



# **Maintaining Change: A Personal Relapse Prevention Manual**

*Hilary J. Eldridge*

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# Maintaining Change: A Personal Relapse Prevention Manual

Hilary J. Eldridge

## **Maintaining Change: A Personal Relapse Prevention Manual** Hilary J. Eldridge

This user-friendly, step-by-step personal relapse prevention manual - designed to be used in conjunction with the **Therapist Guide for Maintaining Change**, also by Hilary Eldridge - focuses on the notion of control and taking responsibility for one's actions rather than on 'cure'. The programme requires participants to be active in the change process, with the ultimate goal of being able to self-manage.

• *Purchasers of **Maintaining Change: A Personal Relapse Prevention Manual** may photocopy individual exercises and handouts for use with their own clients or patients.*

• Customers purchasing the two-volume set (**Therapist Guide for Maintaining Change** and **M**

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