
To Recovery

12 tips on sleep and early recovery - william i. white - 12 tips on sleep and early recovery. a common issue in the early days, weeks and even months of recovery is that of sleep. it is helpful if professional helpers monitor sleep

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fast facts - smartrecovery - examples of smart tools and strategies for more information, visit smartrecovery cost benefit analysis - this exercise motivates people to stop an addictive behavior by weighing the short-term benefits of, for example, abusing pain pills (feeling good, relaxed and happy for a short time)

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