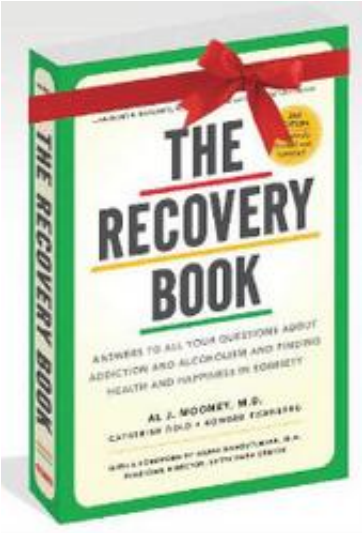




[7 Ways To Stay Sober Over The Holidays](#)



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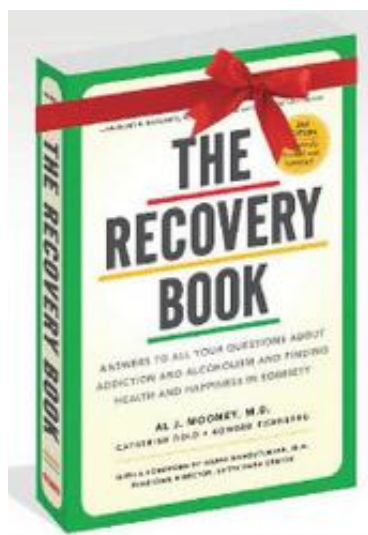
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Staying sober for the holidays for those who are in recovery can be a challenge – unless you have a plan in place. Here are our tips on how to .... Tips for Getting or Staying Sober During the Holidays ... 7. Stay away from the first drink or drug. It only takes one to go on a bender that might take you years to .... November 7, 2019. Tips for Staying Sober for the Holidays. The holidays can be a stressful time for many people, but especially those who are new to recovery.. The best gift you can give you and your loved ones is to stay sober, and be present for the holidays. Here are seven helpful tips to insure your .... Here are 7 quick tips and tricks for getting the most out of your laptop, phone and tablet that can help you stay sober. 7 Tips for Using Technology .... Some ways to stay sober after treatment are to set goals and create new hobbies. ... safety, making it easier for someone struggling with addiction to stay sober. ... Get confidential help 24/7. ... However, if you're placed in a situation where encountering some type of drinking is inevitable (like a family holiday .... Here are ten tips for those in recovery to make staying sober this holiday easier. ... 10 Tips to Stay Sober During the Holidays In Recovery ... 7. Stay connected to other recovery folks. Don't expect your family to instantly offer you the support you ... 82abd11c16 [Yahoo Bing Search Engine Merger and Google domination](#)

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