



## Fingers on the Ledge: Healing the Lives of High Functioning People with Addictions

Catherine Patterson-Sterling

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### Fingers on the Ledge: Healing the Lives of High Functioning **People with Addictions**

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Fingers On The Ledge is a book that will help people to come to terms with having addictions (alcohol, chemical, food, sex, shopping, internet, etc) despite functioning at a high level in other areas of their lives.



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