

RELAPSE PREVENTION PLAN

What is your drug of choice?

Preventing relapse requires a commitment to recovery. It also requires a plan of action. Relapse is not an event, but a process. Before the physical act of relapse, there are changes in feelings, thoughts, and behaviors. Cravings also play a role in relapse. By developing and following a written plan, you can halt the relapse process.

Write down at least three (3) reasons you are ready to stop drinking/using.

1. _____
2. _____
3. _____

What are some feelings that may trigger a relapse?

- ☐ Anger
- ☐ Grief
- ☐ Jealousy
- ☐ Fear
- ☐ Embarrassment
- ☐ Hopelessness
- ☐ Joy
- ☐ _____
- ☐ _____

For each feeling you checked on the left, write down a healthy way to cope with the feeling.

What are some thoughts that may lead to relapse? (Examples: Thinking about the good times or thinking you are cured.) Be as specific as possible.

1. _____
2. _____
3. _____
4. _____
5. _____

Relapse Prevention Plan Workbook

Katrin Galina Winter

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

Relapse Prevention Plan Workbook:

Criminal Conduct and Substance Abuse Treatment - The Provider's Guide Kenneth W. Wanberg, Harvey B. Milkman, 2008 This book presents effective cognitive behavioral treatment approaches for changing the behaviors of individuals who have both problems of substance abuse and criminal behavior The book unveils a state of the art approach for effectively preventing criminal recidivism and substance abuse relapse within community based and correctional settings

Relapse Prevention Practice Brian M., 2018 Are you in recovery from substance abuse Are you in recovery from compulsive behaviors Here is a practical recovery workbook that will help you to promote your recovery and avoid relapse Relapse is not inevitable and even if it does happen there is hope because you can do something about it Some have called this book a relapse prevention therapy workbook This relapse prevention practice uses a simple strategy that will help you to develop a specific plan of action and be aware of your high relapse risk situations If you are going through relapse prevention therapy relapse prevention counseling or addiction counseling this workbook has daily practical exercises that can be used in group counseling or individual setting You will learn gain new coping skills used cognitive behavioral therapy for staying sober and for relapse prevention This Relapse Prevention Practice Workbook is designed for people in recovery from alcohol or other drug addiction who have a history of relapse or fear they might relapse This is a simple workbook for addiction recovery a guide to coping with triggers that lead back to addictive behaviors This book will lead you to Freedom from your addictions a new approach to addiction and recovery a strategy to help you to overcome addiction and a guide for relapse prevention If you are going through cognitive behavioral therapy this workbook will be your guide to staying sober Use it as a relapse prevention therapy workbook for addiction counseling and addiction recovery Although this workbook was designed to help men and women who are in their second quarter or second 90 days of their first year of recovery from substance abuse and other compulsive lifestyles who have a desire to prevent relapse in their lives it will work for you no matter what phase of addiction recovery you are in If you relapsed last time here is the antidote for preventing relapse and promoting you addiction recovery Relapse Prevention Practice The Second Quarter Sobriety Workbook For those in recovery it will be the perfect addiction recovery gift If you are an adolescent or working with adolescents this will be a perfect adolescent relapse prevention workbook Substance abuse is indeed a problem in society particularly among adolescents who are at risk This Relapse Prevention Practice will guide you towards whole person sobriety Please note This book is part of the Relapse Prevention Practice Sequential All the books in this sequential have basically the same text provided for your convenience to ease your transition from one 90 day phase to another The sequential is as follows Relapse Prevention Practice A Sobriety Workbook for the first 90 Days Relapse Prevention Practice The Second Quarter Sobriety Workbook Relapse Prevention Workbook The Third Quarter Sobriety Inventory Relapse Prevention Workbook The Fourth Quarter Sobriety Inventory A Relapse Prevention Workbook for Women Karen Mattson, 1998-09-15 This is designed for any woman who has stopped using

