



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

Dan F.

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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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