

WHEN AA DOESN'T WORK FOR YOU: Rational Steps To Quitting Alcohol

Craig Beck was a successful and functioning professional man in spite of a 'two bottles of wine a night' drinking habit. For 20 years, he struggled with problem drinking, all the time refusing to label himself an alcoholic because he did not think he met the stereotypical image that the word portrayed. Discover why all 'will-power' based attempts to stop drinking will fail (exactly as they are destined to do). Slowly Craig discovered the truth about alcohol addiction, and one by one, all the lies he had previously believed started to fall apart. For the first time, he noticed that he genuinely did not want to drink anymore. In this book, he will lead you though the same remarkable process. No need to declare yourself an alcoholic. A permanent cure, not a lifetime struggle. No group meetings or expensive rehab. No humiliation, no pain and 100% no 'will-power' required. Treats the source of the problem, not the symptoms.

"Barnett's prose style is brassy and cleareyed, with echoes of Anne Lamott." --Beth Macy, The New York Times Book Review "Emotionally devastating and self-aware, this cautionary tale about substance abuse is a worthy heir to Cat Marnell's How to Murder Your Life." --Publishers Weekly (starred review) A startlingly frank memoir of one woman's struggles with alcoholism and recovery, with essential new insights into addiction and treatment Erica C. Barnett had her first sip of alcohol when she was thirteen, and she quickly developed a taste for drinking with her friends. In her late twenties, her addiction became inescapable. Volatile relationships, blackouts, and unsuccessful stints in detox defined her life, with the bottles she hid throughout her apartment and offices acting as both her tormentors and closest friends. By the time she was in her late thirties, Barnett had quit and relapsed again and again, but found herself far from rehabilitated. "Rock bottom," Erica Barnett writes, "is a lie." It is always possible, she learned, to go lower than your lowest point. She found that the terms other alcoholics used to describe the trajectory of their addiction--"rock bottom" and "moment of clarity"--and the mottos touted by Alcoholics Anonymous, such as "let go and let God"--didn't correspond to her experience and could actually be detrimental. With remarkably brave and vulnerable writing, Barnett expands on her personal story to confront the dire state of addiction in America, the rise of alcoholism in American women in the last century, and the lack of rehabilitation options available to addicts. At a time when opioid addiction is a national epidemic and one in twelve Americans suffers from alcohol abuse disorder, Quitter is indispensable reading for our age and an ultimately hopeful story of Barnett's own hard-fought path to sobriety.

Remediating deficits and managing disabilities has been a central preoccupation for clinical psychologists for much of the past 50 years. Positive psychology, in contrast, is concerned with the enhancement of happiness and well-being, involving the scientific study of the role of personal strengths and positive social systems in the promotion of optimal well-being. The central themes of positive psychology, including happiness, hope, creativity, and wisdom, are all investigated in this book in the context of their possible applications in clinical practice. (Midwest).

This well researched, painstakingly documented book provides detailed information on the right-wing evangelical organization (Oxford Group Movement) that gave birth to AA; the relation of AA and its program to the Oxford Group Movement; AA's similarities to and differences from religious cults; AA's remarkable ineffectiveness; and the alternatives to AA. The greatly expanded second edition includes a new chapter on AA's relationship to the treatment industry, and AA's remarkable influence in the media.

A Practical Guide
The Small Book
Critical Thinking, Science, and Pseudoscience
Twelve Steps and Twelve Traditions Trade Edition
A Biography of Alcoholics Anonymous Cofounder Bill Wilson
The Sober Truth

Why Women Drink-And How They Can Regain Control

Offers a self-recovery program for substance abuse based on the Addictive Voice Recognition Technique

A handbook for newcomers to Alcoholics Anonymous providing program principles and historical references.

Applying his "rational-emotive therapy" to alcoholism, the author offers alcoholics a down-to-earth alternative to AA that deals with the thoughts and emotions associated with addictive drinking. By the author of A Guide to Personal Happiness. Original.

