



Recovery Thinking, 90-Days to Change Your Life!: **Changing the way we think on a daily basis.**

Daniel J Callahan MSW

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Positive meaningful recovery is living life to it's fullest. Living a Purposeful Clean and Sober Life takes focusing on what we want and not solely on our challenges! Changing the way we think takes focus, diligence, and daily discipline. Recovery Thinking leads the reader through 90 days of changing the way you think, "One Day at a Time".

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