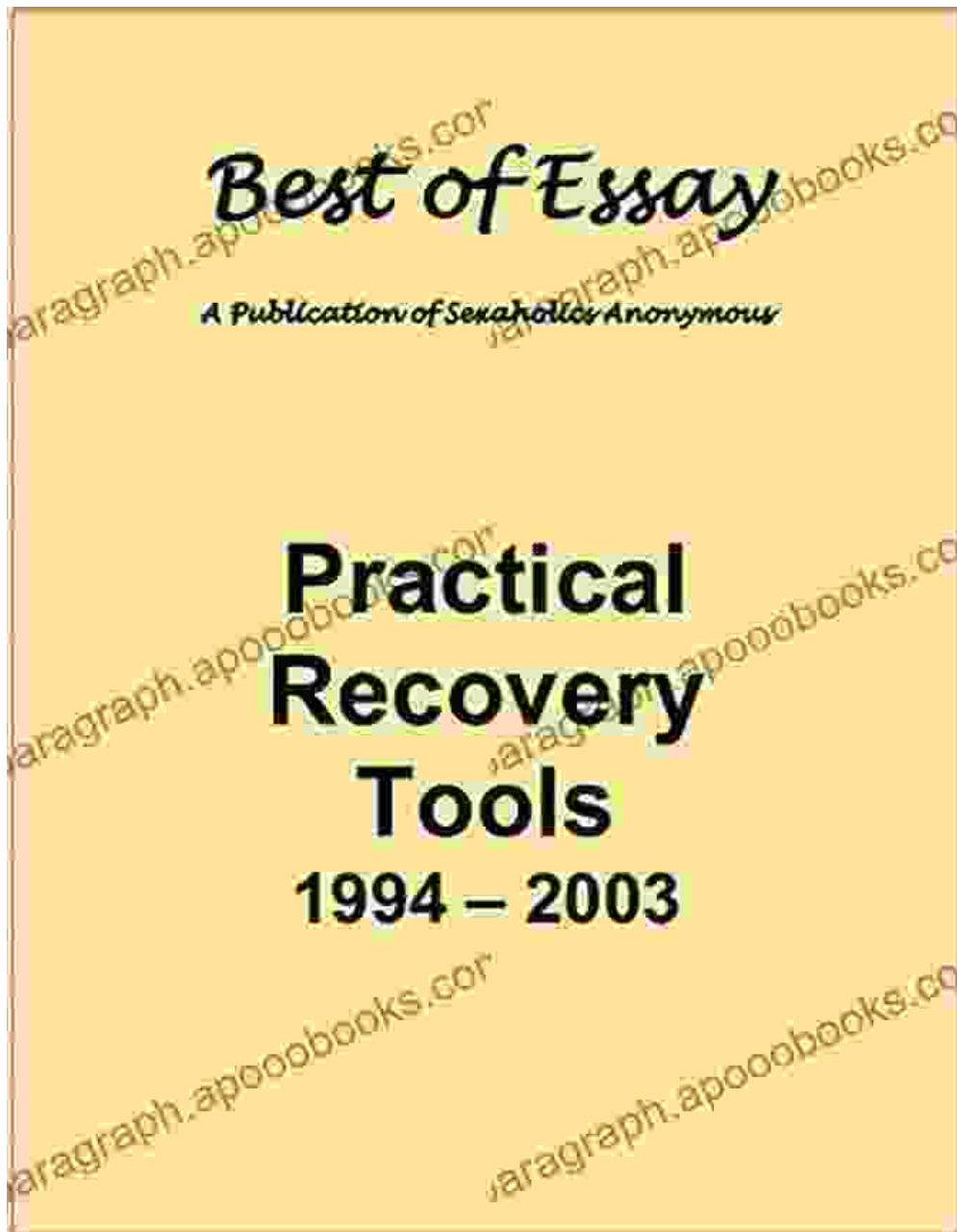


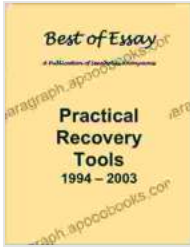
# Practical Recovery Tools 1994-2003 by Facundo Conforti: Your Essential Guide to Recovery



**Practical Recovery Tools: 1994-2003** by Facundo Conforti

★★★★☆ 4.3 out of 5

Language : English



File size	: 361 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 110 pages
Lending	: Enabled



## About the Book

Practical Recovery Tools 1994-2003 is a comprehensive guide to addiction recovery that provides a wealth of information on the latest addiction treatment methods. This book is written by Facundo Conforti, a leading expert in the field of addiction recovery, and is based on his years of experience working with people who are struggling with addiction.

The book is divided into three parts. The first part provides an overview of addiction and the different types of treatment that are available. The second part discusses specific recovery tools, such as relapse prevention strategies, mindfulness-based therapy, and medication-assisted treatment. The third part of the book provides guidance on how to stay sober and maintain your recovery.

Practical Recovery Tools 1994-2003 is an essential resource for anyone who is struggling with addiction or who is interested in learning more about addiction recovery. This book is full of practical advice and tools that can help you to achieve and maintain sobriety.

## What You'll Learn from This Book

- The different types of addiction and how they affect the brain and body
- The latest addiction treatment methods, including relapse prevention strategies, mindfulness-based therapy, and medication-assisted treatment
- How to develop a personalized recovery plan
- How to stay sober and maintain your recovery

### **Who Should Read This Book?**

Practical Recovery Tools 1994-2003 is a valuable resource for anyone who is struggling with addiction or who is interested in learning more about addiction recovery. This book is especially helpful for people who are in early recovery or who are struggling to stay sober.

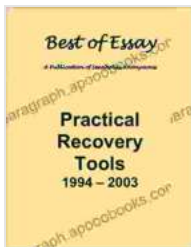
### **About the Author**

Facundo Conforti is a leading expert in the field of addiction recovery. He has over 25 years of experience working with people who are struggling with addiction, and he has developed a number of innovative addiction treatment methods. Conforti is the author of several books on addiction recovery, including Practical Recovery Tools 1994-2003 and The Mindfulness-Based Addiction Recovery Workbook.

### **Free Download Your Copy Today**

Practical Recovery Tools 1994-2003 is available now on Our Book Library.com and other online retailers. Free Download your copy today and start your journey to recovery.

**Practical Recovery Tools: 1994-2003** by Facundo Conforti



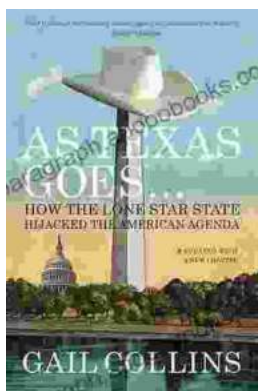
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