When actress Claudia Christian flees a troubled childhood and moves to Hollywood at age 17, she steps through the looking glass into another world. From the set of Dallas to her starring role on the sci-fi series Babylon 5, Claudia's affairs with billionaires, supermodels, rock stars, and celebrities are mixed with shootings, stalking, heartbreak, and betrayal. Onset and off, drama follows Claudia—an alcohol-fueled coke run and makeup session with a bridesmaid on her wedding day; her tempestuous, love-hate relationship with actor Angus Macfadyen; the conspiracy theories surrounding her ex-husband's death; and a 20-year on-and-off relationship with billionaire Dodi Fayed before he dated Princess Diana. Hollywood life takes its toll on Claudia as she descends into alcohol addiction and a desperate battle to reclaim her life. Rehab, alternative treatments, and even hypnotism can't break the cycle of alcohol abuse that threatens to destroy Claudia. Close to despair she discovers The Sinclair Method, a treatment that saves her life. Sometimes shocking, often humorous, always captivating – Babylon Confidential is a story of hope that will inspire and enlighten you.

Babylon Confidential

Why We Do What We Do in Life and Business

Debunking the Bad Science Behind 12-Step Programs and the Rehab Industry Addiction

A Revolutionary New Way of Understanding Addiction

Rational Steps to Quitting Alcohol

How to Fight Forced Participation in AA, NA Or 12-step Treatment

Eating Disorders Anonymous: The Story of How We Recovered from Our Eating Disorders presents the accumulated experience, strength, and hope of many who have followed a Twelve-Step approach to recover from their eating disorders. Disorders Anonymous (EDA), founded by sober members of Alcoholics Anonymous (AA), have produced a work that emulates the "Big Book" in style and substance. EDA respects the pioneering work of AA while expanding its Twelve-Step message to include those who are religious or seek a spiritual solution, and for those who are not and may be more comfortable substituting "higher purpose" for the traditional "Higher Power." Further, the EDA approach embraces the development and maintenance of balance and perspective, rather than abstinence, as the goal of recovery. Initial chapters provide clear directions on how to establish a foothold in recovery by offering one of the founder's story of hope, and collective voices suitable for readers with any type of problem eating, including: anorexia nervosa, bulimia, binge eating, emotional eating, and orthorexia. The text then explains how to use the Twelve Steps to develop a durable and resilient way of thinking free of eating disordered thoughts and behaviors, including how to pay it forward so that others might have hope of recovery. In the second half of the text, individual contributors share their experiences, describing what it was like to have what happened that enabled them to make a start in recovery, and what it is like to be in recovery. Like the "Big Book," these stories are in three sections: Pioneers of EDA, They Stopped in Time, and They Lost Nearly All. Readers using the recover from other issues will find the process consistent and reinforcing of their experiences, yet the EDA approach offers novel ideas and specific guidance for those struggling with food, weight and body image issues. Letters of support regarded medical professionals and two, well-known recovery advocates offer reassurance that EDA's approach is consistent with that supported by medical research and standards in the field of eating disorders treatment. Intended as stories for members who participate in EDA groups throughout the world, this book is accessible and appropriate for anyone who wants to recover from an eating disorder or from issues related to food, weight, and body image.

Building your résumé should be one of the easier parts to the whole job-interview process. But instead it's becoming increasingly stressful as well! What kind of résumé will spark the employer's interest? Which kind most often get passed back are we supposed to go? How can we best explain those time gaps in between jobs? Are the rules different for online résumés? There are so many vital questions when it comes to building a résumé today, but only one way to be assured the right answers--by asking a hiring expert.Scott Bennett has hired hundreds of people in a variety of industries, and he knows firsthand the insights that will catch an employer's eye, as well as what dangers to avoid if you want to survive. Elements of Résumé Style, Bennett shows readers how to craft clear, compelling, targeted résumés and cover letters that actually work. In this new edition that includes social media and online-application tips, readers will be provided: • More action words, statements, and position descriptions that help sell your skills and experience• Hundreds of words, phrases, and vague claims to avoid• Advice for handling employment gaps, job-hopping, and requests for salary history and references• Sample résumés, response letter, inquiry letter, informational interview request letter, references, and more• Surprising tips for acing the interviewIn today's ultra-competitive environment, competition is intense no matter the field or position. An overlooked first hurdle to jump over is no doubt the résumé. This candid book's time-tested tools will make sure yours stands out--helping to get you the job you deserve!

