



Trust the Process: How to Enhance Recovery and Prevent Relapse

Linda Free-Gardiner

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Trust the Process book and workbook is for people frustrated by lack of tools for Recovery Enhancement programs. They report new feelings of hope and the loss of guilt after reading the book and completing the exercises. The book is illustrated to help people understand the concepts easier. Every person who has addiction issues and/or unresolved life trauma can benefit from this revolutionary new approach to relapse prevention. Until recently, the treatment standard has been to wait for an actual "wet" relapse, then put the person into primary treatment again and again. Ask yourself, if primary treatment has not prevented relapse one, two, three or more times, why do it again? Instead look at an approach proven to be effective. People using the Recovery Enhancement Program show an 83% abstinence rate after two years. The national average is 16% (statistics taken from study). Clearly explained, concrete exercises keep it simple so you don't waste valuable time figuring out how to do the work. The program complements your 12-Step work. Think of the 12-Steps as the foundation of recovery and the Recovery Enhancement Program as the mansion built on that foundation.

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