

THINKING SIMPLY ABOUT ADDICTION



*A Handbook
for Recovery*

RICHARD S. SANDOR, M.D.

Thinking Simply About Addiction A Handbook For Recovery

Terry C. Jones



Thinking Simply About Addiction A Handbook For Recovery:

Thinking Simply About Addiction Richard Sandor, 2009-03-05 A profound yet practical guide to understanding addiction and recovery from an authority on the subject No social problem today causes greater confusion than addiction Whatever form it takes alcohol heroin cocaine nicotine etc it tears apart homes and relationships destroys careers and futures and leaves loved ones asking Why couldn't he stop once and for all Or get better Or control himself Despite everything that's been said and written many people remain deeply confounded about these problems The addiction treatment field itself is in a state of civil war because there is no consensus on what addiction is much less what to do about it Based on years of hard won experience by a preeminent specialist in addictive behavior Thinking Simply About Addiction explains the core truth of addiction It is not a neurosis a physical malady a behavioral choice or in the narrowest sense a moral failure It is an automatism an involuntary non stoppable behavior that once triggered leaves the addict powerless It is a human problem and a part of human nature As such it is something that we all experience In four to the point chapters Thinking Simply About Addiction rises above the noise level and provides real world help and new ways of thinking for addicts and those who care for them Its insights are so profoundly clear and sensible that many readers will be able to say Finally someone gets it

Thinking Simply about Addiction Richard S. Sandor, 2009 *Thinking Simply About Addiction* Richard Sandor, 2009-03-05 A profound yet practical guide to understanding addiction and recovery from an authority on the subject No social problem today causes greater confusion than addiction Whatever form it takes alcohol heroin cocaine nicotine etc it tears apart homes and relationships destroys careers and futures and leaves loved ones asking Why couldn't he stop once and for all Or get better Or control himself Despite everything that's been said and written many people remain deeply confounded about these problems The addiction treatment field itself is in a state of civil war because there is no consensus on what addiction is much less what to do about it Based on years of hard won experience by a preeminent specialist in addictive behavior Thinking Simply About Addiction explains the core truth of addiction It is not a neurosis a physical malady a behavioral choice or in the narrowest sense a moral failure It is an automatism an involuntary non stoppable behavior that once triggered leaves the addict powerless It is a human problem and a part of human nature As such it is something that we all experience In four to the point chapters Thinking Simply About Addiction rises above the noise level and provides real world help and new ways of thinking for addicts and those who care for them Its insights are so profoundly clear and sensible that many readers will be able to say Finally someone gets it The Mindful Path to Addiction Recovery Lawrence Peltz, 2013-03-12 Mindfulness the quality of attention that combines full awareness with acceptance of each moment just as it is is gaining broad acceptance among mental health professionals as an adjunct to treatment Because at the heart of addiction is the fear of painful emotional states addicts compulsively seek drugs and alcohol to avoid or escape emotional pain Mindfulness on the other hand helps us develop greater acceptance and ease with life's challenges as well as greater

self compassion Here Dr Lawrence Peltz who has worked as an addiction psychiatrist for more than two decades draws from his clinical experience and on the techniques of mindfulness based stress reduction MBSR to explain the fundamental dynamics of addiction and the stages of the recovery process and also gives us specific mindfulness exercises to support recovery

Gay Men and Substance Abuse Michael Shelton, 2011-04-29 A timely reference that addresses the unique issues of gay men in recovery Winner of the 2012 Independent Book Publishers Association Benjamin Franklin Award GLBT Category Gay Men and Substance Abuse fills a tremendous void serving as a valuable resource for gay men professionals concerned partners friends and family members in need of solid information and guidance Whether faced with a traumatic coming out process caught up in personal struggles with body image engulfed in the club culture or navigating a family system that does not accept his sexuality a gay man struggling with substance abuse or addiction often faces cultural and personal challenges unique to his life experiences Yet many men and their loved ones in search of help are forced to adjust to a traditional treatment system or self help groups that center on heterosexual relationships and family groups that neglect to include partners or address what can be a uniquely challenging family dynamic By exploring the social and psychological factors that play into homosexual men s addictions nationally certified treatment counselor Michael Shelton presents a timely comprehensive look at best practices in meeting the unique needs of gay men in recovery offering keen insight on a range of issues including such common therapeutic approaches as motivational enhancement therapy and 12 Step strategiessuccessful relapse prevention protocolstools for recovery from co occurring sexual disordersthe importance of a loved one s role with regard to intervention and supportthe complicated relationship between gay male drug use and sexual behaviorhow to talk knowledgeably and with care and sensitivityAbout the author Michael Shelton M S C A C is a nationally certified treatment counselor and does clinical work with males with substance abuse and sexual disorders at four facilities in Philadelphia He s the author of four other books including Boy Crazy Why Monogamy Is So Hard for Gay Men and What You Can Do About It

