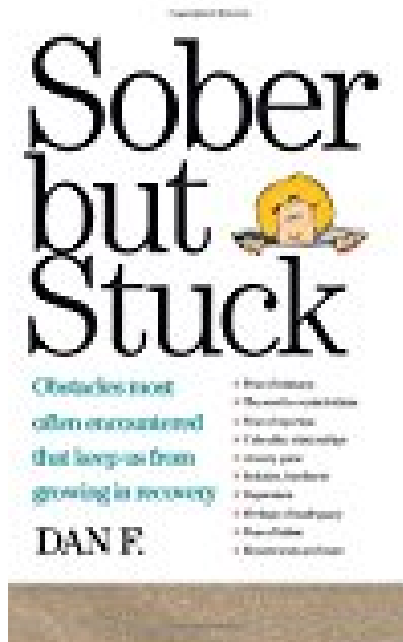


# Sober But Stuck Obstacles Most Often Encountered That Keep Us From Growing In Recovery

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## BOOK DETAILS

- Author : Dan F.
- Pages : 228 Pages
- Publisher : Hazelden Publishing
- Language : English
- ISBN : 156838078X



## **BOOK SYNOPSIS**

Sober But Stuck addresses common issues, such as fear of failure, unhealthy relationships, and resentments, that can act as barriers to serenity and ultimately threaten sobriety. People in recovery soon find out that maintaining abstinence from alcohol and other drugs is only half the battle. Sober But Stuck addresses the issues that can act as barriers to serenity and ultimately threaten sobriety. Sober But Stuck topics include fear of failure, unhealthy or dependent relationships, resentments, and more. Provides needed encouragement for maintaining recovery from alcohol and other drugs.

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