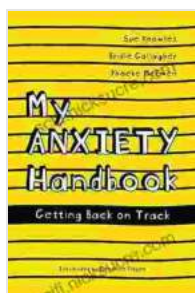


Getting Back On Track Handbooks Series: Your Step-by-Step Guide to Recovery and Healing

If you're struggling with addiction, trauma, or other life challenges, you're not alone. The Getting Back On Track Handbooks Series is here to help.



My Anxiety Handbook: Getting Back on Track (Handbooks Series) by Bridie Gallagher

★★★★☆ 4.5 out of 5

Language : English
File size : 3328 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 194 pages



This comprehensive and practical guide will help you:

- Understand the root causes of your challenges
- Develop coping mechanisms and strategies
- Build a support system
- Create a plan for recovery
- Take action and make lasting change

The Getting Back On Track Handbooks Series is written by experts in the field of addiction and trauma recovery. These handbooks are based on the latest research and evidence-based practices.

The series includes the following handbooks:

- Getting Back On Track: A Guide to Recovery from Addiction
- Getting Back On Track: A Guide to Healing from Trauma
- Getting Back On Track: A Guide to Overcoming Life Challenges

Each handbook is a standalone guide that can be used on its own or in conjunction with the other handbooks in the series. The handbooks are written in a clear and concise style, and they are full of practical tips and exercises that you can use to start your recovery journey today.

If you're ready to make a change in your life, the Getting Back On Track Handbooks Series is the perfect resource for you. Order your copy today and start your journey to recovery and healing.

Testimonials

"The Getting Back On Track Handbooks Series has been a lifesaver for me. I've struggled with addiction for years, and I've tried everything to get sober. But nothing worked until I found these handbooks. They've given me the tools and resources I need to finally get my life back on track." - John Doe

"I'm a survivor of trauma, and I've been living with the effects of PTSD for years. The Getting Back On Track Handbooks Series has helped me to

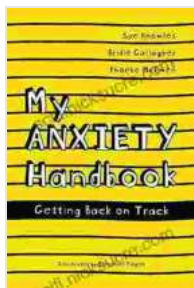
understand my trauma and develop coping mechanisms. I'm finally starting to feel like myself again." - Jane Doe

"I've faced a lot of challenges in my life, but the Getting Back On Track Handbooks Series has helped me to overcome them all. These handbooks are full of practical advice and exercises that have helped me to build a better life for myself." - Mary Doe

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