

Overcome the challenges of dual diagnosis with *Holistic Dual Diagnosis Recovery Workbook: A Guide to Mental & Substance Recovery.* This comprehensive guide, authored by Sophia Helen O'Brien, is designed to empower you on your journey to recovery.

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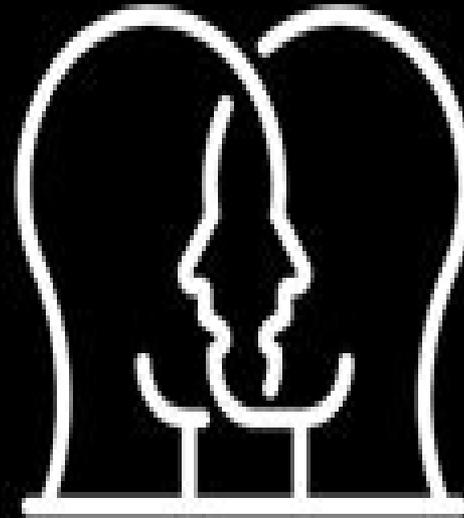
Sophia Helen O'Brien guides you through the intricacies of effective communication in dual diagnosis treatment, helping to bridge gaps between patients, families, and healthcare professionals. Learn from real-life case studies that provide insight into the trials and triumphs of those who have walked this path before.

Delve into the transformative power of Dialectical Behavior Therapy (DBT) as a means to balance emotions and behavior. This guide is not just about understanding dual diagnosis; it's about equipping you with practical tools and strategies to navigate your recovery journey.

Whether you're dealing with dual diagnosis yourself or supporting a loved one, this workbook offers a beacon of hope and a roadmap to recovery. Embark on your healing journey today with *Holistic Dual Diagnosis Recovery Workbook: A Guide to Mental & Substance Recovery.*

*Holistic Dual Diagnosis Recovery Workbook*

# DUAL DIAGNOSIS RECOVERY WORKBOOK



A Holistic Guide to Mental &  
Substance Recovery

SOPHIA HELEN O'BRIEN

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