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*See the inside of this booklet for
instructions on how to use the CD.*

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ISBN 1-55776-434-4 WSO Catalog Item No. 8900 3/00

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**Many books have been written
about the nature of addiction.
This book primarily concerns
itself with the nature of recovery.
If you are an addict and have
found this book, please give
yourself a break and read it!**

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