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examining your values  
to how to do a cost-  
benefit analysis for  
your addiction to how  
to cope with urges.

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about your addiction-  
related troubles?</b>**

Do urges and  
situations rapidly un-do  
your best intentions to  
change? Do life's  
difficulties frustrate  
you and leave you  
wanting to escape?



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Books

## **Suggested Reading List - SMART Recovery**

The SMART (Self  
Management Addiction  
Recovery Program)  
Handbook is written in  
simple, straight  
forward language with  
Tools, exercises,  
techniques and  
strategies to help those



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with drinking and substance-abuse addictive behaviors - including smoking - and behavioral issues, such as compulsive gambling or sexual activity, self-harm, and eating disorders.

**SMART Recovery Handbook by Rosemary Hardin**

This is the 3rd edition of the SMART Recovery Handbook, edited specifically for the UK.

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It will be useful to meeting participants who want a stronger understanding of the ideas and tools, and includes most of the hand-outs and written exercises we use in meetings.

## **SMART Recovery Handbook - UK**

## **SMART Recovery**

SMART Recovery 3rd Edition Handbook. by Dr. William Abbott.

Format: Workbook

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