



# **Alcoholism Recovery: The 6 Steps to Breaking Addiction, Recovering from Withdrawal, Avoiding Relapse, and Living a Fulfilling New Life**

*Justin Anderson*

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*Justin Anderson*

## **Alcoholism Recovery: The 6 Steps to Breaking Addiction, Recovering from Withdrawal, Avoiding Relapse, and Living a Fulfilling New Life Justin Anderson**

This invaluable audiobook will take you along the six necessary steps to developing a new life without the dependency of alcohol. Learn the steps and tricks I have used as a recovering alcoholic for the past decade to live a new life away from the bottle.

Some things you will learn include:

- Learn what alcoholism is and how it affects you.
- Learn how to make a true commitment to quit.
- Learn how to change your life to make quitting easier.

Use these tools and many more to help you achieve a new life of sobriety. These steps are the true steps to alcoholism recovery.

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