



Winning Against Relapse: A Workbook of Action Plans for Recurring Health and Emotional Problems

Mary Ellen Copeland

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Every recovery holds the potential for relapse. And for many who have fought their way back to health from a physical disorder or emotional trauma, the return of old symptoms can be even more devastating than the original crisis. In this book, Mary Ellen Copeland presents a structured system that those in recovery can use to monitor their own symptoms and respond to them in a way that reduces or eliminates the possibility of relapse. Readers will learn to identify events or situations that can cause their symptoms to recur, prepare an action plan to take if things start to break down, and lay out specifics about support, medications, and treatment facilities that can help.



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