



My Five-Year Recovery Planner: Looking to the Future, One Day at a Time

The Editors of Central Recovery Press

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While twelve-step recovery teaches the importance of living one day at a time, recovery is about building a bright future out of the wreckage of the past. That's where planning is valuable for the individual in recovery. This delightful planner reinforces the benefit of doing the footwork, and working toward the results one desires.

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