

The Habit Control Workbook

Simple, concise, step-by-step
directions for control of:

*Overeating • Compulsive Spending •
Gambling • Lying • Hair Pulling •
Explosive Temper • Prescription Drug
Misuse • Irresponsible Sex • TV and
Video Game Addiction • Teeth
Grinding • Smoking*

Nonie Birkedahl, M.S.W.

Habit Control Workbook

Craig Ellison



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