

"A revolutionary approach to the treatment of addictions. This book should be of enormous help to people struggling with them." —*Amos T. Beck, M.D., professor of psychiatry, University of Pennsylvania*

7 TOOLS to BEAT ADDICTION

A NEW PATH TO RECOVERY FROM ADDICTIONS OF ANY KIND

SMOKING • ALCOHOL • FOOD • DRUGS • GAMBLING • SEX • LOVE

- How to fight addiction without treatment or a 12-step program
- Proven methods based on scientific research for overcoming addictions
- Interactive exercises to help you curb destructive habits

STANTON PEELE, Ph.D., J.D.

Author of Love and Addiction

7 Tools To Beat Addiction

Amy Alkon



7 Tools To Beat Addiction:

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

Manners with fangs LA Weekly **The National Culinary Review** ,2004 **Breaking Addiction** Lance Dodes,2011-03-01
Dr Dodes s approach runs directly counter to the paralyzing but standard message of powerlessness a message that reinforces the sense of helplessness that is at the root of addicts life predicaments Many psychiatrists recognize that this is where we must head but Dr Dodes is one with the guts to shine a beacon in the right direction Stanton Peele PhD author of 7 Tools to Beat Addiction and The Life Process Program of Treatment The follow up to his groundbreaking volume The Heart of Addiction Dr Lance Dodes s Breaking Addiction is a step by step guide to beating addiction of any kind from drugs and gambling to alcoholism overeating and sex addiction By recognizing and understanding the emotional forces underlying addictive behaviors Dr Dodes says any dangerous life destroying obsession can be overcome Including special bonus sections for both families and health care professionals Breaking Addiction is the new handbook for those suffering from addiction a valuable resource that addresses addiction s root causes and serves as an alternative to Alcoholics Anonymous and similar recovery programs **The Clinician's Handbook** Robert G. Meyer,Christopher M. Weaver,2007 This extremely versatile handbook written for students and practitioners taps current treatment and assessment research to provide up to date coverage of emotional and behavioral disorders major DSM IV TR diagnostic categories MMPI 2 correlates and other test response patterns and treatment options Diagnostic concepts and observations are linked with specific assessment and test data for diagnostic categories this is then integrated with recommended intervention procedures In a single volume the authors have synthesized an abundance of information and presented it in a manageable and accessible manner Their extensive experience in clinical and forensic psychology teaching conducting research interacting with clients working in the criminal justice system highly qualifies them to know and present the kind of practical information students and practitioners need Additional outstanding features emphasizes multimodal assessment and treatment includes extensive discussions of clinical challenges such as suicidal clients the criminal personality deception and malingering offers bibliotherapy reading assignments and appropriate relaxation techniques for various types of clients provides coverage of legal issues competency criminal responsibility and civil commitment presents useful tips on case preparation and professional practice in the office and the courtroom **Health 05/06** Eileen L. Daniel,2004-12 This book offers a sampling of articles that represent the latest thinking on a variety of health issues and it also serves as a tool for developing critical thinking skills To the reader
 The Publishers Weekly ,2005 *Forthcoming Books* Rose Army,2004 *Battleground* Kimberly P. Brackett,2009
Everyone is part of a family but what constitutes a family is one of the most hotly debated issues in the United States today Battleground The Family provides extensive coverage of those critical issues in U S culture concerning current and future family life such as dating marriage parenting work and family abuse and divorce The scholarly contributors to this set provide unbiased coverage on these often incendiary topics allowing students to assess the role of these controversies in their own lives Entries thoroughly introduce the topic of concern describe the problem as it currently exists provide context

for the controversies surrounding it synthesize the current knowledge on the topic and guide the reader to additional areas for consideration Battleground The Family serves as a starting point for those advanced high school and beginning undergraduate students who wish to pursue a more detailed study of family controversies and cultural concerns for classroom assignments Non specialist readers will also find this a useful resource in critically assessing current trends and conflicts in constituent groups conceptions of family Publisher **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004 □□□□ ,2006 **The Resource Guide for Christian Counselors** Douglas R. Flather,1995 This referral directory gives the user immediate access to essential up to date Christian counseling resources It is organized alphabetically under 46 general topics that encompass counseling issues professional issues and educational issues

Library Journal ,1985-05 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *American Book Publishing Record* ,2003 **Congressional Record** United States. Congress,2005 **Time** Briton Hadden,2008 *International Gaming & Wagering Business* ,2003 **School Library Journal** ,2010 *The Times Index* ,2008 Indexes the Times and its supplements

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