



# Positive Sobriety

*Daniel H. Angres M.D.*

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## **Positive Sobriety** Daniel H. Angres M.D.

Positive Sobriety is a manual that can guide a therapist, treatment program, or addicted individual through the important components of recovery. This includes worksheets that evaluate individual personality styles, motivations for use and elements of happiness, all essential for transforming addiction into enhanced well-being; in other words, a positive sobriety. The manual is referenced and has several useful links for further learning. There is substantial detail but summary sections for quick referencing also available. This book requires an additional link (at a nominal cost) to complete some of the sections.

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