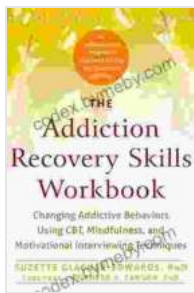


# Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Intervention

## Unlock the Power of a Comprehensive Addiction Recovery Approach

Addiction is a complex and challenging issue that can have devastating consequences. If you or someone you love is struggling with addiction, it's essential to seek professional help. Traditional approaches to addiction treatment often focus on willpower and abstinence. While these elements can be helpful, they are often not enough to achieve long-term recovery.



### The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-help Workbooks) by Chris I. Naylor

★★★★☆ 4.7 out of 5

Language : English  
File size : 1769 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 219 pages



*Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Intervention* offers a comprehensive and innovative approach to addiction recovery. This book draws on the latest research and evidence-based practices to provide a holistic and effective treatment plan.

## Empowering You with a Multifaceted Approach

This groundbreaking book integrates three powerful therapeutic approaches:

- **Cognitive Behavioral Therapy (CBT):** CBT helps you identify and change negative thought patterns and behaviors that contribute to addiction.
- **Mindfulness:** Mindfulness techniques teach you to be present in the moment and cultivate awareness of your triggers and cravings.
- **Motivational Intervention:** Motivational intervention helps you build motivation, set achievable goals, and develop relapse prevention strategies.

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## Real-Life Case Studies and Practical Exercises

*Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Intervention* is packed with real-life case studies and practical exercises that will help you:

- Identify your personal triggers and cravings
- Develop coping mechanisms to manage difficult emotions
- Build a strong support system
- Stay motivated and prevent relapse
- Create a fulfilling and addiction-free life

### **Expert Guidance and Support**

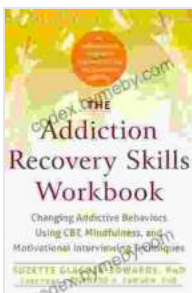
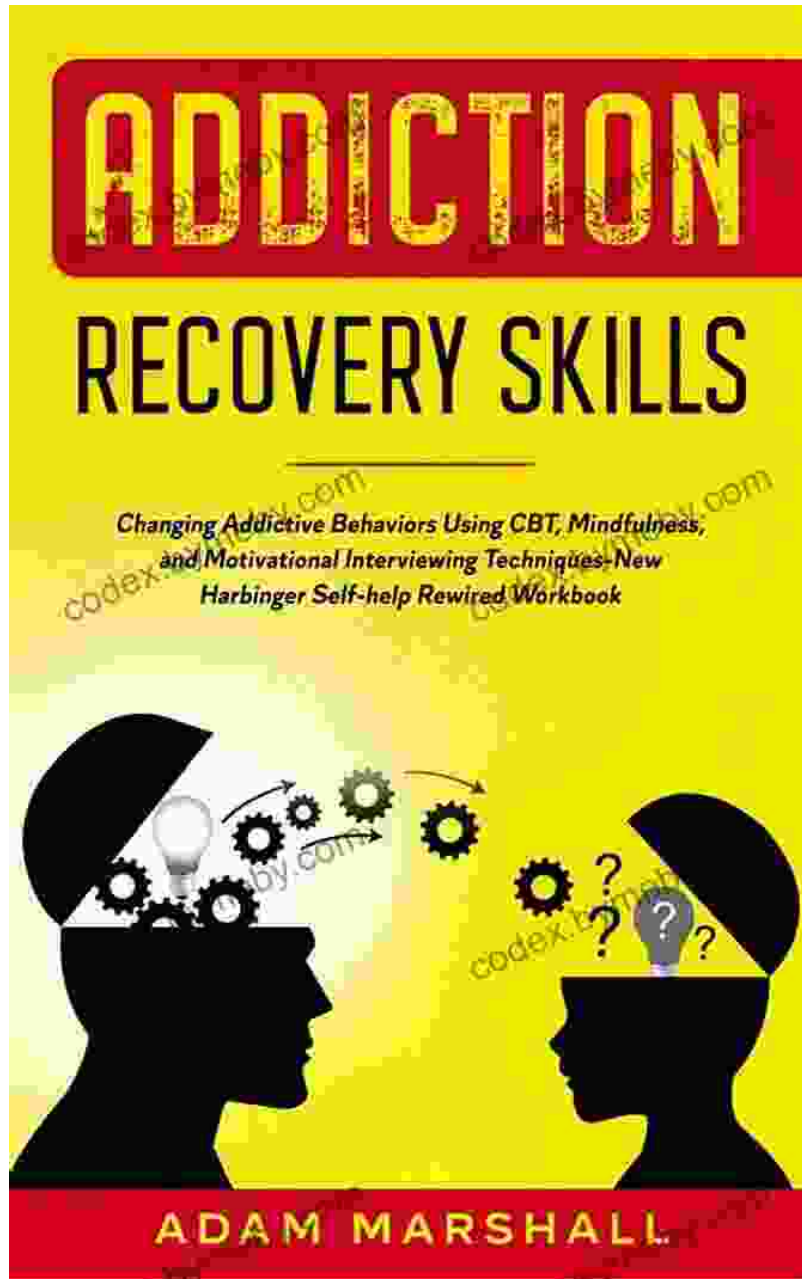
The author, Dr. Sarah Hughes, is a leading expert in addiction recovery and the founder of the Serenity Center for Recovery. With over 20 years of experience, Dr. Hughes has helped countless individuals overcome addiction and reclaim their lives.

### **Take the First Step Towards Recovery**

If you're ready to break free from the chains of addiction, *Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Intervention* is the essential guide you need. Free Download your copy today and embark on a journey of transformation and healing.

Available in print and e-book formats, this invaluable resource will empower you with the knowledge, skills, and motivation to achieve lasting recovery.

Free Download Your Copy Today



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