Drugs Peggy Daniels Becker, 2011-01-04 This volume deals with the subject of drugs In recognizing the intimate relationship between subject and reader this collection of essays weaves together different points of view to make complex issues less intimidating and more accessible Readers will evaluate such topics as whether addiction is a disease whether marijuana is harmful and if teen prescription drug overdoses are increasing They will consider whether home drug tests are helpful and why random drug testing in schools is controversial Essay sources include the National Institute on Drug Abuse and the U S Drug Enforcement Administration

Library Journal ,2009 *The Recovery Handbook* James M. Mathers, 1992 The most important recovery book in fifty years The Guidebook two COVERS Anonymous 2nd Simple direct friendly Advantages being part of the Program from the very start Addicts families friends professionals Build Character Grow Spiritually

The Bar Examiners' Handbook ,1991 **Complete Student Assistance Program Handbook** Barbara Sprague Newsam, 1992 Includes ready to use curriculums policies forms handouts strategies for

designing an assistance program for any school Includes staff training program promotion implementation The Essential Handbook of Treatment and Prevention of Alcohol Problems Nick Heather,Tim Stockwell,2004 The last three decades have seen an explosion of social psychological and clinical research to identify effective strategies to prevent and treat alcohol related problems This Essential Handbook contains an updated selection of reviews of what works drawn from the critically acclaimed International Handbook of Alcohol Dependence and Problems Selected specifically for health and other professionals who need to provide effective responses in their work these authoritative science based reviews are a distillation of the more practical elements designed to save time for the busy practitioner Contributors Jeff Allison UK Britt K Anderson USA Kevin Boots Australia Janice M Brown USA Russell Carvolth Australia Sally Casswell NZ Jonathan Chick UK Chad Emrick USA Paul Gruenewald USA Nick Heather UK Linda Hill NZ Harold D Holder USA Ross Homel Australia David Kavanagh Australia Harald K H Klingemann Switzerland G Alan Marlatt USA Nyanda McBride Australia Gillian McIlwain Australia James A McKnight USA Richard Midford Australia Kim T Mueser USA Esa sterberg Finland George A Parks USA Duncan Raistrick UK Stephen Rollnick UK Harvey Skinner Canada Tim Stockwell Australia Andrew J Treno USA Robert B Voas USA Malissa Yang Canada **International Handbook of Alcohol Dependence and Problems** Nick Heather,Timothy J. Peters,Tim Stockwell,2001-05-18 Focusing on alcohol dependence and alcohol related problems in general as well as their causes treatment and prevention this handbook also addresses the basic mechanisms of alcohol and its effects on human physiology and behaviour **Alcoholism** Leslie Raymond Hill Drew,John Raymond Moon, Frank Hippisley Buchanan,1974 Dr. Cat's Helping Handbook Cat Saunders,2000 **Handbook of Group Intervention for Children and Families** Karen Callan Stoiber,Thomas R. Kratochwill,1998 In response to the increasing appreciation of groups for prevention and intervention this handbook provides school and community mental health care professionals with a valuable resource for developing competence in group work This title provides the latest information on specific disorders and psychological issues that children and families face Choice ,2008 **The Lancet** ,1888 *Holistic Nursing* Barbara Montgomery Dossey,Lynn Keegan,Cathie E. Guzzetta,2000 Therapeutic touch Massage Relaxation Guided imagery Music Today a growing number of nurses are using the best of the ancient healing arts to complement traditional medical techniques with exciting results You too can bring these powerful yet safe techniques into your work with patients with the new edition of the classic *Holistic Nursing A Handbook for Practice* This dynamic new guide shows you how to develop your innate capacities as a healer and employ a full range of holistic modalities for healing the whole patient Today the demand for alternative therapies is great With the help of this inspiring handbook you can bridge the gap between these therapies and traditional medicine with an approach that integrates caring and healing into nursing practice This timely guidance will help nurses assume a leading role in shaping the future of health care and return nursing to its roots as a true healing profession The book contains black and white illustrations **Alcohol Education Materials, 1973-1978** Gail Gleason

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