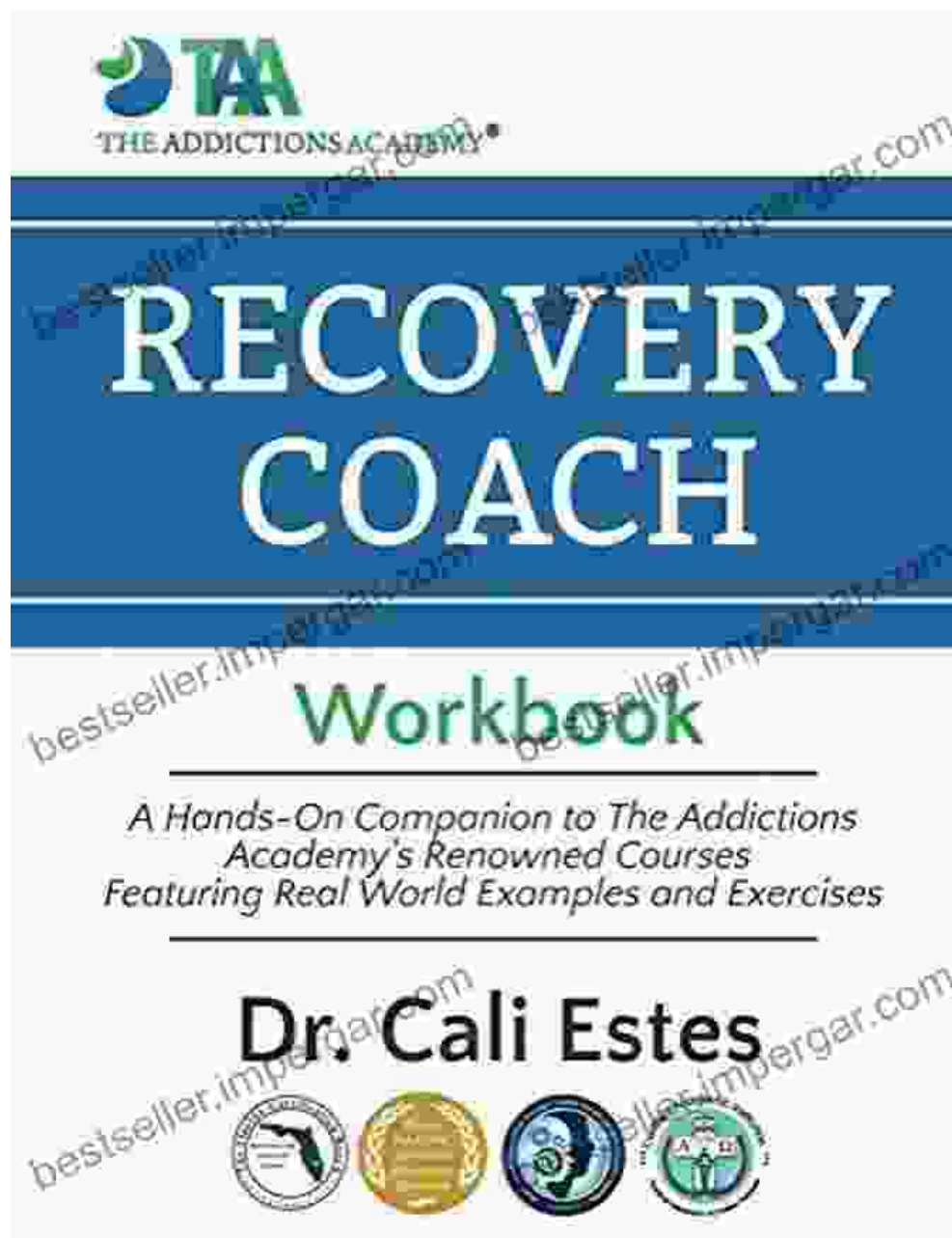
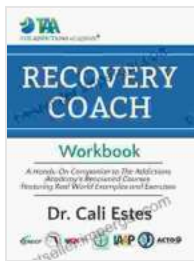


The Recovery Coach Workbook: Your Essential Guide to Lasting Sobriety and Well-Being

Embark on a Transformative Journey with Dr. Cali Estes, Ph.D.





The Recovery Coach Workbook by Dr Cali Estes PhD

★★★★☆ 4.3 out of 5

Language	: English
File size	: 1517 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 58 pages



Are you ready to break free from the chains of addiction and reclaim your life? Join Dr. Cali Estes, Ph.D., a renowned therapist and recovery expert, as she guides you through a comprehensive and empowering recovery journey with The Recovery Coach Workbook.