alcohol or other drugs and would like to remain sober drug free It can be used in any stage of recovery early middle or late It is intended for self use and is small enough to keep with you for easy reference Counsellors may use assignments from this workbook as a basis for discussion in group or individual counselling sessions Learning the Language of Addiction Counseling Geri Miller, 2014-09-09 FULLY REVISED COMPREHENSIVE AND PRACTICAL Learning the Language of Addiction Counseling Fourth Edition introduces counselors social workers and students to the field of addiction counseling and helps them acquire the knowledge and develop the skills needed to counsel individuals who are caught in the destructive cycle of addiction Drawing from her years of experience working in the addiction counseling field Geri Miller provides an engaging balanced overview of the major theoretical foundations and clinical best practices in the field Fully updated the Fourth Edition offers a positive practice oriented counseling framework and features A research based clinical application approach to addiction counseling that practitioners can turn to for fundamental practical clinical guidelines Revised chapters that reflect important changes in research and practice including new DSM 5 criteria new assessment instruments and new and expanded treatments Case studies interactive exercises end of chapter questions and other resources that facilitate the integration of knowledge into practice Personal Reflections sections at the beginning of each chapter provide an invaluable unique perspective on the author's evolving views of addiction counseling Updated and expanded online Instructor's Manual that includes brief video clips PowerPoint slides test bank questions for each chapter and sample syllabi From assessment and diagnosis of addiction to preparing for certification and licensure as an addiction professional this comprehensive book covers all of the essentials *The Heal Your Anxiety Workbook* John Boghosian Arden, 2009

Addiction: Simple Strategies and Workbook Exercises to Get Sober (A Guide for the Addict and the Family and Friends That Love Them and Support Their Recovery) William Jeppesen, 2011-01-01 How would your life change if you could find a new way of looking at the world that allows you to feel truly at peace Addiction is something that will be with you for the rest of your life and there's no shame in admitting it In fact by opening up to yourself and being true to who you are you're being brave bold and courageous in a way that few people are ever able to It's something to be truly proud of and a journey that will allow you to change the look and feel of every day that follows Imagine your life like this and you'll never want to stop looking and focusing on your new vision for your future You're going to learn about How addiction alters brain chemistry Criteria for addiction The possible root causes of addiction The stages of change model Strategies for quitting The brain's neuroplasticity and its role in recovery How to strengthen the brain's neuroplasticity Identify and troubleshoot triggers and cravings What to do if you relapse The foundation of this book is built on logic common sense rational thinking insight human nature experience street smarts and simple psychology My goal is to share this approach without overwhelming you with words or concepts Having been a top sales representative in my industry I understand the importance of staying connected with my audience When you reach a place of wellness and are fully functioning again you won't want to let it go This book is

here to help you understand and strengthen yourself so you can fear less and leave behind the urge to escape into your old ways

The CBT Workbook for Mental Health Alberta James ,Tina Lloyds,2024-03-01 The CBT Workbook for Mental Health Packed with real Life Examples and Worksheets The CBT Workbook for Mental Health The Ultimate Guide to Overcoming Anxiety Depression Trauma and Negative Thought Patterns is an invaluable practical and accessible guide that navigates the complex landscape of mental health providing insight understanding and effective tools to create positive change This book delves into the essence of Cognitive Behavioral Therapy CBT a scientifically backed approach that has proven effective in treating a multitude of mental health disorders This book presents CBT not just as a method but as a journey of understanding and transforming one s mindset leading to improved mental health and overall well being The book begins by creating a foundation of understanding around mental health its importance and the various types of mental health disorders that individuals may encounter in their lives It establishes the fact that mental health is as crucial as physical health and that everyone to some extent can benefit from learning about it Following this foundational groundwork the book introduces the reader to CBT tracing its origins and development explaining its underlying principles and highlighting its benefits and limitations The information is presented in an easy to understand format free from excessive jargon making it accessible to all regardless of their prior knowledge of psychology or therapy The heart of this guide is the exploration of the core principles of CBT It explains the critical relationship between our thoughts feelings and behaviors elucidating how a change in any one element can significantly impact the other two Readers are provided with practical tools to observe understand and alter their thoughts and behaviors thereby influencing their emotions and responses to various life situations The book then focuses on specific mental health disorders such as anxiety depression trauma and OCD providing detailed explanations of these disorders their symptoms and their impact It explains how CBT strategies can be specifically applied to manage and overcome these disorders making this book a potent resource for individuals grappling with these conditions To ensure that readers can apply the principles and strategies learned the book provides interactive practical and well structured worksheets These worksheets act as tools for individuals to implement CBT techniques in their lives allowing them to challenge their negative thought patterns confront their fears and effectively manage their emotions As it progresses the guide also explains the role of mindfulness in CBT demonstrating how the practice of mindfulness complements CBT to bring about significant positive changes Practical mindfulness techniques and exercises are provided to enhance mental health further and solidify the effects of CBT In the final chapters the book offers additional resources including recommended books articles websites and apps along with details of professional organizations and support groups These resources serve to further aid and support individuals on their journey toward better mental health The CBT Workbook for Mental Health The Ultimate Guide to Overcoming Anxiety Depression Trauma and Negative Thought Patterns is more than a book It is a comprehensive mental health toolkit designed to empower its readers with knowledge practical skills and the confidence to

