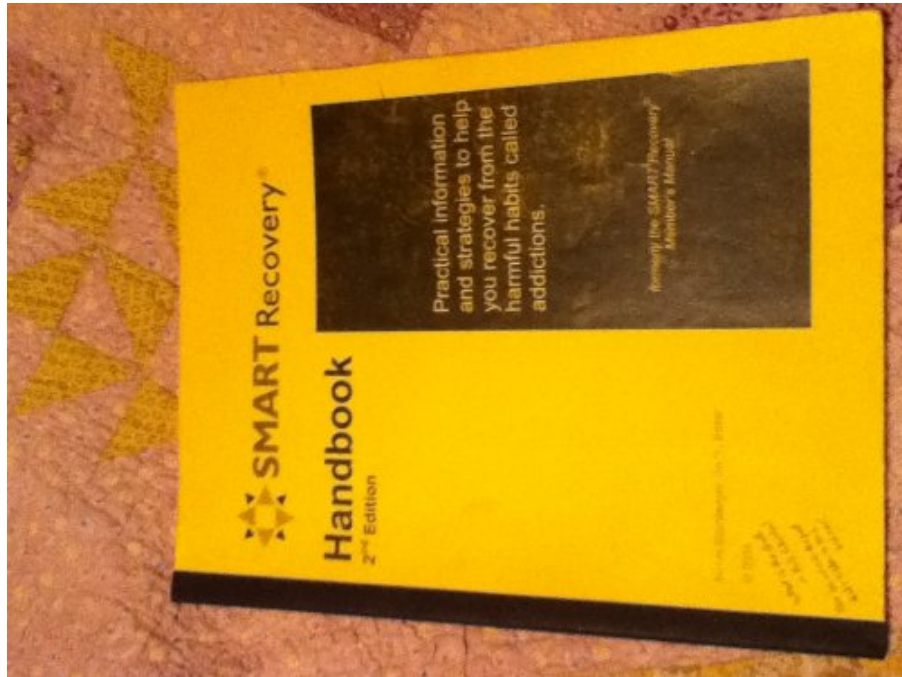


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A workbook of useful materials designed to assist the reader in overcoming addictive behavior. The publication follows SMART Recovery's Four-Point Program: Building motivation; Coping with Urges; Problem Solving; and Lifestyle Balance. Other topics include SMART Recovery's Purposes & Methods; Structure & Operations; Ground Rules for Meetings; and a Meeting Outline, in addition to a number of worksheets, homework suggestions, etc.

- Sales Rank: #3015628 in Books
- Published on: 2004
- Binding: Paperback
- 66 pages

Most helpful customer reviews

20 of 21 people found the following review helpful.

This one has a promising program and network

By Chris

If you are reading this you may have already been to the website or are seeking an alternative method of sorts.

First off this book is provided by the source for nine dollars at smartrecovery.org and could use the donation. Please refer to their FAQ - AND DON'T PAY A DIME MORE

In 1994 the Board of Directors decided to end its affiliation with Rational Recovery Systems.

SMART recovery has the same board of directors as the "ADASHN Network (doing business as) SMART Recovery®."

ADASHN = Alcohol and Drug Abuse Self-Help Network. SMART Recovery® is a registered service mark of ADASHN.

All the info above was provided clearly in the SMART FAQ on the website...

If you are like me you probably want to track progress (of yourself or another) and prove efforts over a period of time (to yourself or another).

SMART claims to be a program - SMART Recovery® which is a recognized resource for addiction recovery by the American Academy of Family Physicians and many others. I suggest getting on the website chat, e-mailing a facilitator and going to a local event for this info.

Practice makes perfect, finding the perfect method to practice is like finding perfection itself and is time wasting!...you will adapt and gravitate yourself to the perfect practice methods, coaches, mentors, trainers, over time. The best athletes burn through and keep many trainers, coaches, managers like crazy. There is NO one stop shop, its a system, and take the best of all systems. Don't be fooled by claims of a finite system.

You may read the same book 3 different times in one day, or at 3 different parts in your life and take away many new interpretations every time or agree with interpretations you did not previously.

Therefore; Any book on recovery is a good one. This one has a promising program and network provided with it.

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