

## **Mark Houston Recovery Center Publishes Free E-Book Offering 17 Relapse Prevention Strategies**

*Addicts in recovery and families of recovering addicts can download a new free e-book published by the Mark Houston Drug and Alcohol Recovery Center to help them develop a relapse prevention plan.*

January 15, 2008 (FPRC) -- Austin, Texas – January 14, 2008 -- The Mark Houston Drug and Alcohol Center is offering a free download of its new relapse prevention ebook titled “17 Relapse Triggers and A Plan For Developing a Winning Relapse Prevention Course of Action.”

The book is designed to expose recovering addicts common relapse triggers and how to create a relapse prevention plan.

According to Mark Houston, president of the Austin Texas recovery center, says there are 17 common relapse triggers that can cause a recovering addict to succumb to his addiction.

The e-book identifies these 17 key triggers and offers a course of action that addicts in recovery can use to either avoid or navigate through these triggers.

Each day, the Mark Houston Drug and Alcohol Recovery Center receives calls from addicts who have relapse or families of addicts who are concerned about their declining health. Although many people successfully complete drug and alcohol treatment programs throughout the US, the number of recovering addicts the number of addicts that relapse is staggering.

“When addicts do not learn to create a relapse prevention plan of action and then stick to that plan, their chances of relapsing almost certain. If a recovering addict has not received the essential tools necessary to create a sober mindset and a relapse prevention plan, he or she is very likely to fall back into unhealthy behavior patterns,” says Houston.

Residents at Mark Houston’s 90-day Texas drug and alcohol rehab center learn essential relapse prevention skills as well as important life skills such as money management, organization, physical fitness, healthy cooking, and hygiene.

Those who recovery who wish to develop a personal relapse prevention plan or strengthen their existing relapse prevention strategy can read the e-book online or download the relapse prevention ebook in PDF format on the Center's website.

About Mark Houston Recovery: The Mark Houston Recovery Center is an Austin Texas-based drug and alcohol recovery center that offers a 90-day program for males designed around the principals of the traditional 12 steps to recovery. The team is passionate about its mission to help men free themselves from alcohol and drug addiction and recreate and reclaim their lives.

### **Contact Information**

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**Keywords**

[Texas recovery center](#)  
[relapse prevention ebook](#)  
[alcohol rehab center](#)

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