



## Steps 4 Recovery (Paperback)

By Stephen Paul Campos

Tate Publishing Company, United States, 2015. Paperback.  
 Book Condition: New. 226 x 149 mm. Language: English . Brand New Book. Treatment and support to overcome drug problems Daryl used drugs to try to cope with a hostile environment in his army unit. When he returned from overseas, his drug use became worse. He faced legal problems and spent time in jail. Daryl went to VA and began treatment. Professional and peer support helped him overcome his challenges. Becoming sober turned his life around John was young when he entered the Coast Guard. His drinking affected his job, and his superiors told him to do something about it. After service, he continued to drink, causing problems at work and in his marriage. He went to an alcohol support group and started on his path to recovery. Becoming sober allowed him to overcome his challenges. Overcoming anxiety to enjoy life Joe didn't want to go places with his friends because he was worried he would have an anxiety attack. When he experienced an attack, he would feel nervous, and his thoughts would race. His heart would beat very quickly. Medication and counseling helped Joe learn steps to overcome his symptoms and not...

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