take charge of their mental health and steer their lives towards positivity and fulfillment Whether you are an individual dealing with mental health issues a caregiver a mental health professional or simply someone interested in improving your mental well being this book is a priceless asset that paves the way to understanding managing and overcoming the challenges of mental health disorders *Ready, Set, Go!* Sandra Rasmussen, 2015-02-10 This book is for people in recovery We ask and answer basic questions about addiction relapse and recovery We believe addiction is a primary chronic disease of brain reward motivation memory and related circuitry characterized by craving loss of control physical dependence and tolerance Genetics together with bio psycho social spiritual factors account for the likelihood a person will develop an addiction or related disorder Relapse happens a return to drinking using other addictive behavior or an increase in harm from addiction Yet recovery is an idea whose time has come Recovery is a different better way of life with purpose and meaning We suggest addiction management as a way recovering people can maintain change abstinence or harm reduction reduce risks for relapse prevent relapse develop a recovery lifestyle confront relapse when necessary and achieve well being Current research recognized theories and the lived experiences of hundreds of people in recovery ground and guide book content The book has three parts and fifteen chapters A person in recovery introduces each chapter We show how to develop implement and evaluate addiction management plans Each chapter ends with summary statements and addiction management applications References and a list of websites complete the book Family and friends of recovering people will find the material useful Addiction professionals can use the book to help clients realize recovery and prevent relapse Are you ready Get set Go *Anxiety and Depression Workbook For Dummies* Elaine Iljon Foreman, Charles H. Elliot, Laura L. Smith, 2011-01-06 Anxiety and depression affect over 10% of the population They can become debilitating conditions if not managed carefully so there are thousands of people looking for advice on how to keep their symptoms under control Anxiety Depression Workbook For Dummies provides readers with practical exercises and worksheets to help them analyse their thinking patterns and overcome the issues that are holding them back The workbook format is ideal for those wanting to track their progress and make positive changes to both their mental and physical health Anxiety Depression Workbook For Dummies UK Edition covers Part I Recognising and Recording Anxiety and Depression Chapter 1 Spotting the Signs of Anxiety and Depression Chapter 2 Digging Up the Roots of Your Worries Chapter 3 Overcoming Obstacles to Change Chapter 4 Monitoring Your Moods Part II Understanding Your Thinking Cognitive Therapy Chapter 5 Viewing Things A Different Way Chapter 6 Challenging and Changing Thoughts Chapter 7 Seeing Clearly Gaining A New Perspective Chapter 8 Maintaining Awareness and Achieving Acceptance Part III Taking Action Behaviour Therapy Chapter 9 Facing Feelings Avoiding Avoidance Chapter 10 Lifting Your Spirits With Exercise Chapter 11 Taking Pleasure from Leisure Chapter 12 Just Do It Tackling Life's Problems Part IV Feeling It Where It Hurts Healing the Body Chapter 13 Taking the Relaxation Route Chapter 14 Making Your Mind Up About Medication Part V Revitalising Relationships Chapter 15 Working on Relationships Chapter

