

GYE and other tools

Posted by MarcoPolo - 12 Jan 2021 16:33

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GYE is an amazing platform that enables tremendous growth. This website aside, I'm wondering if there are any other tools that proved useful to you in fighting urges and addiction?

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Re: GYE and other tools

Posted by DavidT - 12 Jan 2021 17:27

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**SMART Recovery is a popular powerful program...**

[www.smartrecovery.org/5-ways-to-deal-with-urges-and-cravings/](http://www.smartrecovery.org/5-ways-to-deal-with-urges-and-cravings/)

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