

THINKING SIMPLY ABOUT ADDICTION



*A Handbook
for Recovery*

RICHARD S. SANDOR, M.D.

Thinking Simply About Addiction A Handbook For Recovery

Tamara L. Roleff



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 *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 strategies successful relapse prevention protocol tools for recovery from co occurring sexual disorders the importance of a loved one s role with regard to intervention and support the complicated relationship between gay male drug use and sexual behavior how to talk knowledgeably and with care and sensitivity About 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* [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

[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

Expanding Addiction: Critical Essays Robert Granfield, Craig Reinerman, 2014-12-09 The study of addiction is dominated by a narrow disease ideology that leads to biological reductionism In this short volume editors Granfield and Reinerman make clear the importance of a more balanced contextual approach to addiction by bringing to light critical perspectives that expose the historical and cultural interstices in which the disease concept of addiction is constructed and deployed The readings selected for this anthology include both

classic foundational pieces and cutting edge contemporary works that constitute critical addiction studies This book is a welcome addition to drugs or addiction courses in sociology criminal justice mental health clinical psychology social work and counseling

Addict in the House Robin Barnett, 2016-08-01 Everyone suffers when there s an addict in the family Written by an expert in alcohol and drug addiction and recovery and drawing on her own personal experience with her brother s addiction this no nonsense guide will help readers understand the causes of addiction end their enabling behaviors support their loved one s recovery and learn how to cope with relapses

Alcoholism Tamara L. Roleff, 2010-04-26 Teens receive hundreds of mixed messages about things especially about alcohol There is a fine line between the celebration and presence of alcohol to earmark a special occasion and the danger of reliance on alcohol to experience life whether it s up or down The messages can be confusing and important self preserving opinions can remain ambivalent This book addresses the mixed message and controversies of alcohol and alcoholism Readers will evaluate the dangers of binge drinking and the appropriate legal drinking age Also discussed are the existence of a genetic predisposition or a natural tolerance among alcoholics and the effectiveness of Alcoholics Anonymous in treating alcoholism Essays and personal accounts provide an array of viewpoints which allows readers to think critically about what they are learning and how what they think fits into each debate Stellar essay sources include the U S Department of Health and Human Services Office of the Surgeon General National Institutes of Health and the Saint Jude Retreat House

Un adicto en casa Robin Barnett, 2022-10-13 Un adicto en casa ofrece una gu a pr ctica detallada paso a paso para lidiar con la adicci n de un ser querido desde aceptar la realidad de la enfermedad hasta sobrevivir a los repetitivos ciclos de recuperaci n y reca da Adem s aprender s a animarle a que busque ayuda a superar las trabas emocionales de tener un miembro adicto en la familia y a mantener l mites s lidos Si quieres tomar decisiones informadas sobre c mo apoyar a tu familiar de la mejor manera posible este libro te puede ayudar en cada uno de los pasos del trayecto

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