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# 7 TOOLS to BEAT ADDICTION

A NEW PATH TO RECOVERY FROM ADDICTIONS OF ANY KIND

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- How to fight addiction without treatment or a 12-step program
- Proven methods based on scientific research for overcoming addictions
- Interactive exercises to help you curb destructive habits

**STANTON PEELE, Ph.D., J.D.**

Author of *Love and Addiction*

# 7 Tools To Beat Addiction

**CO Houle**



## 7 Tools To Beat Addiction:

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