



How to Quit Drugs for Good: A Complete Self-Help Guide

Jerry Dorsman

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Free Yourself from Addiction

Quitting drugs may be the best thing you can do for yourself and your loved ones. But it can also be the toughest challenge of your life. This book can help. **Jerry Dorsman**, author of the acclaimed *How to Quit Drinking Without AA* and a respected therapist who specializes in addiction recovery, has helped thousands of people quit drugs and get on with their lives. In *How to Quit Drugs for Good*, Dorsman helps you find the best approach to beating any drug habit—from barbiturates and prescription drugs to marijuana, cocaine, and heroin. Through a series of self-discovery exercises, worksheets, and checklists, you will learn how to:

- Determine if you have a drug problem
- Examine your individual reasons for using drugs
- Decide when and how you want to quit
- Develop your own treatment plan
- Choose the techniques that will work for you
- Create your own success
- And much, much more!

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Jacob Gray:

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Elizabeth Bello:

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