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The author also mentions the necessity to form good habits to replace bad habits as well as finding a purpose and a mission for

one's life. The Happy Addict: How to be Happy in Recovery from Alcoholism or Drug Addiction by Beth Burgess shows different ways of thinking and being to have positivity and peace of mind in one's journey to sobriety.

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It's about how to recover from addiction and be happy about it. The Happy Addict offers some revolutionary new ideas about how you can use your experiences of addiction positively and is the first book of its kind to offer recovering addicts the benefits of coaching, positive psychology and NLP techniques to help you create an amazing future.

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The Happy Addict teaches you how to overcome the hurdles that often face us in recovery, and how to use your experience of addiction for good. This book will show you different ways of thinking and being, so you can have positivity and peace of mind, along with your sobriety.

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The Happy Addict: How to Be Happy in Recovery From ...

The Happy Addict by Beth Burgess is an award-winning invitation for recovering people to embrace happiness in their lives. Drawing from behavioral psychology, Neuro-linguistic Programming, mindfulness practices, and the psychology of positive thinking, Burgess transports the reader to a place where leaving the past behind and focusing solidly on the potential of the present moment is clearly where the gold is.

Amazon.com: Customer reviews: The Happy Addict: How to be ...

Addict-A-Ball is an astonishing 3D maze which twists and turns through the middle of a ball. The aim is simply to get the ball from the start of the maze to the finish without it falling off the maze! The start of the maze is simple enough, but it lulls you into a false sense of security as the ball suddenly starts tumbling down stairs and ...

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If you need treatment for drug addiction, you're entitled to NHS care in the same way as anyone else who has a health problem. With the right help and support, it's possible for you to get drug free and stay that way. Where to get help for drugs. A GP is a good place to start. They can discuss your problems with you and get you into treatment.