



12 Smart Things to Do When the Booze and Drugs are Gone: Choosing Emotional Sobriety Through Self-Awareness and Right Action

By Allen Berger

Hazelden Information & Educational Services. Paperback. Book Condition: new. BRAND NEW, 12 Smart Things to Do When the Booze and Drugs are Gone: Choosing Emotional Sobriety Through Self-Awareness and Right Action, Allen Berger, Whether it's called 'dry drunk' or 'white knuckle sobriety,' it's that stage in recovery when we realize that 'putting the plug in the jug' isn't enough. The next step is taking responsibility for the emotional immaturity that fuels our addictive personality and has a tremendous impact on ourselves and others. In 12 Smart Things to Do When the Booze and Drugs Are Gone, Allen Berger, Ph.D., draws on the teachings of Bill W. and psychotherapy pioneers to offer twelve hallmarks of emotional sobriety that, when practiced, give people the confidence to be accountable for their behavior, ask for what they want and need, and grow and develop a deeper trust in the process of life. These 'smart things' include: Understanding who you are and what's important to you; Learning not to take others' reactions personally; Trusting your own inner compass; Taking responsibility for your reactions to problematic situations. It is in these practices that we find release from what Bill W. described as an 'absolute dependency' on...



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