



# A Guide to the Recovery Toolbox

*Steve Becker*

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## **A Guide to the Recovery Toolbox** Steve Becker

People in recovery often hear of the tools. What are they? When do I use them? How? This book is a reference guide to help answer these questions, with over 80 tools and a troubleshooting section. Written to be accessible not only to twelve-step programs (AA, NA, Alanon, CoDA, etc) but anyone who wants to learn, whether you're in recovery or not.

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