Three experts: a physician, a psychologist, and a spiritually oriented clinical counselor intertwine their experiences and knowledge to address the "whole you". They show that there is no gap between physical, mental, and spiritual aspects of life -- aspects are interrelated and it's powerfully helpful to see this way. Blending their approaches produces a result that is greater than the sum of the parts -- like a "human quilt" -- each contributes to a healthy, satisfying life. In this book, you'll learn how your body's health affects your mental and spiritual health and how to take better care of your body. You'll find how your mind affects your physical and spiritual health and how to take care of your mind. And you'll be shown what impact your choices and meaning of life -- your spirituality -- have on body and mind and how to nurture your spirituality. Discover techniques to help you manage many challenging life issues including stress, depression, aggression, addiction, chronic illness, and anxiety. You'll identify how you're functioning, what you can do to improve, and how to examine, plan, and track your progress.

An exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction-treatment model came to dominate America. AA has become so infused in our society that it is practically synonymous with addiction. The evidence shows that AA has only a 5–10 percent success rate—hardly better than no treatment at all. Despite this, doctors, employers, and judges regularly refer addicted people to treatment programs and rehab facilities based on the

The Sober Truth, acclaimed addiction specialist Dr. Lance Dodes exposes the deeply flawed science that the 12-step industry has used to support its programs. Dr. Dodes analyzes dozens of studies to reveal a startling pattern of errors, misinterpretations, and biases. He also pores over the research to highlight the best peer-reviewed studies available and discovers that they reach a grim consensus on the program's overall success. But The Sober Truth is more than a book about addiction. It is a book about science and how and why AA and rehab became so popular, despite the discouraging data. Dr. Dodes explores the entire story of AA's rise, from its origins in early fundamentalist religious and mystical beliefs to its present-day place of privilege in our culture and media. The Sober Truth includes true stories from Dr. Dodes's thirty-five years of clinical practice, as well as firsthand accounts submitted by addicts through an open invitation on the Psychology Today website. These stories vividly reveal the experience of walking the steps and attending some of the nation's most famous rehabilitation centers. The Sober Truth builds a powerful response to the monopoly of the 12-step program and explodes the myth that these programs offer a universal solution to the deeply personal problem of addiction. This book offers new and actionable information for addicts, their families, and medical providers, and lays out better ways to understand addiction for those seeking a more effective and compassionate approach to this treatable problem.

Alcoholics Anonymous

Alcohol Lied to Me: The Intelligent Escape from Alcohol Addiction

It Takes a Family

Us of Aa

Essential Rules for Writing Resumes and Cover Letters That Work

The Truth about Alcohol

Draws on interviews with Bill Wilson's wife to provide a close-up look at a man whose work transformed the lives of thousands of people but who led a complex, sometimes turbulent private life. Reprint. 15,000 first printing.

NEW YORK TIMES BESTSELLER **I** This instant classic explores how we can change our lives by changing our habits. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal **I** Financial Times **I** The Power of Habit, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, The Power of Habit contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author **I**Sharp, provocative, and useful.**I****I**Jim Collins **I**Few **I**books**I** become essential manuals for business and living. The Power of Habit is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good.**I****I**Financial Times **I**A flat-out great read.**I****I**David Allen, bestselling author of Getting Things Done: The Art of Stress-Free Productivity **I**You**I** never look at yourself, your organization, or your world quite the same way.**I****I**Daniel H. Pink, bestselling author of Drive and A Whole New Mind **I**Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change.**I****I**The New York Times Book Review

Early AAs founded their pioneer program on basic ideas from the Bible. What did they study? What did they learn? How did they approach the possible biblical subjects? There are historical answers, and this book provides them. More important, how can someone in A.A. or a 12 Step program study the Bible in the way the pioneers did and achieve the same 75% to 93% documented success rates among seemingly hopeless medically incurable alcoholics who went to any lengths to establish their relationship and fellowship with God. This book shows you how to do it today!

