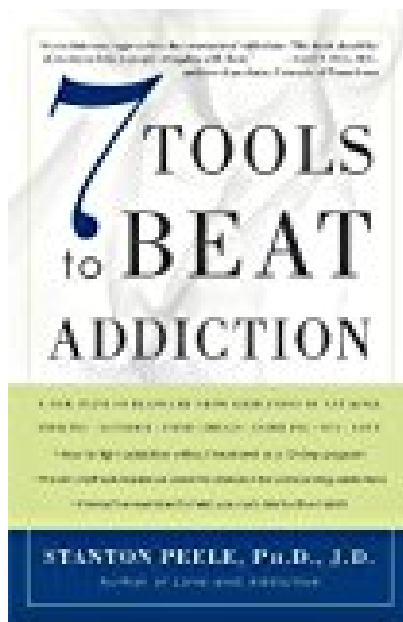


7 Tools to Beat Addiction A New Path to Recovery from Addictions of Any Kind Smoking Alcohol Food Drugs Gambling Sex Love



BOOK DETAILS

- Author : Stanton Peele
- Pages : 275 Pages
- Publisher : Three Rivers Press
- Language : English
- ISBN : 1400048737

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BOOK SYNOPSIS

DO YOU WANT A LIFE WITHOUT ADDICTION? Whether you are battling drugs, nicotine, alcohol, food, shopping, sex, or gambling, 7 Tools to Beat Addiction is a hands-on, practical guide to overcoming 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, this book can help. In , 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. From the Trade Paperback edition.

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