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7 Tools To Beat Addiction (Paperback)

By Stanton Peele

Three Rivers Press, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. DO YOU WANT A LIFE WITHOUT ADDICTION? Whether you are battling drugs, nicotine, alcohol, food, shopping, sex, or gambling, 7 Tools to Beat Addiction is a hands-on, practical guide to overcoming 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, this book can help. In, 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.

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