



## Better Choices To Sobriety: Substance Abuse Activity Workbook

*Denise DeNicolo*

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This workbook is designed to help the individual learn about alcohol and other drug abuse. Each chapter has activities to help determine to what extent alcohol and other drugs have impacted their lives. This can range from a single incident, to recognizing the difficult fact that their entire lives have revolved around alcohol and/or other drugs. "BETTER CHOICES TO SOBRIETY" can be used by the individual working through these issues and can also be used in group therapy sessions.



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