One question that anyone who has witnessed addiction up close inevitably asks is, "Why can't they just stop?" For decades the question has confounded addicts, their families, and the doctors and specialists trying to help them. Now it can finally be answered. Thanks to major leaps in the scientific understanding of addiction, an entirely new portrait of this frightening disease has come into focus. The new science tells us that addicts, in part, are unable to quit using drugs or alcohol because chemical changes in their brains prevent them from doing so. In this penetrating look at how addiction works, editors John Hoffman and Susan Froemke (producers of the HBO documentary series ADDICTION) have turned more than two years of research and reporting into a vitally important guide for any family faced with the disease. New imaging technology has enabled scientists to peer inside the addicted brain and observe in real time what craving for drugs and alcohol looks like chemically. It is now possible to literally see the ways that substances like cocaine, heroin, and alcohol alter the brain's "Stop!" and "Go!" decision-making processes. Better scientific understanding has yielded innovations in behavioral therapies, while new medications that can be prescribed by family doctors have been clinically proven to reduce craving in alcoholics and opiate addicts. The result? As Addiction: Why Can't They Just Stop? reports in riveting detail, there is new hope for anyone struggling with addiction. The stories about scientists, doctors, researchers, and families that face addiction gathered in this book testify to the fact that the tide has turned. Yes, recovery remains an imperfect process. It must be tailored to the needs of the individual; it may take years to achieve remission. But, armed with the new science-based understanding of the disease, experts have created treatments that are ever more precise and effective**I**making recovery a realistic goal for all addicts. The evidence is in. The battle against the addiction epidemic can**I**and should**I**be won.

When AA Doesn't Work for You

Getting Started in AA

The New Cure for Substance Addiction

The Story of How We Recovered from Our Eating Disorders

A Harm Reduction Guide to Alcohol

Why Can't They Just Stop?

US of AA

A NEW YORK TIMES BESTSELLER More people than ever before see themselves as addicted to, or recovering from, addiction, whether it be alcohol or drugs, prescription meds, sex, gambling, porn, or the internet. But despite the unprecedented attention, our understanding of addiction is still based on unfounded 20th century ideas, addiction as a crime or as brain disease, and in equally outdated treatment. Challenging both the idea of the addict's "broken brain" and the notion of a simple "addictive personality," The New York Times Bestseller, Unbroken Brain, offers a radical new perspective, arguing that addictions are learning disorders and shows how seeing the condition this way can untangle our current debates over treatment, prevention and policy. Like autistic traits, addictive behaviors fall on a spectrum -- and they can be a normal response to a world that is what addition is, and is not, the book illustrates how timing, history, family, peers, culture and chemicals come together to create both illness and recovery- and why there is no "addictive personality" or single treatment that works for all. Combining Maia Szalavitz's personal story of more than 25 years of science and research,Unbroken Brain provides a paradigm-shifting approach to thinking about addiction. Her writings on radical addiction therapies have been featured in The Washington Post, Vice Magazine, The Wall Street Journal, and The New York Times, in a number of major publications. She has been interviewed about her book on many radio shows including Fresh Air with Terry Gross and The Brian Lehrer show.

NEW YORK TIMES BESTSELLER • "An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself."—Glennon Doyle, #1 New York Times bestselling author of Untamed "You don't know how much you need this book, or how much you need to read it."—Melissa Hartwig Urban, Whole30 co-founder and CEO The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. We live in a world obsessed with drinking. We drink at brunch and book club, graduations and funerals. Yet no one ever questions alcohol's ubiquity—in fact, the only thing ever questioned is why someone doesn't drink. It is a qualifier for belonging and if you don't imbibe, you are considered an anomaly. As a society, we are obsessed with drinking. We uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ignore the unique needs of women and other historically oppressed people—who don't need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. Instead of alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root of the problem, and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, Quit Like a Woman is at once a groundbreaking look at addiction and a map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

An easy to read book of poems ideal for the coffee or bedside table. Every W.C should have One!