16 Smoothing Out Conflict Part VI Life Beyond Anxiety and Depression Chapter 17 Reducing the Risk of Relapse Chapter 18 Promoting The Positive Part VII The Part of Tens Chapter 19 Ten Helpful Resources Chapter 20 Ten Terrific Tips *The Stress Less Workbook* Jonathan S. Abramowitz, 2012-07-13 You may not be able to change the things that are stressing you out but what if you could respond differently How would it feel to let go of chronic worry and tension manage your time more effectively be less irritable and exhausted and tackle everyday hassles with confidence Now you can find out for yourself Weaving together proven self help strategies prominent clinician researcher Dr Jonathan Abramowitz helps you accomplish more and stress less Easy to use worksheets forms and numerous examples show you step by step how to create a personalized anti stress action plan You ll learn where stress comes from when it can actually be beneficial and how it gets out of control Dr Abramowitz provides the guidance specific instructions and encouragement you need to Break free of all or nothing thinking and other mental traps Get more out of each hour in the day Resolve conflicts with your partner or kids Cope with work problems and financial strains Use meditation to attain a sense of well being Set achievable goals for healthy eating and exercise Meet your deadlines without running yourself into the ground Reduce stress related pain and other health concerns *The CBT Workbook for Addiction Recovery* Katrin Galina Winter, Unlock the tools strategies and insights you need to overcome addiction and reclaim your life with The CBT Workbook for Addiction Recovery Behavioral Therapy Tools Worksheets Exercises and Real Life Stories for Lasting Change This comprehensive workbook is designed for individuals seeking lasting recovery from addiction mental health professionals supporting clients and anyone looking to understand and apply Cognitive Behavioral Therapy CBT techniques With a practical engaging approach this book equips you with the knowledge and skills to challenge negative thought patterns manage triggers and build resilience What You ll Find Inside Evidence Based CBT Tools Practical methods to identify and replace harmful behaviors with healthy alternatives Worksheets and Exercises Step by step activities tailored to help you reflect plan and implement strategies for lasting change Real Life Stories Inspirational narratives from individuals who successfully used CBT to transform their lives and overcome addiction Relapse Prevention Techniques Strategies to recognize warning signs manage cravings and stay on track Holistic Healing Guidance on addressing underlying causes like trauma and co occurring mental health issues Why This Workbook Stands Out Written in clear accessible language making CBT concepts easy to understand and apply Combines the latest research with practical exercises to support long term recovery Offers personalized action plans for creating a life filled with purpose and stability Who This Book Is For Individuals seeking to break free from addiction and build a healthier future Therapists counselors and support workers who want actionable resources to help clients Families and loved ones supporting someone in recovery Whether you re just beginning your recovery journey or looking for tools to maintain progress The CBT Workbook for Addiction Recovery is your step by step guide to achieving lasting transformation Start your journey toward freedom and healing today **Cognitive Behavioural Therapy Workbook For Dummies** Rhena Branch, Rob

Willson,2012-02-20 Dozens of practical exercises and easy to perform techniques for banishing negative thoughts before they take hold Whether you re trying to overcome anxiety and depression boost self esteem beat addiction lose weight or simply improve your outlook cognitive behavioural therapy CBT offers a practical sensible approach to mastering your thoughts and thinking constructively In this updated and expanded edition of the companion workbook to their bestselling Cognitive Behavioural Therapy For Dummies professional therapists Rhena Branch and Rob Willson show you step by step how to put the lessons provided in their book into practice Inside you ll find a huge number of hands on exercises and techniques to help you remove roadblocks to change and regain control over your life Cognitive Behavioural Therapy Workbook For Dummies Second Edition Develops the ideas and concepts that presented in the bestselling Cognitive Behavioural Therapy For Dummies Second Edition and provides exercises to put those ideas into practice Features a range of hands on CBT exercises and techniques for beating anxiety or depression boosting your self esteem losing weight or simply improving your outlook on life Rhena Branch and Rob Willson are CBT therapists at the Priory Clinic in London and the authors of Cognitive Behavioural Therapy For Dummies

Managing Your Drug Or Alcohol Problem Dennis C. Daley,G. Alan Marlatt,1997
 Section 1 Overview of Substance Use Problems and Self Assessment Chapter 1 Introduction and Plan for Workbook Chapter 2 Recognizing Your Substance Use Problem Chapter 3 Recognizing Consequences of Your Substance Use Section 2 Change Issues and Strategies Chapter 4 Treatment Settings for Substance Use Problems Chapter 5 Stages of Change Ch 6 How to Use Therapy or Counseling Ch 7 Overview of Goal Planning Ch 8 Managing Cravings and Urges to Use Substances Ch 9 Managing Thoughts of Using Substances Ch 9 Dealing With Upsetting Emotions Ch 11 Refusing Offers to Use Substances Ch 12 Dealing With Family and Interpersonal Problems Ch 13 Building a Recovery Support System Ch 14 Self Help Programs and Recovery Clubs Ch 15 Medications for Substance Use Problems Section 3 Relapse Prevention and Progress Measurement Ch 16 Relapse Prevention Reducing the Risk of Relapse Ch 17 Relapse Management Ch 18 Strategies for Balanced Living Ch 19 Measuring Your Progress

