



# Good Things, Emotional Healing Journal: Addiction

*Elisabeth Davies*

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**Good Things, Emotional Healing Journal: Addiction** Elisabeth Davies

Physical and emotional stress can make millions of people vulnerable to use mood altering substances and unhealthy habits as an attempt to cope. "Good Things Emotional Healing Journal-Addiction" is a valuable resource that offers effective strategies and insights to manage unwanted habits and compulsive behaviors, so that you can choose healthier ways to cope with life.

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