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Nota di contenuto	Worksheet 4: Taking Steps Toward My Goal Handout 1: Helpful Information for Family Members or Supportive Social Network Members ; Understanding Cannabis, Alcohol, and Other Substance Use, and How It Impacts on Family and Others ; Do Others Experience Similar Problems? ; How Do I Make Sense of This? ; Why Do I Feel So Stressed? ; To Sum It Up ; Handout 2: How Can I Best Support My Family Member or Friend? ; Keeping Communication Open ; Supporting His or Her Goals ; References; Index; EULA