



# **A First Step Towards A New Freedom (For those in treatment)**

*Dr. E. F. Dudzinski*

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# A First Step Towards A New Freedom (For those in treatment)

*Dr. E. F. Dudzinski*

**A First Step Towards A New Freedom (For those in treatment)** Dr. E. F. Dudzinski

This is a recovery workbook to be used by individuals being treated for alcoholism and addiction. It utilizes a variety of mental and interactive activities and, also requires active participation in a 12 step recovery program.



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