

ABOUT *SUCCESSFUL LIFE SKILLS*



Successful Life Skills (SLS) is a workbook that lays out a flexible 12-week program directed toward making positive behavioral changes, based on a self-empowering approach and scientific research.

SMART's 4-Point Program is not only used for addiction recovery but as a stand-alone guide for self-improvement and healthy living. Use of SLS leads to the ability to:

- 1. Build and Maintain Motivation**
- 2. Cope with Urges**
- 3. Manage Thoughts, Feelings, and Behaviors**
- 4. Live a Healthy and Balanced Life**

The Successful Life Skills workbook includes:

- Simple, practical, and user-friendly self-help tools
- Thought provoking questions to answer
- Analysis of the pluses and minuses of specific behaviors
- Discussion of job skills and financial management concepts

Additionally, workbook users will learn how to deal with thinking that leads to trouble and decide for themselves what problems to work on without being told what to do or believe.

This workbook is not like a diet with a long list of restrictions you must follow; it's more like a buffet where you get to choose what you like.

This guide can help improve lives on a holistic level, focusing on solutions rather than labels or diagnoses. It meets standards for evidence-based treatment, follows a natural progression, and stresses healthy choices.

Focused and thoughtful reading of this book will instill hope in people who wish to make changes in their lives and the power to make them.

Learn More

Visit www.smartrecovery.org to learn more about SMART Recovery.

WHAT WE DO

- Recovery Meetings:
In-Person and Online
- Facilitator Training

WHO WE SERVE

- Individuals
- Family & Friends
- Treatment Professionals
- Courts & Corrections Officials
- Young Adults
- Veterans & First Responders
- Volunteers

CONTACT US

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Life beyond addiction

