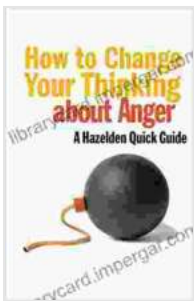


# Hazelden Quick Guides: Practical Tools for Your Recovery Journey

The Hazelden Quick Guides are a series of concise and practical guides that offer support and advice on a variety of recovery-related topics. Written by experts in the field, these guides provide essential information and guidance for individuals in recovery, their loved ones, and professionals.



## How to Change Your Thinking About Anger: Hazelden Quick Guides (A Hazelden Quick Guide) by Albert Ellis

★★★★☆ 4.7 out of 5

Language : English  
File size : 527 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 79 pages



Each Quick Guide is approximately 30 pages in length and covers a specific topic, such as:

- Relapse prevention
- Support groups
- 12-step programs
- Mindfulness

- Meditation
- Yoga
- Nutrition
- Exercise
- Sleep
- Stress management

The Quick Guides are a valuable resource for individuals in recovery who are looking for support and guidance on their journey. They are also a helpful resource for loved ones and professionals who want to better understand the recovery process.

### **Benefits of the Hazelden Quick Guides**

The Hazelden Quick Guides offer a number of benefits, including:

- Concise and easy to read
- Written by experts in the field
- Cover a variety of recovery-related topics
- Provide practical advice and support
- Are a valuable resource for individuals in recovery, their loved ones, and professionals

### **How to Use the Hazelden Quick Guides**

The Hazelden Quick Guides can be used in a variety of ways. They can be read cover-to-cover, or they can be used as a reference guide for specific

topics. The guides can also be used in conjunction with other recovery resources, such as therapy, support groups, and 12-step programs.

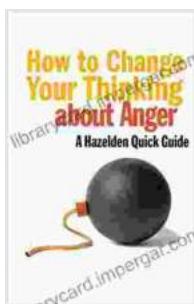
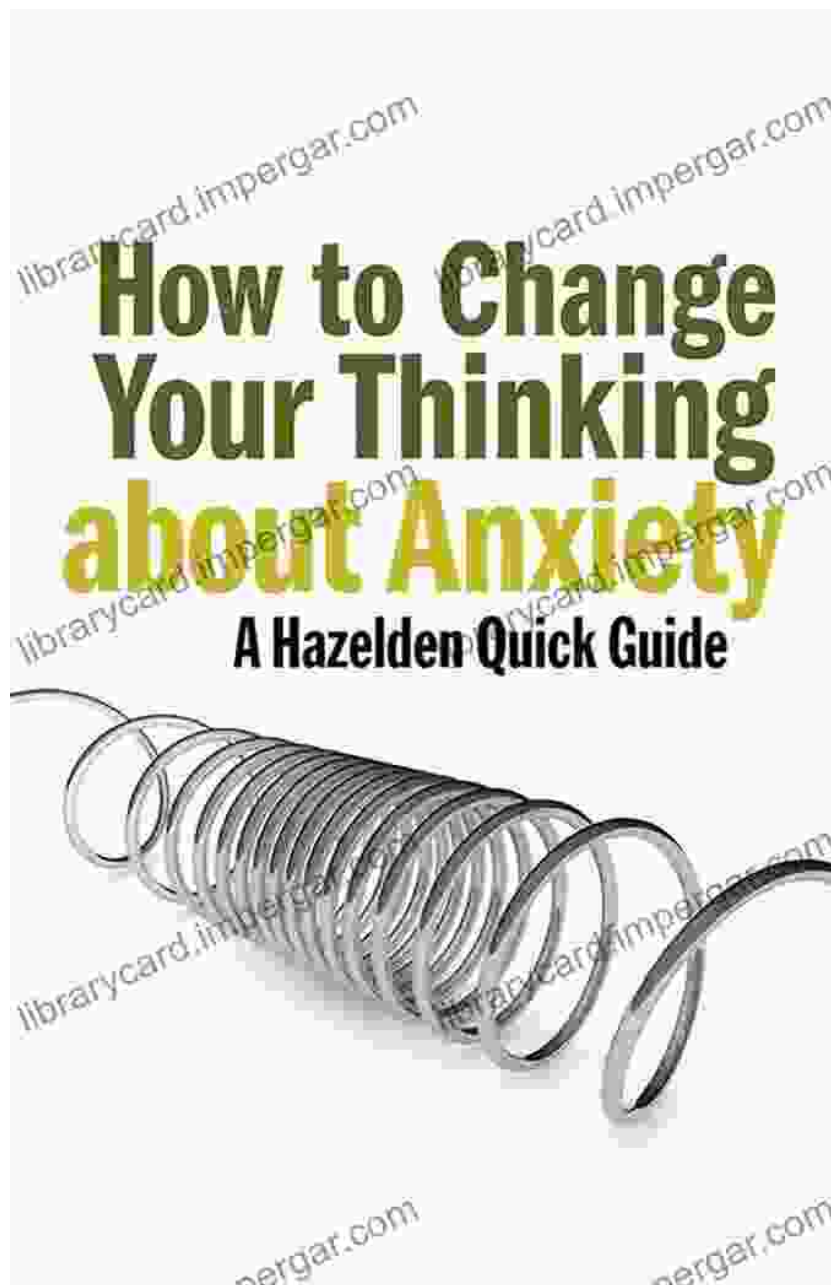
If you are new to recovery, the Quick Guides can provide you with a solid foundation of knowledge about the recovery process. They can also help you to develop coping mechanisms and strategies for staying sober.

If you are a seasoned veteran in recovery, the Quick Guides can serve as a refresher course on the recovery process. They can also provide you with new insights and tools for maintaining your sobriety.

### **Free Download Your Hazelden Quick Guides Today**

The Hazelden Quick Guides are a valuable resource for individuals in recovery, their loved ones, and professionals. Free Download your copies today and start your journey to a healthier and more fulfilling life.

To Free Download your Hazelden Quick Guides, visit the Hazelden website or call 1-800-328-9000.

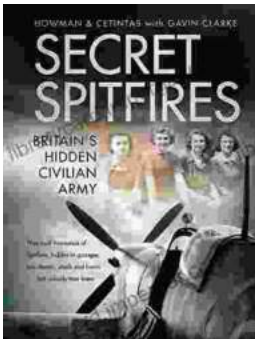


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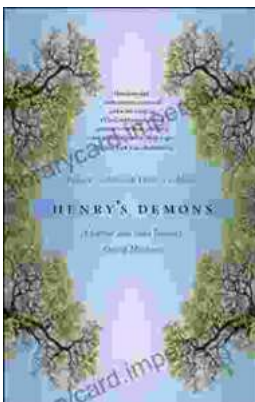
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