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12 Stupid Things ourselves and our relationships, and dealing with the wreckage of our past. Few of us will relate to all of these issues, but the general themes should be familiar. So without further ado, here are my top twelve nominations for stupid things we do to mess up our recovery: 1. Believing addiction to one substance is the only ...

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Here are the 12 “Stupid Things” from his first book: Believing addiction to one substance is the only problem. Believing sobriety will fix everything. Pursuing recovery with less energy than pursuing addiction.

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