



Living Substance-Free

Eliminate Tobacco, Alcohol & More



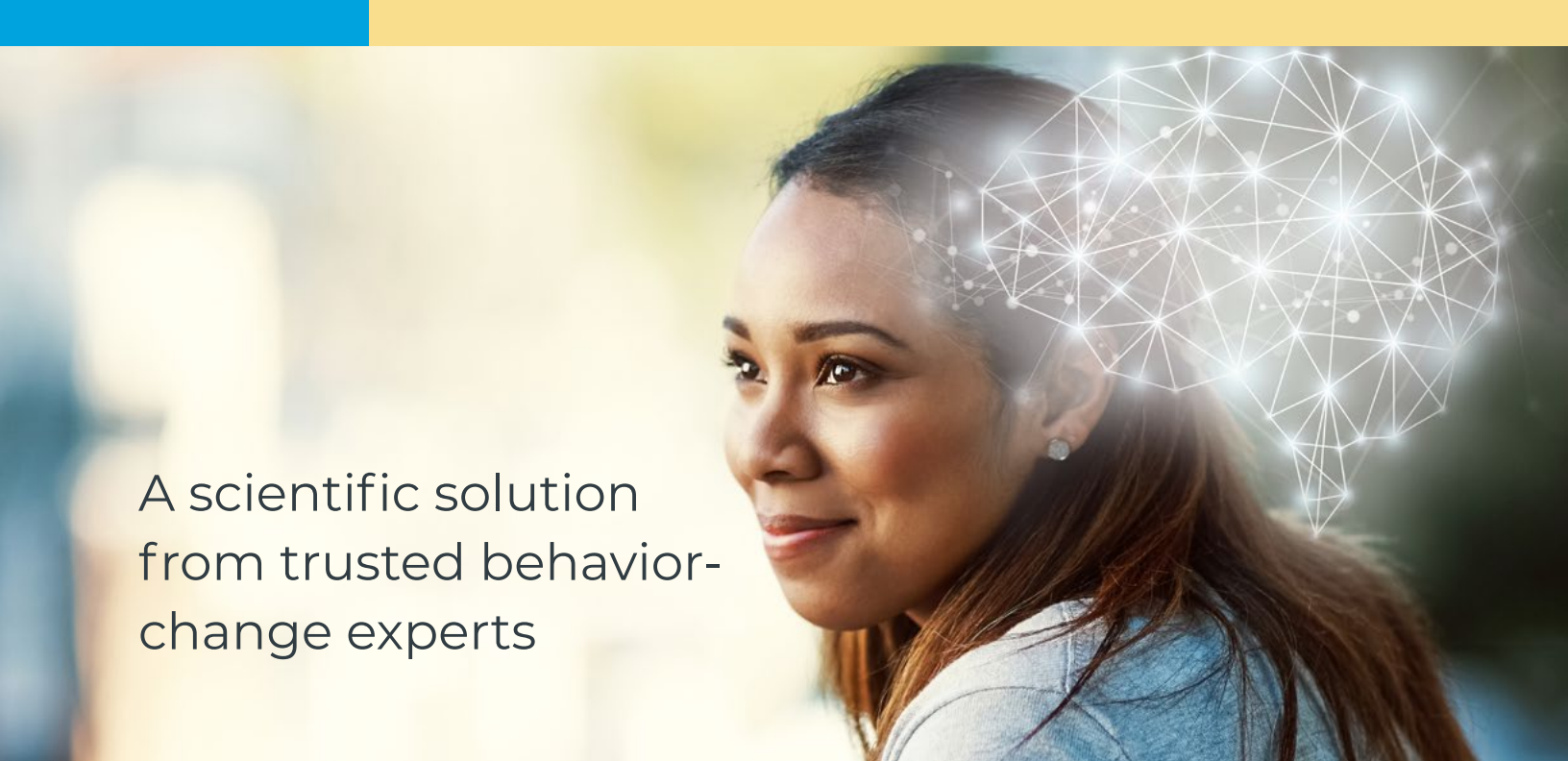
FOR INDIVIDUALS STRUGGLING WITH TOBACCO, ALCOHOL, OR OTHER SUBSTANCES

In just a few weeks, our confidential self-guided video courses can literally change your life forever.

Quitting Tobacco and Nicotine, Controlling Alcohol, and Living Substance-Free (showcased here) were designed by specialists for one purpose: To help you successfully break the psychological and emotional barriers that give specific substances their power over you.