Revised, updated, and expanded, this handbook is a quick, concise, practical guide for clinicians treating patients with addictive disease. Using the conversational style and clinical vignettes found in all Practical Guides in Psychiatry titles, Dr. Gitlow describes effective strategies for working with patients who are resistant to treatment, including how to intervene in a lifelong illness pattern. This edition includes new material on buprenorphine, naltrexone, and other pharmacologic treatments, nicotine cessation therapies, and pharmacologic interventions for sedative dependence, plus a new chapter on substance-induced disorders. The book also includes a new prevention chapter, and expanded coverage of treatment dilemmas and legal issues. Easy-to-use appendices provide quick access to numerous new screening tools and other frequently referenced information. The Practical Guides in Psychiatry series provides quick, concise information on the front lines of mental health care. Written in an easy-to-read, conversational style, these invaluable resources take you through each step of the psychiatric care process, delivering fast facts and helpful strategies that help you provide effective and compassionate care to your patients.

Substance Use Disorders

How to Change Your Drinking

A Guide to Enjoyable Dating, Mating & Relating

Creating Lasting Sobriety, Togetherness, and Happiness

Rational Recovery

"Vitamins" for Your Whole Health

AA Not the Only Way

Drivers under the age of 21 are twice as likely to be killed as a result of drunk driving than older drivers.

Looks at the cultural factors contributing to a rise in alcoholism among today's women and compares today's practices to those of earlier generations while noting the current ineffectiveness of AA and other mainstream treatments.

*When AA Doesn't Work for You**Rational Steps to Quitting Alcohol**Barricade Books Incorporated*

This book contains the stories of men and women who have used the HAMS (Harm reduction, Abstinence, and Moderation Support) program to overcome their problems with alcohol and change their lives. Experts in the addictions field say the following about this book: Through these moving personal stories, we learn not only how HAMS works but how addiction works. And we learn that overcoming addiction doesn't have to adhere to a rigid program or philosophy. HAMS succeeds because it connects with people who drink, on their own terms, respects their goals and wishes, recognizes their strengths and supports them where they need and want support. These little memoirs are as varied in style and substance as the individuals who wrote them, but they converge on themes that just don't go away, including the inadequacy of AA for many who drink, despite its value for some. Intimately told, both raw and articulate, these memoirs reveal how people struggling with addiction can help each other through sensitivity and generosity rather than judgment and dogma. Marc Lewis, PhD. Author of The Biology of Addiction

of Desire: Why Addiction Is Not a Disease If you are looking for an alternative to 12 step groups that will support you in changing your drinking - whether you want to abstain, moderate or just cut down - check out HAMS. It's evidence-based, supportive, non-judgmental, non-religious and even fun! Maia Szalavitz, Author of Unbroken Brain Kenneth Anderson and April Smith have given us a book that will help thousands of people, told from the point of view of people who have already been helped by HAMS. Many of the stories show how ingenuity, freedom of choice, and concern for one's wellbeing can lead to meaningful changes in problem drinking habits. Many of the stories would shock the hell out of most treatment programs and staff. Many of the stories had me biting my nails hoping that it would turn out okay. What a relief to be reminded that, given respect, kindness, and support, even the most outlandish harm reduction plans save and improve peoples' lives. Patt Denning, PhD Director of The Center for Harm Reduction Therapy Co-author of Over the Influence The three-page introduction to Better Is Better ought to be required reading for anyone in this country with a connection to addiction and recovery (which is most of us, but especially health and mental health professionals). The scientific findings succinctly described there would re-shape US addiction treatment and recovery, if they were known and used. Unfortunately, these findings continue to be overshadowed by substantially outdated ideas and methods. This little page book then contains 14 stories of change (eight women, six men), none longer than three pages. These stories will be informative and inspiring to a wide range of individuals who are considering or acting upon a desire to reduce (or eliminate) drinking problems, and they could be the basis for discussion in a mutual help or treatment group. I can't think of a better bang for your 99 cents! A. Tom Horvath, PhD President, Practical Recovery Psychology Group, San Diego Past President, SMART Recovery HAMS is an amazing and much-needed organization, expanding how we think about addiction in brave and thought-provoking ways. Everyone should read this book. Johann Hari Author of Chasing the Scream HAMS is a group for people who want support to changes their drinking. Support: not chastisement, not admonitions, not guilt tripping. Just sharing: feelings, experiences, histories, successes and failures. And that nonjudgmental approach - which is so different from AA - makes people feel better about themselves and allows them to pursue their goals better, longer, and in more areas of their lives (drinking included, but not exclusively). And what are their goals around drinking? Well, you'll have to read this book of human stories to see! Stanton Peele Author of Recover!

