



Stop the Chaos Workbook: How to Get Control of Your Life by Beating Alcohol and Drugs

By Allen A Tighe M.S.

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Stop the Chaos is a practical guide that identifies the telltale signs of addiction, offers suggestions for living alcohol- or drug-free, and teaches the skills necessary for healthy living

Stop the Chaos, a comprehensive, practical guide, identifies the telltale signs of addiction, offers suggestions for living alcohol-or drug-free, and teaches the skills necessary for healthy thinking and living.

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- Sales Rank: #74307 in Books
- Published on: 1998-10-26
- Released on: 1998-10-26
- Original language: English
- Number of items: 1
- Dimensions: 11.00" h x .40" w x 8.50" l, 1.23 pounds
- Binding: Paperback
- 200 pages

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Editorial Review

About the Author

Allen A. Tighe, M.S., C.C.D.C.R., has counseled patients at Hazelden for seven years. Tighe's thirty-five years in the field of health care have included fourteen years' experience in continuing care and relapse prevention. He lives in Minnesota.

Users Review

From reader reviews:

Maria Scully:

Here thing why that Stop the Chaos Workbook: How to Get Control of Your Life by Beating Alcohol and Drugs are different and dependable to be yours. First of all examining a book is good nonetheless it depends in the content of it which is the content is as delicious as food or not. Stop the Chaos Workbook: How to Get Control of Your Life by Beating Alcohol and Drugs giving you information deeper since different ways, you can find any guide out there but there is no reserve that similar with Stop the Chaos Workbook: How to Get Control of Your Life by Beating Alcohol and Drugs. It gives you thrill reading through journey, its open up your personal eyes about the thing which happened in the world which is might be can be happened around you. You can bring everywhere like in recreation area, café, or even in your way home by train. If you are having difficulties in bringing the branded book maybe the form of Stop the Chaos Workbook: How to Get Control of Your Life by Beating Alcohol and Drugs in e-book can be your alternate.

Christopher Hairston:

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Joseph Singleton:

Stop the Chaos Workbook: How to Get Control of Your Life by Beating Alcohol and Drugs can be one of your beginning books that are good idea. Many of us recommend that straight away because this publication has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but delivering the information. The writer giving his/her effort to set every word into pleasure arrangement in writing Stop the Chaos Workbook: How to Get Control of Your Life by Beating Alcohol and Drugs nevertheless doesn't forget the main place, giving the reader the hottest as well as based confirm resource

details that maybe you can be one of it. This great information could drawn you into fresh stage of crucial pondering.

Paul Green:

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