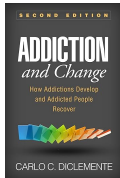


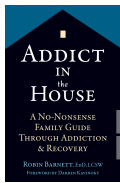
# Self Help for Addiction Recovery at Manchester Public Library



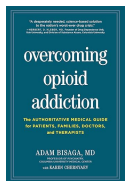
**Sober Starting Today Workbook:** powerful mindfulness & CBT tools to help you break free from addiction by Deborah Sosin (616.89 Sosin)



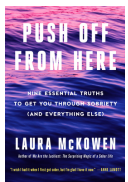
**Addiction and Change:** how addictions develop and addicted people recover by Carlo C. DiClemente (362.29 DiClemente)



**Addict in the House:** a no-nonsense family guide through addiction and recovery by Robin Barnett (362.29 Barnett)



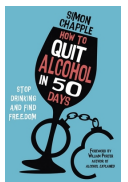
**Overcoming Opioid Addiction:** the authoritative medical guide for patients, families, doctors, and therapists by Adam Bisaga (362.293 Bisaga)



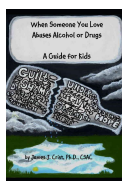
**Push Off From Here:** nine essential truths to get you through sobriety (and everything else) by Laura McKowen (362.292 McKowen)



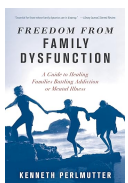
**Over the Influence:** the harm reduction guide to controlling your drug and alcohol use by Patt Denning and Jeannie Little (362.29 Denning)



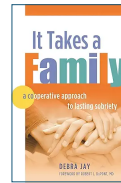
**How to Quit Alcohol in 50 Days:** stop drinking and find freedom by Simon Chapple (362.29 Chapple)



**When Someone You Love Abuses Alcohol or Drugs:** a guide for kids by James J. Crist (362.29 Crist)



**Freedom from Family Dysfunction:** a guide to healing families battling addiction or mental illness by Kenneth Perlmutter (616.8915 Perlmutter)



**It Takes a Family:** a cooperative approach to lasting sobriety by Debra Jay (362.292 Jay)



**Getting Wrecked:** women, incarceration, and the American opioid crisis by Kimberly Sue (362.29 Sue)



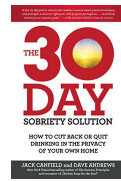
**Quit Like a Woman:** the radical choice to not drink in a culture obsessed with alcohol by Holly Whitaker (616.861 Whitaker)



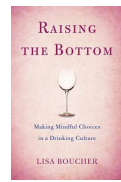
**When Loving Him is Hurting You:** hope and help for women dealing with narcissism and emotional abuse by Dr. David Hawkins (261.832 Hawkins)



**Clean:** overcoming addiction and ending America's greatest tragedy by David Sheff (362.29 Sheff)



**The 30-Day Sobriety Solution:** how to cut back or quit drinking in the privacy of your own home by Jack Canfield and Dave Andrews (616.89 Canfield)



**Raising the Bottom:** making mindful choices in a drinking culture by Lisa Boucher (362.292 Boucher)



**Alcoholics Anonymous:** the big book by Bill W. (362.292 W.)



**Understanding Addiction and Recovery Through a Child's Eyes:** hope, help, and healing for families by Jerry Moe (362.29 Moe)