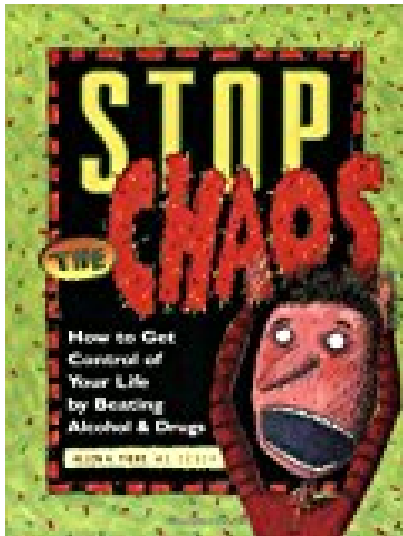


# Stop the Chaos Workbook How to Get Control of Your Life by Beating Alcohol and Drugs

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## BOOK DETAILS

- Author : Allen A Tighe M.S.
- Pages : 200 Pages
- Publisher : Hazelden Publishing
- Language : English
- ISBN : 1568382820

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## BOOK SYNOPSIS

Stop the Chaos, a comprehensive, practical guide, identifies the telltale signs of addiction, offers suggestions for living alcohol-or drug-free, and teaches the skills necessary for healthy thinking and living.

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