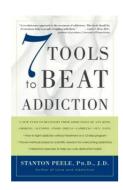
7 TOOLS TO BEAT ADDICTION

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Reader's Opinions

Stanton has my respect, psychologist and an attorney, (fights the court villains who mandate AA). His book is forthright, and simple, "Values, Motivation, Rewards, Resources, Support, Maturity, Higher Goals."

This book is great, even if you don't have an addiction, if only that it contradicts years of limiting thinking. You are not helpless. You always have a choice, and the choice is not always black and white. If you mess up, it's not the end of the...