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12 Stupid Things That Mess Up

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Recovery & 12 Smart Things ...

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Patrick Hanlon Former Contributor

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Berger. p. cm. Includes bibliographical references. ISBN 978-1-59285-821-7 (softcover) 1. Addicts—Rehabilitation.

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2. Emotional maturity. 3. Self-help techniques. I. Title. II.

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The author of the classic 12 Stupid Things That Mess Up Recovery offers a fresh list of "smart" things to do to

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attain and sustain emotional sobriety.

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.

12 Smart Things You Can Do Right

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Booze and Drugs Are Gone ...

12 Smart Things to Do When the Booze and Drugs Are Gone - The author of the recovery mainstay 12 Stupid Things That Mess Up Recovery offers a fresh list of "smart" things to do to attain and sustain emotional sobriety. Whether it's called "dry

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drunk" or "white knuckle sobriety," it's that stage in recovery when we realize that "putting the plug in the jug" isn't enough.

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12 Smart Things to Do When the Booze and Drugs Are Gone...

2. Send it to savings. The IRS allows you to split up your refund in up to three accounts via direct deposit. That's a perfect opportunity to stash some funds in a savings account

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that's inconvenient for you to access, assuring that the money stays out of sight and out of mind until you really need it.

12 Smart Things to Do in Rehab - JourneyPure 12 Keys

12 Smart Things To Do With Your Tax

Access PDF 12 Smart Things To Do When The Booze And Drugs Are Gone Choosing Emotional Refund This Year. By. mariannfoster - March 19, 2018. 0.843. Tis the season for taxes. Along with the inevitable dread that comes with doing taxes, also comes the tax refund for those who are getting a return.

12 Smart Things To Do With Your

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Tax Refund

Pick up some of these smart things to do in rehab and you'll have a more effective recovery process, as well as a successful post-rehab life. If you ready to start getting your life back on track at a well respected, holistic rehab, contact 12 Keys Rehab today .

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can make a meaningful difference in your life -- financially or otherwise.

12 Smart Things To Do When The Booze And Drugs Are Gone ...

You've submitted your return, paid your taxes, and even managed to get a refund from the IRS. While it may be

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tempting to embark on a shopping spree, using your cash more wisely can give you a financial boost. Here are 12 smart things to do with your tax refund. 1. Pay off debt. It's no secret that the quicker ...

Samsung SmartThings: Smart

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Home Automation | Samsung US

Smart people know that they have to work hard at things in order to see results, and even though we live in a very automated society now, we still have to move our bodies and take care of our responsibilities. Smart people still make time to work out, eat

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healthy, and do whatever they have to in order to improve their lives. 12. Being a doormat.

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10 Smart Things To Do Every Night 1. Prepare Your Breakfast. 2. Lay Out

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Your Clothes For the Next Day. 3. Put Everything You'll Need by the Door .

4. Review Your Day. 5. Practice

Gratitude . 6. Plan the Next Day. 7.

Read for Fifteen Minutes. 8. Follow a

Bedtime Routine. 9. Right Before Bed,

...

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