The Heal Your OCD Workbook ,2009 Exercises help readers explore what the underlying causes of their compulsions are and how they can effectively cope with their behaviors in everyday life including work relationships and social situations The newest research on OCD causes treatments and medications is also covered Publisher description

[A Guide to Self-Help Workbooks for Mental Health Clinicians and Researchers](#) Luciano L'Abate,2014-01-14 Never has the need for a compendium of self help workbooks been so great From the founder of the world s first PhD program in Family Psychology comes an extensive guide to nearly all of the mental health workbooks published through 2002 Placed together in one volume for the first time A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers includes reviews and evaluates the complexity of each workbook in regards to its form content and usability by the client From abuse to women s issues this annotated bibliography is alphabetized by author but can also be researched by subject While self help workbooks are currently not as popular or as mainstream as self help books and

video that could soon change Self help workbooks are versatile cost effective and can be mass produced The workbook user is active rather than passive and the mental healthcare worker can analyze a more personal response from the user whether in the office or via the Internet A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers brings these workbooks together into one sourcebook to suit anyone s needs Each self help workbook is reviewed according to specific criteria contents structure specificity goal level of abstraction a subjective evaluation usually concludes the review of the workbook A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers also includes an in depth introduction discussing the need for workbooks in mental health practices indices for subject as well as author an address list of the publishing houses for the workbooks annotated in the bibliography an Informed Consent Form to verify compliance with ethical and professional regulations before administering a workbook to a client A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers offers you a complete resource to self help workbooks for all mental health subjects Dr L Abate s highly selective review process helps you find exactly what you need This unique sourcebook is vital for mental health clinicians counselors schoolteachers and college and graduate students *Relapse Prevention Workbook* Judy Lohr,2020-01-17 This guide is for anyone who has stopped using alcohol or other drugs and wants to stay sober and drug free Successful sobriety involves more than just the desire not to drink or use it also involves hard work Here you ll find the tools you need to begin This workbook is designed to help you stay sober It is not meant to take the place of a Twelve Step group counseling or an aftercare program It is to be used in conjunction with them Whether you were addicted to cocaine heroin marijuana alcohol prescription drugs or any other mind altering chemical the tools offered in this guide are meant to help you avoid relapse **The ACT OCD Workbook** Smith, Ariadne helen,2024 The ACT OCD Workbook A Comprehensive Guide to Managing Obsessive Compulsive Disorder Obsessive Compulsive Disorder is a complex mental health condition characterized by intrusive thoughts and compulsive behaviors It often entails a strenuous journey filled with challenges and uncertainties The ACT OCD Workbook is envisioned to be a steadfast companion on this journey simplifying complex concepts and offering a structured pathway towards healing acceptance and enduring well being The holistic approach of this workbook facilitates a deeper understanding of OCD fosters self acceptance and enables the implementation of ACT principles to instill positive behavioral changes In depth Understanding Delve into the intricate layers of OCD and ACT with clear simple terms allowing a seamless exploration and comprehension of these multifaceted concepts The initial sections serve as a foundational base introducing the essence of OCD and ACT shedding light on their significance and roles in managing OCD This comprehensive guide embraces the essence of simplifying intricate concepts making it an invaluable resource for those seeking to grasp the fundamentals of OCD and ACT Interactive Engagement The ACT OCD Workbook is enriched with a plethora of worksheets activities and reflection prompts curated to enhance active engagement with the material These elements are meticulously crafted to facilitate the application of learned strategies encourage self reflection

