

## Recover To Live Kick Any Habit Manage Any Addiction

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Recover to Live: Kick Any Habit, Manage Any Addiction: Your Self-Treatment Guide to Alcohol, Drugs, Eating Disorders, Gambling, Hoarding, Smoking, Sex and Porn: Amazon.co.uk: Lawford, Christopher Kennedy: 9781939529886: Books. Buy New. £12.99.

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Christopher Kennedy Lawford's Recover to Live focuses on different ways to fight and manage different addictions including alcohol, drugs, bulimia and anorexia and the like, gambling, hoarding, cigarette and nicotine, and sex addictions. The book read like a series of quotes from medical experts loosely stitched together with some occasional citations from medical journals supporting the recommended treatment.

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In Recover to Live, more than 100 of the world's top experts interviewed by Lawford share their research and wisdom on how to determine if your bad habit is becoming a dependency, what treatments will work best for you, how best to help yourself or a loved one recover from addiction, and how to lead a fulfilling and productive life in recovery.

**Recover to Live: Kick Any Habit, Manage Any Addiction ...**

Christopher Kennedy Lawford's newly released book, Recover to Live: Kick Any Habit, Manage Any Addiction: Your Self-Treatment Guide to Alcohol, Drugs, Eating Disorders, Gambling, Hoarding, Smoking, Sex, and Porn, his 4th, is very different. Yes it provides in-depth information about the causes, nature and course of addictions and toxic compulsions.

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In Recover to Live, more than 100 of the world's top experts interviewed by Lawford share their research and wisdom on how to determine if your bad habit is becoming a dependency, what treatments will work best for you, how best to help yourself or a loved one recover from addiction, and how to lead a fulfilling and productive life in recovery.

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"Recover to Live provides the most up to date information available on addiction, treatment, and recovery today; the tools and strategies are proven to work, easy to understand and to apply." -Evgeny M. Krupitsky, M.D., Ph.D., D.Med.Sci., Prof.

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