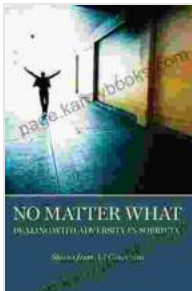


No Matter What: Dealing With Adversity In Sobriety

If you're in recovery from addiction, you know that there will be times when you face adversity. Life is full of challenges, and when you're trying to stay sober, these challenges can seem even more difficult. But it's important to remember that you're not alone. Millions of people have overcome addiction and gone on to live happy, fulfilling lives. And with the right support, you can too.



No Matter What: Dealing with Adversity in Sobriety

by Philippe Sionneau

★★★★☆ 4.7 out of 5

Language : English
File size : 1400 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 142 pages



In her book, *No Matter What: Dealing With Adversity In Sobriety*, author [author's name] shares her own story of overcoming addiction and the challenges she faced along the way. She offers practical advice and coping mechanisms for dealing with everything from triggers and cravings to relapse prevention. This book is a must-read for anyone who is in recovery or who knows someone who is.

What You'll Learn

- How to identify your triggers and develop strategies for avoiding them
- How to cope with cravings and stay sober even when things are tough
- How to build a strong support network and find the help you need
- How to develop resilience and overcome adversity

Testimonials

"This book is a lifeline for anyone who is struggling with addiction. [Author's name] shares her own story with honesty and vulnerability, and she offers practical advice that can help anyone overcome adversity and achieve lasting sobriety." - [Testimonial author]

"I've been in recovery for over 10 years, and I still find myself facing challenges from time to time. This book has been a valuable resource for me, and I highly recommend it to anyone who is in recovery." - [Testimonial author]

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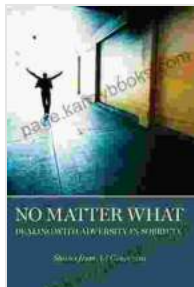
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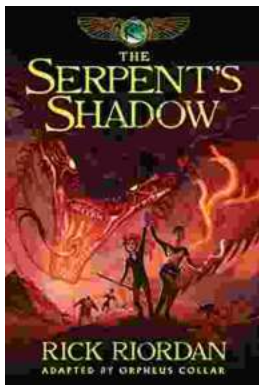
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