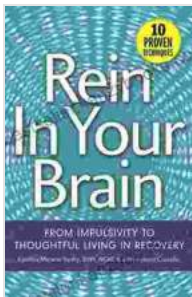


From Impulsivity To Thoughtful Living In Recovery

Are you struggling with impulsivity in recovery?

If so, you're not alone. Impulsivity is a common problem for people in recovery, and it can make it difficult to stay sober and live a healthy life.



Rein In Your Brain: From Impulsivity to Thoughtful Living in Recovery by Cynthia Moreno Tuohy

★★★★☆ 4.4 out of 5

Language : English
File size : 2346 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 242 pages



The good news is that there is help available. *From Impulsivity To Thoughtful Living In Recovery* provides a roadmap to help you understand your triggers, develop coping mechanisms, and live a more mindful and fulfilling life.

In this book, you will learn:

- The nature of impulsivity and how it affects people in recovery
- The different types of triggers that can lead to impulsive behavior
- Effective coping mechanisms for dealing with triggers and cravings

- How to develop a more mindful and present-focused approach to life
- The importance of self-care and relapse prevention

If you're ready to take control of your impulsivity and live a more fulfilling life, then this book is for you.

Free Download your copy today and start your journey to recovery.

Testimonials

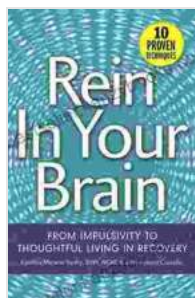
"This book has been a lifesaver for me. I've struggled with impulsivity for years, and it's almost cost me everything. But thanks to the tools and strategies in this book, I'm finally starting to get my life back on track." - John

"I'm so grateful for this book. It's helped me to understand my triggers and develop coping mechanisms that actually work. I'm finally starting to feel like I'm in control of my life again." - Mary

"If you're struggling with impulsivity in recovery, then you need to read this book. It's the best resource I've found on the subject." - Jane

Free Download your copy today!

[button]



Rein In Your Brain: From Impulsivity to Thoughtful

Living in Recovery by Cynthia Moreno Tuohy

★★★★☆ 4.4 out of 5

Language : English

File size : 2346 KB

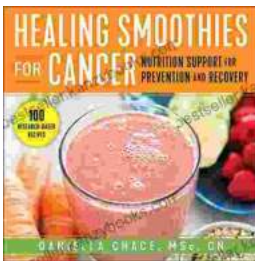
Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 242 pages

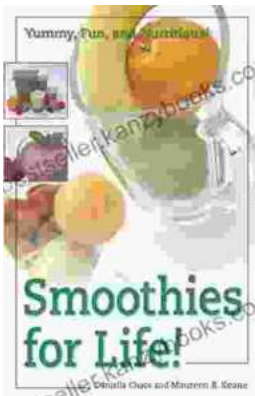
FREE

DOWNLOAD E-BOOK



Healing Smoothies for Cancer: Unlock the Power of Nature to Nourish Your Body and Improve Your Journey

A cancer diagnosis can be life-changing, bringing with it a whirlwind of emotions and uncertainties. Amidst the challenges, finding ways to...



Embark on a Culinary Odyssey with Smoothies For Life: A Journey to Vibrant Health and Culinary Delight

Immerse yourself in the vibrant and flavorful world of smoothies with the indispensable guide, Smoothies For Life. This comprehensive culinary masterpiece is your passport to...