This transformative workbook is more than just a collection of exercises—it's a beacon of hope and a roadmap to sustained sobriety. Dr. Estes has meticulously crafted every page, drawing upon her expertise and years of experience in the field, to provide you with the tools and techniques you need to navigate the challenges and triumphs of recovery.

What's Inside The Recovery Coach Workbook

- **Evidence-Based Exercises:** Engage in practical and proven exercises designed to enhance self-awareness, identify triggers, develop coping mechanisms, and build a strong foundation for lasting recovery.
- **Real-Life Scenarios:** Relate to real-life situations and challenges that individuals in recovery often face. Explore strategies for handling

cravings and setbacks with resilience.

- **Inspirational Insights:** Find motivation and encouragement through insightful quotes and affirmations that will uplift your spirit and keep you on track.
- **Progress Tracking:** Monitor your progress throughout the workbook using guided assessments and self-reflections. Celebrate your milestones and identify areas for continued growth.
- **Reflection Prompts:** Reflect on your experiences, identify patterns, and gain valuable insights that will empower you in your journey.

Benefits of The Recovery Coach Workbook

- **Empowering Self-Discovery:** Gain a deeper understanding of your addiction and the underlying causes that contributed to it.
- **Practical Tools for Sobriety:** Develop practical strategies and coping mechanisms to manage cravings, prevent relapse, and build a strong foundation for lasting recovery.
- **Unwavering Support:** Feel supported throughout your journey by drawing upon the wisdom and guidance of Dr. Cali Estes, Ph.D., a compassionate and experienced recovery coach.
- **Improved Mental Health:** Address co-occurring mental health issues that may be contributing to your addiction, such as anxiety, depression, or trauma.
- **Enhanced Self-Confidence:** Build self-esteem and resilience by recognizing your strengths and celebrating your progress.

Testimonials

"The Recovery Coach Workbook has been an invaluable tool in my journey towards sobriety. Dr. Estes' insights and exercises have helped me understand my addiction, develop healthy coping mechanisms, and build a strong support system."

- Sarah, a recovering addict

"This workbook is not just a guide, it's a lifeline. It provides practical strategies and unwavering support that have empowered me to stay sober and reclaim my life."

- John, a recovering alcoholic

Free Download Your Copy Today!

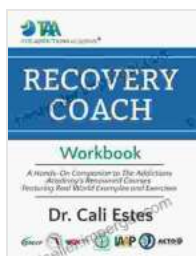
Embark on your recovery journey today and Free Download The Recovery Coach Workbook by Dr. Cali Estes, Ph.D. Invest in your well-being and take a proactive step towards lasting sobriety and a fulfilling life.

Free Download your copy now through our secure online platform or at your local bookstore.

About Dr. Cali Estes, Ph.D.

Dr. Cali Estes is a licensed psychologist, certified addiction specialist, and recovery coach with over 20 years of experience in the field. She is passionate about helping individuals overcome addiction and achieve lasting recovery. Dr. Estes has authored numerous books and articles on addiction recovery and frequently presents at conferences and workshops.

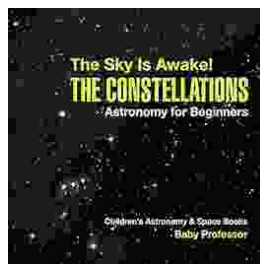
Disclaimer: The Recovery Coach Workbook is intended as a supplement to professional treatment and should not be used as a substitute for therapy or medical advice. If you are struggling with addiction, it is important to seek professional help.



The Recovery Coach Workbook by Dr Cali Estes PhD

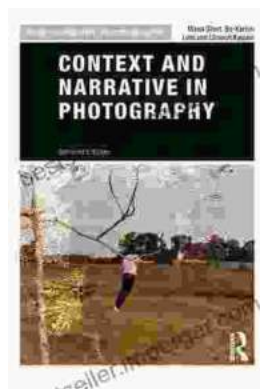
★★★★☆ 4.3 out of 5

Language : English
File size : 1517 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 58 pages



The Sky Is Awake: Astronomy for Beginners

Embark on an enchanting journey through the cosmos with 'The Sky Is Awake: Astronomy for Beginners.' This captivating book is designed to ignite...



Unveiling the Essence of Photography: Context and Narrative in the Art of Image-Making

Photography, the art of capturing moments in time through the lens of a camera, extends beyond mere technical proficiency. It is an intricate interplay of context...

