



# **Stay Sober and Straight : How to Prevent Addiction Relapse with the Rational Self-Help Treatment Method**

*Maxie C Maulsby*

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This is well-known. Substance abuse is a voluntary, but unhealthy behavior. That is so, even though some people may have a genetic tendency to do it. This book is the first, illustrated Cognitive-Behavioral treatment guide that reveals the research proven empirical phenomenology of alcohol and other substance abuse and dependency. It also reveals how interested substance abusers can use these research proven, yet simple self-help techniques to help themselves recover ASAP and stay recovered as long as they are willing to do it.

Another well known fact is: Relapse is almost always triggered by anger, depression or some other negative emotional feeling, which recovering people used to handle by abusing alcohol or other drugs. This guide describes you a safe, reliable way for emotionally distressed substance abusers to handle their negative emotional feelings to their satisfaction without drugs. How? With Rational Self-Counseling (RSC). RSC is the healthiest way to use your brain for anything. And best of all, this self-help method enables substance abusers to recover at their own pace and to avoid relapse. That is why therapists, alcohol counselors and substance abusers themselves use Rational Self-Counseling. With this guide to RSC, you will also get a "non-drinking thinking" practise tape. On the tape a successful, long-term recovering and alcoholic dependant person tells how he avoided and how you can also avoid relapse by practicing Rational-Self Counseling or "non-drinking thinking".

Author's comment: Previously published under the title: The Rational Behavioral Alcoholic-Relapse Prevention Treatment Method.

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