



TOOLS TO BEAT ADDICTION

Learn how to use the tools and techniques that have helped thousands of people overcome addiction. This book provides a comprehensive guide to the most effective methods for treating addiction, including medication, therapy, and support groups. It also offers practical advice on how to find the right treatment and how to stay motivated throughout the process.

STANTON PEEL, Ph.D., L.D.
Author of *How to Beat Addiction*

7 Tools To Beat Addiction

M Lipman



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7 Tools to Beat Addiction Stanton Peele. Ph.D., J.D., 2007-12-18 Whether you are battling drugs nicotine alcohol food shopping sex or gambling this hands on practical guide will help you overcome addiction of any kind If you or a loved one are struggling with addiction but do not find that twelve step or other treatment programs work for you 7 Tools to Beat Addiction can help Internationally recognized expert Dr Stanton Peele presents a program for addiction recovery based on research and clinical study and grounded in science His program utilizes proven methods that people actually use to overcome addiction with or without treatment 7 Tools to Beat Addiction offers in depth interactive exercises that show you how to outgrow destructive habits by putting together the building blocks for a balanced fulfilling responsible life Dr Peele s approach is founded on the following tools Values Motivation Rewards Resources Support Maturity Higher Goals This no nonsense guide will put you in charge of your own recovery [Encyclopedia of Addictions](#) Kathryn H. Hollen, 2008-12-30 This two volume set contains frank and factual information about symptoms causes effects prevention and treatment of substance abuse alcohol nicotine and drugs and of behavioral addictions such as eating disorders pathological gambling and compulsive sexual activity Including the most up to date research the addiction entries are based largely on criteria established by the American Psychiatric Association in its Diagnostic and Statistical Manual of Mental Disorders Tracing the history of the debate over whether addiction is a choice or a disease the volumes explain how genetic and biological findings support the disease concept while lifestyle choices affect the course of the disease Graphics and discussions of the brain structures that support this self reinforcing mechanism illustrate why treatments that obstruct the pathway are showing such promise *Good Manners for Nice People Who Sometimes Say F*ck* Amy Alkon, 2014-06-03 A gem Alkon explains why so many people are rude and how it s possible to be courteous even if you re foul mouthed and clueless about etiquette Dr Adam Grant Wharton School professor and New York Times bestselling author To lead us out of the miasma of modern mannerlessness science based and bitingly funny syndicated advice columnist Amy Alkon rips the doily off the manners genre and gives us a new set of rules for our twenty first century lives With wit style and a dash of snark Alkon explains that we now live in societies too big for our brains lacking the constraints on bad behavior that we had in the small bands we evolved in Alkon shows us how we can reimpose those constraints how we can avoid being one of the rude and how to stand up to those who are Foregoing prissy advice on which utensil to use Alkon answers the twenty first century s most burning questions about manners including Why do many people especially those under forty now find spontaneous phone calls rude What can you tape to your mailbox to stop dog walkers from letting their pooch violate your lawn How do you shut up the guy in the pharmacy line with his cellphone on speaker What small gift to your new neighbors might make them think twice about playing Metallica at 3 a m Combining science with more than a touch of humor *Good Manners for Nice People Who Sometimes Say F ck* is destined to give good old Emily a shove off the etiquette shelf if that s not too rude to say Miss

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