BETTER IS BETTER! stories of alcohol harm reduction

Body, Mind, and Spirit

A Memoir of Drinking, Relapse, and Recovery

Positive Psychology

The Science of Happiness and Human Strengths

How the Twelve Steps Hijacked the Science of Alcoholism

The Good Book in Alcoholics Anonymous Yesterday and Today (a Bible Study Primer for AAs and Other 12-steppers)

The basic text for Alcoholics Anonymous.

In US of AA, Miller shares the never-before-told story of how in the aftermath of prohibition America's top scientists helped launch a movement that would give rise to a multi-million-dollar treatment industry and a new government agency devoted to alcoholism that has made available millions of dollars for research. Despite the fact that this research showed that alcoholism is a complex disease requiring an array of treatment strategies, among which Alcoholics Anonymous (AA) is one of the least effective, money continued to flow to treatment facilities using approaches similar to AA. Five years in the making, his brilliant, in-depth investigative reporting into the history, politics and science of alcoholism will show how AA became our nation's de facto treatment policy, even as evidence for more effective remedies accumulated. US of AA is a character-driven, beautifully written exposé, full of secrecy, irony, liquor industry money, the shrillest of scare tactics and, at its center, a grand deception. In the tradition of Crazy by Pete Earley, and David Goldhill's Catastrophic Care, US of AA shines a much-needed spotlight on the addiction treatment industry. It will forever change the way we think about the entire enterprise. An eye-opening tour of the addiction treatment industry explores the gap between what should happen and what does What happens inside drug and alcohol rehabilitation centers and how rehab works are a mystery to those outside the industry – and sometimes even to those inside it. Anne M. Fletcher is a trusted New York Times bestselling health and medical writer who visited 15 addiction treatment centers—from outpatient programs for the indigent to famous celebrity rehabs; from the sites of renowned Twelve-Step centers to several unconventional programs—to find out what really happens. What she reveals ranges from inspirational to irresponsible, and, in some cases, potentially dangerous. Real Stories: As always with her books, Fletcher gets the inside story by turning to real people who “have been there,” interviewing more than 100 individuals whose compelling stories illustrate serious issues facing people in rehab and endemic in the rehab industry today. Connected Writer and Researcher who has earned the respect (and cooperation) of experts throughout the fields she's taken on. Inside Rehab is no exception—Fletcher has interviewed more than 100 professionals working in the field, including a mix of rehab staffers and administrators as well as leading academics. Rehab is constantly covered in the media, as celebrities battle their drug and alcohol issues in the spotlight and reality TV puts recovery in prime time. Addiction is no longer only a personal struggle—it's a pop culture phenomenon. Myth Busting: Fletcher exposes twelve supposed facts for the falsehoods they are, including “rehab is necessary for most people to recover from addictions;” “highly trained professionals provide most of the treatment in addiction programs;” and “drugs should not be used to treat a drug addict.” Fletcher's most important finding is the alarming discrepancy between the treatments being employed at many rehab centers and the treatments recommended by leading experts and supported by scientific research. Guidance and Practical Solutions: Inside Rehab also highlights what is working, spotlights state-of-the-art programs and practices, and offers advice and guidance for people seeking quality care and treatment for themselves or those they care about. Inside Rehab is the first book to give readers a thoughtful, sensitive, and bracingly honest insider's view of the drug and alcohol rehab industry in America. For people seeking quality care for themselves or a loved one, Inside Rehab is essential reading, offering a wealth of accurate information and wise guidance.