WHAT'S INSIDE

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A scientific solution from trusted behavior- change experts

Dependence on a substance can feel like an overwhelming problem. So many people have a genuine desire to gain control and be free from the urges to use—they simply don't know how to do it.

Our evidence-based cognitive-behavioral training provides the knowledge, cognitive skills, and tools needed to:

- A. Retrain the brain** so you can return your brain-functioning to its natural, pre-addicted state.
- B. Take control** of the situation so you can live the life you deserve, with clarity and with freedom from urges to use.

The result is improved resiliency, genuine, lasting behavioral change, and a higher quality of life.

For more than two decades, our digital behavior-change courses have empowered hundreds of thousands of people just like you to break free of deep-seated unhealthy behaviors and create healthy habits.

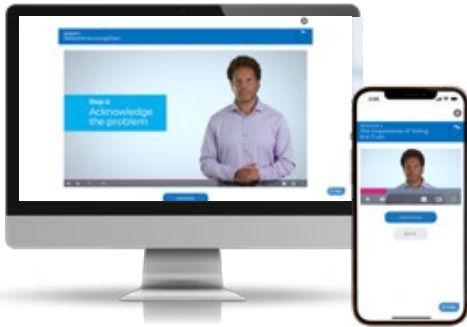


“Our understanding of addiction and the behavioral triggers that drive it has come a long way. In my many years of experience, I have not come across anything quite like this program.”

– Tommie M. Richardson, MD, CAS
Fellow of the American Society of Addiction Medicine

We make it simple to participate and stay on course.

Our proprietary evidence-based training process transforms your mindset at the subconscious level to break emotionally driven dependencies. The course features highly engaging pre-recorded video instruction from the foremost behavioral change experts. The training sessions simulate a live coaching experience and are private, convenient, and effective.



- ▶ Mobile access and companion app
- ▶ Video instruction from expert instructors
- ▶ Interactive tools and support content
- ▶ On-demand participant support

"This program is helpful in assisting patients/clients with Substance Use Disorder." – Healthcare Provider

"The program helped me to redirect my thinking and my behavior at the time of feeling stress. Instead of going to the alcohol, I am able to go running and try to connect with my support persons."
– Course Participant

"Excited for better healthy living!" – Course Participant

Learn more at: <https://www.avidonhealth.com>

Trusted by leading organizations.

20+ years' experience creating cognitive-based programs leveraged by some of the world's top health and wellness providers.

Course Overview and Instructors

Session Listing

Session 1. Welcome to Living Substance-Free

Get started developing life skills, practicing “thought stopping,” and setting a wellness vision.

Session 2. The Real Reason People Use Substances

Understand the science of addiction so you can better understand your recovery.

Session 3. Embracing the Experience of Breaking Free

Build on your understanding and learn to establish a growth mindset.

Session 4. The Importance of Telling the Truth

Make better choices and recognize the importance of telling the truth in the recovery process.

Session 5. Using Self-Talk to Achieve Your Goals

Create S.M.A.R.T. goals and understand the role of patience.

Session 6. Mindfulness, Meditation, and Finding Your “Islands”

Learn techniques for staying centered and calm, no matter what is happening around you.

Session 7. Building Strong Support Systems

Learn what “self-care” really means and why it is important.

Session 8. Acceptance and Observance

Learn more tips that will help you maintain your recovery and how to stay motivated to achieve your goals.

Session 9. Avoiding the “Relapse Drift”

Creating “anchors” to sobriety and providing tools to prevent relapse and achieve stable and prolonged recovery.

9

Sessions

2-9

Weeks based on participant preference

<1

Hour per week

Course Instructors

The course is led by addiction experts and those who have applicable real-life experience.



Lindsay De Stefano, CHES, MHA

Substance Use Prevention and Recovery Specialist

Lindsay will guide you through the brain-training video segments of the program.

Lindsay is a passionate researcher, a

substance use prevention and recovery expert, and an advocate for behavior change. She has held various positions in nonprofits, public health departments, and the private sector.



Ragè Richardson

Recovery Mentor and Person in Recovery

Ragè will present many of the concepts and tools in this program that have helped him achieve stable and prolonged

recovery. Ragè is certified in mindfulness and panic healing and works personally with individuals who are struggling.