



Die geheim: VERANDER aggressief gedrag VANDAG!: Hoe om ENIGE gedrag NOU en permanent verander (Afrikaans Edition)

Clayton Redfield MA Psych/CMHC

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Addiction Sobriety Breakthrough: The One-Thought-Process®, a laser focused single step process from the clinical director of one of America's largest addictions and criminal behavior treatment centers in America.

The One-Thought-Process® is simply a one-step holistic cognitive alteration program to total recovery that offers a new, tried and true alternative to three to twelve step programs that have very little success and the best part of it is, it does not cost thousands of dollars for treatment or thirty dollars for a book or someone else's spiritual solution for a centuries old problem.

The One-Thought-Process® is a simple and innovative self-administered process that doesn't have any false claims or percentages. It simply works... every time.

In this small and powerful book you will learn how to change any cognitive behavior today and for life. You won't have to read hundreds of pages of filler on all the causes of dependency. You won't be sold a treatment program that costs thousands of dollars, or even any money excepting the extremely low price of the book.

There is only one step to sobriety but it has to work and The One-Thought-Process® works

There are all kinds of cognitive behavior disorders associated with Gambling, alcohol, street drugs, nicotine, prescription medications, food bingeing, gambling and the One-Thought-Process® can eliminate them on the first day, every day and for the rest of your life.

Author Clayton Redfield MA, Psych/CMHC should know. He was diagnosed with poly-substance disorder for over twenty years. At his rock bottom he was a high school dropout living on the streets of L.A. but through desperation with available treatments from multiple treatment centers that didn't work, he created the One-Thought-Process®. With his process, he has been able to live a clean and sober life since 1989, go back to school, receive bachelor and master's degrees in both psychology and clinical mental health counseling and go on to help thousands stay clean and sober and now he is sharing the findings with the world...and you.

For centuries humankind has thought of addiction as being an incurable disease. The One-Thought-Process® proves 100% that this simply is not true. Thousands have found freedom using the groundbreaking approach in this small but very powerful book.

A visionary and an innovator, Clayton Redfield and his One-Thought-Process brings new hope to individuals dependent on drugs, gambling and other and addictive behaviors like relapse, cravings and responding to triggers.

We have to suffer no longer.

The answer is here...Guaranteed!

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