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Seven Weeks to Sobriety: The Proven Program to Fight Alcoholism Through Nutrition

Joan Mathews Larsen

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Open this book and you will embark on a groundbreaking seven-week journey that will change your life. You will learn how to break your addiction to alcohol and end your cravings--and do it under your own power. Here, step-by-step, is a proven, seven-week program developed by Dr. Joan Matthews Larson at the innovative Health Recovery Center in Minneapolis, that subdues your body's addictive chemistry and puts you on the path to full recovery.

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