

Make no mistake about the intention of the guidance offered in this book. This is not just another nice recovery book--one that you read and then put aside, hopefully taking away a few good thoughts. My intention is that the material offered here should be chewed, pulled apart, scrutinized, and internalized. This book is designed to be worked. It is intended to provide support, insights, and exercises that will do something about the high relapse rate of people starting recovery.> -Earnie Larsen, From the introduction In this invaluable guide, renowned author and lecturer Earnie Larsen brings you a portable recovery aftercare program that you can easily integrate into your personal life and take with you anywhere you go. Now That You're Sober is an all-purpose, year-long compendium of recovery wisdom and inspiration to help those who are newly sober focus on practical applications of Twelve Step principles. Like a traditional aftercare program, it is designed to keep the basics of recovery front and center in your consciousness, as it is the loss of this awareness that causes relapse. In his characteristic down-to-earth, tell-it-like-it-is style, Larsen serves as your recovery coach, providing guidance and inspiration when you feel vulnerable in your sobriety, and helping you to move past common stumbling blocks and flourish in your daily life. Each of his fifty-two entries includes a motivational essay, or pep talk, centered on a key element of recovery, followed by personal, practical, actionable steps to help you refocus on the concepts and behaviors that are essential in a recovering person's life. Earnie Larsen is a nationally known pioneer in the field of recovery from addictive and unwanted behaviors. He has authored and produced more than fifty-five motivational self-help books and resources on a variety of topics ranging from managing interpersonal relationships to spirituality.

Q&A Employment Law 2013-2014 (Questions and Answers), Neurotransmitter Interactions and Cognitive Function, You Wouldn't Want to Live in Pompeii!: A Volcanic Eruption You'd Rather Avoid, Two Times Intro. On the Road with Patti Smith., Worldly Phenomenology,

Editorial Reviews. About the Author. Earnie Larsen was a nationally known author and lecturer. Now That You're Sober: Week-by-Week Guidance from Your Recovery Coach - Kindle edition by Earnie Larsen, Carol Larsen Hegarty. In this portable recovery aftercare program, Earnie Larsen coaches readers through one.

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