



# Above the Influence The Lifestyle Approach to Substance Abuse That Beats Disease and Just Saying No

By Dr. Gerald Schmeling

AuthorHouse. Paperback. Book Condition: New. Paperback. 264 pages. Dimensions: 9.0in. x 6.0in. x 0.7in. Above the Influence! is a well-founded, expertly-guided, and self-managed program to help you beat substance abuse, and play a winning part in the Drug War. This real life approach shows you how to assess, treat, and prevent drug abuse by yourself, with a partner, or with a group of your choosing in a wide range of settings. You will find answers unknown to the outdated and outmoded surrender-to-disease and just-say-no approach: What daily life factors cause and continue, treat and prevent drug abuse What specific actions should you take to succeed How do you stop a dependency now What treatment tools and techniques really work How do you know when youve had enough treatment And when you need more ATI! is the first complete course of theory and practice in substance abuse that is based on scientific findings and clinical successes. This is the next best thing to personal professional care at the mere price of a book. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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