and document experiences and progress The workbook emphasizes user centric interaction offering a balanced blend of theoretical insights and practical applications tailored to cater to the diverse needs and preferences of individuals dealing with OCD Research based Content Every facet of this workbook is grounded in extensive research and validated by renowned experts in the field of mental health The content is refined and enriched through rigorous peer review incorporating diverse perspectives and ensuring accuracy relevance and efficacy The workbook meticulously intertwines theoretical knowledge with real life scenarios and practical examples offering relatable insights into the multifaceted experiences and challenges associated with OCD User friendly Guides Illustrated Exercises This workbook is brimming with user friendly guides step by step instructions and illustrated exercises The varied range of practical guides exercises are harmoniously blended to provide a multifaceted learning experience catering to different learning preferences and needs Comprehensive Approach The ACT OCD Workbook encompasses a holistic approach offering a wide spectrum of strategies tips and exercises From mindfulness exercises breathing techniques visualization guides to goal setting activities each component is woven with precision to aid in the holistic development of coping mechanisms fostering resilience and empowering individuals to navigate their journey with strength and grace The extensive range of strategies and exercises embedded within this workbook is designed to be versatile adaptable and comprehensive catering to the unique needs and challenges associated with OCD Key Points Acceptance and Commitment Therapy for OCD Workbook Comprehensive OCD Management using ACT Principles Interactive ACT Workbook for Obsessive Compulsive Disorder Empowering OCD Self Help Workbook with ACT Techniques Transformative OCD Healing through Acceptance and Commitment Therapy In depth Guide to Overcoming OCD with ACT Practical OCD Self Help Strategies using ACT [The CBT Workbook for Illness Anxiety](#) Blaise Worden,Johanna Kaplan,2024-11-05 This cognitive behavioral therapy CBT workbook is a detailed step by step account of how to do scientifically supported treatment with adults experiencing illness anxiety Written by two practitioners with years of specialized training and expertise in CBT for anxiety this book provides a comprehensive overview of illness anxiety disorder and an exposure based framework to target fear and avoidance Detailed exercises and homework are included throughout as well as charts diagrams and a relapse prevention plan This workbook aims to give illness anxiety sufferers the skills needed to work through the therapeutic journey in decreasing anxiety and beginning recovery This book is essential for those with illness or health related anxiety looking to do self help or to use with therapists in sessions along with practicing clinicians who need specialized guidance *Make Your Last Relapse The Last - Create Your Own Relapse Prevention Plan!* USDrug RehabCenters,2017-03-20 You are not a statistic There isn t any research that shows all individuals relapse This book focuses on the positive and negative influences on lapse and relapse that are within an individual s control It gives practical examples and information on how to make life changes that increase the probability of leaving addiction behind By completing the relapse prevention planning exercises in this book you will be working on many fronts to put the odds in your favor Our

relapse prevention training method combines learning to change both behavior and thinking It is an approach that emphasizes self management and rejects labels like alcoholic or drug addict Learn mastery skills in all areas of your life Gain control of stress Reduce risk factors for relapse Change addictive behaviour patterns Learn real world steps to increase your motivation

Relapse Prevention Workbook for Individuals with Psychosis Theo Gaius,2021-03-04 Around 50 70% of people with the first episode of psychosis relapse within two years of recovery Relapse can have social and financial implications on the lives of individuals and their families It can also have a significant adverse effect on self esteem and may increase self stigma Therefore managing and minimizing relapse is an essential component in the treatment of people experiencing or recovery from psychosis The Relapse Prevention Workbook for Individuals with Psychosis is designed to help individuals develop a person centered plan to help them recognize relapse signs and take full responsibility for their health and well being It involves learning more about oneself understanding and reflecting on past experiences developing skills to recognize signs of relapse and finally putting together an action plan to prevent and manage relapse The idea behind self management plans emanates from the principle that learning about oneself and developing a plan to prevent relapse will increase self confidence thereby giving the individual more personal control of their mental health well being The overall treatment goal in psychosis management is to improve the individual functional capacity by focusing on social and vocational functioning An effective relapse prevention plan will recognize and harness individual strengths and weaknesses to maintain social and occupational functioning The workbook is in two parts The first part guides the user in preparing a person centered relapse prevention plan The second part discusses psychosis treatment options challenges and self management tips including how to support individuals experiencing or recovery from psychosis

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Relapse Prevention Plan Workbook Introduction

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