Twelve Steps to recovery.

Her Best-Kept Secret

Your One Stop Resource Guide to 12-step Alternatives : Including a Comprehensive Directory of Licensed Professionals and Treatment Programs

Quitter

Unbroken Brain

How to Stop Destroying Your Relationships

Practical Psychology for Pastors, 2nd Edition

This Naked Mind

Provides intellectual, practical, and scientific background to enable people to fight against coerced referrals to 12-step addiction treatment groups.

A discussion of alternative resources for addiction treatment, including a comprehensive directory of licensed professionals and treatment programs.

This second edition of the groundbreaking book by acclaimed interventionist and educator Debra Jay celebrates the unique and powerful role families play in successful long-term recovery from addiction. Readers receive tips, tools, and a framework for pursuing the proven path of Structured Family Recovery. As a companion to Love First, the classic guide to family intervention, It Takes a Family delivers a proven method for families and friends to step beyond the initial intervention and reinvent their relationships as part of a family recovery team. In straightforward, compassionate language, Debra Jay offers readers a structured model that shows family members and friends how they can work together to overcome the obstacles many people with addiction face in their initial recovery. Through easy-to-follow strategies and exercises, family members learn about and address the challenges of enabling, denial, and pain while developing their communication skills and embracing the joy that comes from healthier and happier relationships.

When one walks into a twelve-step recovery center for alcoholic addiction, he will be told to look to the person to the left and right. The sages will then declare these are who won't succeed in their recovery. The results from the continued Alcoholics Anonymous fare not much better. Regardless of steps, guidelines, sponsors, creeds and mantras, the fact is most will fail in their quest to beat their addiction to alcohol. But what if I told you there was a more effective way to end an addiction than traditional twelve-step programs?My name is Charles Hurst. I began drinking at eighteen years old and had become heavily addicted by age twenty-seven. After thirteen years of being in the moderate to late stages of alcoholism, I defeated the addiction at age forty. And I have been clean and sober for well over a decade. I didn't beat the addiction by embracing the Alcoholics Anonymous philosophy but by directly rejecting it. I didn't envision a life spent in their rooms, chanting like a cult member and rehashing my former terrible life in-between cookies, coffee and cigarettes. The rooms which eventually become a lifelong prison sentence for the few who actually stay sober. I believed I could recreate myself with simple steps through the stages of recovery. A recovery where after two years I claimed complete and total cure from the addiction. A cure that has remained with me to this day. If you or someone you know has become addicted to alcohol, would you chance a program where it is a given that most will fail? Or would you rather pursue a method that gives complete recovery? The Small Book: How I Beat Alcoholism and Why Alcoholics Anonymous Doesn't Work, explains the fallacy and failure of the AA mindset and why so many in traditional twelve-step programs return to the bottle. It shows how to navigate through the early horrific waters of acute detox and the beginning of the long protracted withdrawal phase to the two year mark of cure. And finally, how to develop a mindset that will leave the horrors of addiction in the past so the former addict can begin the road to the reinvention of being.

The Surprising Truth About Addiction Treatment--and How to Get Help That Works

Bill W.

The Radical Choice to Not Drink in a Culture Obsessed with Alcohol

Journal

Quit Like a Woman

The Power of Habit

How I Beat Alcoholism and Why Alcoholics Anonymous Doesn't Work

Journal is a journey of how hopeless reaches limitless. In Journal you will find how a once broken child turned drug addict discovered simplicity in a complex world stacked against him. On this journey we will tear apart everyday living and rebuild it to find what held him back, and how it now sets him free. Journal discovers his truth in misunderstanding, and takes the readers along on a personal journey from suicide to love and peace. As you go through the story we will unfold the problems with day to day living, relationships, and writing new beliefs.

