



12 More Stupid Things That Mess Up Recovery: Navigating Common Pitfalls on Your Sobriety Journey

Allen Berger Ph.D.

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Recovery from addiction is often compared to a journey where you meet new people, rejuvenate your mind, body, and spirit, and learn new things about yourself that give you hope for the future. But like all journeys, there are also pitfalls that can jeopardize your sobriety.

With his popular book, *12 Stupid Things That Mess Up Recovery*, Allen Berger has shown many people how to confront self-defeating thoughts and behaviors that can sabotage their sobriety. In this sequel, Allen gives you the tools you need to work through twelve pitfalls that you are likely to encounter on your path to long-term recovery. Whether you are facing relapse, learning to overcome complacency, or taking responsibility for your feelings and actions, this book will equip you to overcome some of the most common relapse hazards as you make your trek along “the Road of Happy Destiny.”

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