



Thinking Simply About Addiction: A Handbook for Recovery

Richard Sandor

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This profound yet practical guide by a veteran recovery professional goes further than any other book in pinpointing why addictions are so tenacious, how we all suffer from them to a greater or lesser extent, and the true, time-tested steps toward freeing yourself.

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.*

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Brian Price:

The reason why? Because this Thinking Simply About Addiction: A Handbook for Recovery is an unordinary book that the inside of the book waiting for you to snap this but latter it will shock you with the secret that inside. Reading this book beside it was fantastic author who all write the book in such remarkable way makes the content inside easier to understand, entertaining way but still convey the meaning totally. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of advantages than the other book have got such as help improving your skill and your critical thinking way. So , still want to hold up having that book? If I were being you I will go to the reserve store hurriedly.

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Charles Bax:

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