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2In the journey towards recovery from addiction, setbacks can be disheartening and demoralizing. The word "relapse" is a heavy one, often seen as a failure. However, it's essential to recognize that relapses can be a part of the recovery process. In this article, we will explore the concept of finding silver linings in relapse, highlighting how individuals can learn, grow, and ultimately continue on their path to recovery. Our focus will be on the importance of seeking help from [rehabilitation centre in Mumbai](#), which can provide essential support during these challenging times.

For more details, please visit

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