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be time to seek professional help. A therapist can help you find ways to pursue self-improvement goals in ways that are healthy, realistic, and productive.

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"Addiction is most likely to take hold when working out is your primary means of coping with internal distress or making yourself feel good." That rings true for Janae Jacobs, 28, a

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provide housing, education, advocacy and family support.

Self Help Addiction Resource Centre
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The center offers 90 self-help meetings a week, including anonymous groups for drug addicts,

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