This Naked Mind has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks. This Naked Mind will give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of science and storytelling, This Naked Mind will open the door to the life you have been waiting for. "You have given me my live back." —Katy F., Albuquerque, New Mexico "This is an inspiring and groundbreaking must-read. I am forever inspired and changed." —Kate S., Los Angeles, California "The most selfless and amazing book that I have ever read." —Bernie M., Dublin, Ireland

Advises readers on finding suitable companions for creating a loving and happy relationship with or without marriage.

This unique text for undergraduate courses teaches students to apply critical thinking skills across all academic disciplines by examining popular pseudoscientific claims through a multidisciplinary lens. Rather than merely focusing on critical thinking grounded in philosophy and psychology, the text incorporates the perspectives of biology, physics, medicine, and other disciplines to reinforce different categories of rational explanation. The book is also distinguished by its respectful approach to individuals whose ideas are, according to the authors, deeply flawed. Accessible and engaging, it describes what critical thinking is, why it is important, and how to learn and apply skillsousing scientific methods--that promote it. The text also examines why critical thinking can be difficult to engage in and explores the psychological and social reasons why people are drawn to and find credence in extraordinary claims. From alien abductions and psychic phenomena to strange creatures and unsupported alternative medical treatments, the text uses examples from a wide range of pseudoscience fields and brings evidence from diverse disciplines to critically examine these erroneous claims. Particularly timely is the text's examination of how, using the narrative of today's "culture wars," religion and culture impact science. The authors focus on how the human brain, rife with natural biases, does not process information in a rational fashion, and the social factors that prevent individuals from gaining an unbiased, critical perspective on information. Authored by a psychologist and a philosopher who have extensive experience teaching and writing on critical thinking and skeptical inquiry, this work will help students to strengthen their skills in reasoning and debate, become intelligent consumers of research, and make well-informed choices as citizens. Key Features: Addresses the foundations of critical thinking and how to apply it through the popular activity of examining pseudoscience Explains why humans are vulnerable to pseudoscientific claims and how critical thinking can overcome fallacies and biases Reinforces critical thinking through multidisciplinary analyses of pseudoscience Examines how religion and culture impact science Enlightens using an engaging, entertaining approach Written by experienced and innovative scholar/educators well known in the skeptic community Features teaching resources including an Instructor's Guide and Powepoint slides

Control Alcohol, Find Freedom, Discover Happiness & Change Your Life

A Revolutionary Alternative for Overcoming Alcohol and Drug Dependence

Resisting 12-step Coercion

My Lines

Eating Disorders Anonymous

Inside Rehab

Why We Can't Trust Our Brains

This practical handbook takes a totally fresh approach to the work of pastoral counselors by drawing on recent research and developments in the health and behavioral sciences. Thoroughly revised and updated, this edition incorporates new or expanded coverage of topics such as: - a new chapter on Pastoral Self-Care which offers advice on maintaining psychological health, avoiding crisis, and preventing personal and occupational burnout - the integration of counseling with other pastoral roles and functions - pastoral counseling ethics - how to help people build personal motivation for change -grief counseling and crisis intervention - post-traumatic stress, physical and sexual abuse, and personality disorders

Offering an alternative to twelve-step programs, a supportive guide explains how to identify the impulse to use intoxicants, learn self-control, value sobriety, and replace addiction with self-supportive behaviors.

For those who want to moderate, control or eliminate alcohol drinking and for whom the standard 12-step approach of AA does not work. Supports goals of safer drinking, reduced drinking or quitting.

The Elements of Resume Style

Cult or Cure?

The Story of how Many Thousands of Men and Women Have Recovered from Alcoholism

A Memoir of Love, Sex, and Addiction

Why Early AA. Succeeded