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SMART Recovery Handbook

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SMART Recovery Handbook

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The SMART (Self Management Addiction Recovery Program) Handbook is written in simple, straight forward language with Tools, exercises, techniques and strategies to help those with drinking and substance-abuse addictive behaviors - including smoking - and behavioral issues, such as compulsive gambling or sexual activity, self-harm, and eating disorders. The Handbook will cover the heart of SMART's 4-Point Program. 1: Building and Maintaining Motivation 2: Coping with Urges 3: Managing Thoughts, Feelings and Behaviors 4: Living a Balanced Life SMARTS approach: Teaches self-empowerment and self-reliance. Provides meetings that are educational, supportive and include open discussions. Encourages individuals to recover from addiction and alcohol abuse and live satisfying lives. Teaches techniques for self-directed change. Supports the scientifically informed use of psychological treatments and legally prescribed psychiatric and addiction medication. Works on substance abuse, alcohol abuse, addiction and drug abuse as complex maladaptive behaviors with possible physiological factors. Evolves as scientific knowledge in addiction recovery evolves. Alternative to Alcoholics Anonymous, Narcotics Anonymous and other 12-step programs. The SMART Recovery Handbook can also be used in conjunction with the SMART community. SMART sponsors face-to-face meetings around the world, and daily on-line meetings. In addition, our online message board and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support. Find the SMART community at: www.smartrecovery.org. "Discover the Power of Choice!"

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