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Mind-Body Workbook for Addiction: Effective Tools for Substance-Abuse Recovery and Relapse Prevention

Stanley H. Block MD, Carolyn Bryant Block, Guy du Plessis MA

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Seeking treatment for substance abuse or addiction is half the battle—*staying* sober is the other. In this important book, physician Stanley Block and addiction specialist Guy du Plessis present a powerful, easy-to-use program for overcoming addiction utilizing the mind-body bridging modality.

If you're recovering from substance abuse, you know that every day is a new battle. In fact, staying sober is one of the hardest aspects of addiction recovery, and many people end up relapsing. If you've tried traditional treatment but are still struggling to stay on the path to sobriety, you may be ready for a new approach.

In *Mind-Body Workbook for Addiction*, Stanley Block, MD, Carolyn Bryant Block, and founder of the popular Integrated Recovery Program (IRP), Guy du Plessis present an innovative and clinically proven mind-body bridging technique to help you stay sober, manage emotions and stress, and ultimately build a better life. Inside, you'll find easy-to-use self-help exercises to help you uncover addiction triggers, stay grounded, and prevent future relapse so you can finally heal.

Mind-body bridging is a proven-effective method of self-help that teaches you how to regulate strong emotions such as anxiety, anger, worry, and stress—all emotions that lie at the core of addiction issues. You'll learn how to become aware of your negative thoughts, experience them without pushing them away, and then use your physical senses to become more grounded and relaxed, rather than turning to alcohol or drugs for relief.

If you're ready to finally gain control of your addiction and stay sober, this book has the potential to change your life.

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