

# **Addiction-Free Pain Management**

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## **R**elapse **P**revention **C**ounseling Workbook

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*By Stephen F. Grinstead and  
Terence T. Gorski*

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*Workbook Revised by Dr. Stephen F. Grinstead  
Foreword by Terence T. Gorski*

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Project Team: Stephen F. Grinstead, Terence T. Gorski, and Jennifer C. Messler

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*Based on the Addiction-Free Pain Management™ System and  
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# Addiction Free Pain Management

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