



Yes You Can: A Guide to Empowerment Groups

Charlotte, Ph.D. Kasl

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Yes You Can! provides an invaluable source of support and information for people wanting a model that is holistic, socially conscious, flexible and positive. Based on love, not fear, this 16-step healing model addresses the underlying roots of addiction through the steps and the accompanying exercises. Yes You Can! takes people from recovery to discovery, empowerment, and joy.

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Keely Charles:

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