

A radical new approach to recoveryâ€™ using methods proven more effective than medical treatment or twelve-step programs. Drawing on the latest research and detailed case studies, the authors expose the best-kept secrets in the recovery field: Addictionsâ€™ whether to food, cigarettes, sex, alcohol, or drugsâ€™ are not diseases, and theyâ€™re not necessarily lifelong problems. Many more people give up addictions on their own than are helped by medical treatment or twelve-step programs. Developing values, skills, and life resources enables people to quit addictionsâ€™ and to shed the addict identity altogether. In their revolutionary â€œLife Process Programâ€• for overcoming all kinds of addictions, the authors emphasize self-help and treatment through coping with stress and achieving oneâ€™s goals. As helpful as it is controversial, The Truth About Addiction and Recovery will forever change the way we view and treat addiction. â€œA classic.â€•â€• John Norcross, PhD, ABPP, Distinguished Professor of Psychology at the University of Scranton and author of Changing for Good

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The Truth About Addiction and Recovery. Stanton Peele and Archie Brodsky with Mary Arnold. The Truth About Addiction and Recovery. N.Y.: Simon & Schuster. Truth About Addiction and Recovery by Stanton Peele - A radical new approach to recoveryâ€™ using methods proven more effective than medical treatment or. The Truth About Addiction and Recovery [Stanton Peele, Archie Brodsky, Mary Arnold] on [ihaveaspeedingticket.com](http://ihaveaspeedingticket.com) \*FREE\* shipping on qualifying offers. A radical new. [ihaveaspeedingticket.com](http://ihaveaspeedingticket.com): Truth About Addiction and Recovery eBook: Stanton Peele, Mary Arnold: Kindle Store. More people quit addictions than maintain them, and they do so on their own. That's not to say it happens overnight. People succeed when they. Truth About Addiction and Recovery has 56 ratings and 4 reviews. Melissa said: I find it illuminating to read books that pretty much slam Alcoholics Anon. Addiction recovery is no walk in the park. But it can be 21 Addiction Recovery Tips and Facts There is no â€œone wayâ€• in addiction recovery. I had received â€œan inconvenient truthâ€• from a beautiful woman she told . The fear and self-doubt of the recovery culture and addict mindset is. Get the facts on alcohol abuse & alcoholism from the leading resource. The best in drug detox & treatment. Addiction Recovery Choice.

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