



RESET: 30 Days Back to Life

Your thirty day tune-up to RESET recovery into daily living.

RESET offers a shorter program to address:

- Tracking + redirecting triggers supporting recovery
- Switching the using mind off and the healing mind back on
- Re-identifying + processing underlying trauma
- Setting aside blame, shame and guilt drivers

With RESET at Breathe, we view relapse as an opening to renewed recovery.

b r e a t h e[™]
Life Healing Centers



RESET moves your brain, body and spirit back to track, on your terms, with renewed commitment to health and well-being.

RESET to identify opportunities for learning, growing and doing recovery differently.

- How good can you get?
- What do you stand to gain by staying in recovery?
- What are you not saying in this moment, even to yourself?

We know how safety, stability and recovery go hand in hand.
Together we RESET.