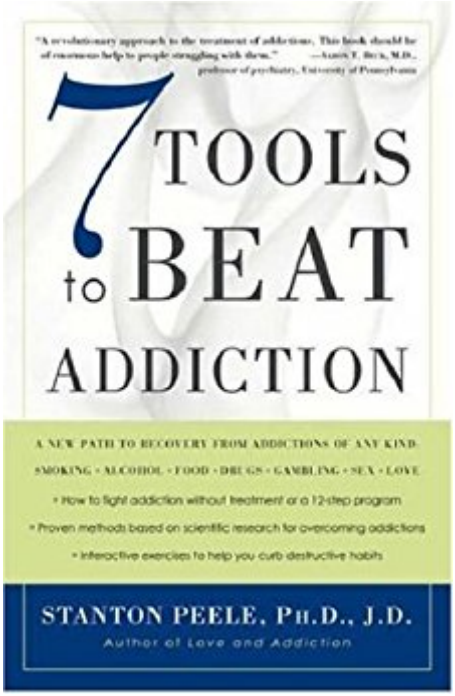
Ebook Directory
the best source of ebook

The book was found

7 Tools To Beat Addiction: A New Path To Recovery From Addictions Of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

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. PeeleÃ¢â ¬â„¢s approach is founded on the following tools:Ã¢â ¬Â¢Values Ã¢â ¬Â¢Motivation Ã¢â ¬Â¢Rewards Ã¢â ¬Â¢ResourcesÃ¢â ¬Â¢SupportÃ¢â ¬Â¢Maturity Ã¢â ¬Â¢Higher GoalsThis no-nonsense guide will put you in charge of your own recovery.From the Trade Paperback edition.

Book Information

File Size: 806 KB

Print Length: 290 pages

Publisher: Harmony (December 18, 2007)

Publication Date: December 18, 2007

Sold by:Ã Â Random House LLC

Language: English

ASIN: B000XUBE8E

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #272,726 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Gambling #26 inÃ Â Books > Health, Fitness & Dieting > Addiction & Recovery > Gambling #71 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Sexual Addiction

Customer Reviews

I've binge eaten for decades. This addiction has been an albatross around my neck all my adult life. I quit a 2-pack-a-day smoking habit 25 years ago and quitting smoking was nothing compared to trying to quit binge eating. Bingeing has kept me from living my life fully and has comprised my health. I've spent much of my life feeling like a member of the 'living dead.' I've tried every type of therapy, diet, you-name-it, including Overeaters Anonymous to stop this self-destructive behavior.I loved the camaraderie of OA and being around people who really got how difficult it is to stop bingeing. It's not a matter of 'just stop eating so much.' I didn't care for the 'powerless' part of OA or the idea that eating disorders are a 'disease.' Some people I met there go to meetings every single day. To me, that felt like substituting one type of imprisonment for another. Besides, many of the people I met at OA were still bingeing regularly and had experienced little success in beating their addictions. I stopped going.I would consider going there again to speak with others who understand what it means to have an eating disorder, but not because I have any faith in their methods. I'm a spiritual person with a strong faith in God but the OA message did not resonate with me. 'Hand my disease over to my higher power? Make amends for all the wrongs I've committed?' Why should I make amends? I know I'm not perfect, but neither is any other human being on the planet. I see no sense in spending time focusing on everything I've done wrong in my life. I have always tried to behave in an ethical and loving way toward my fellow man. I've fallen short, but I'ved tried to learn from my mistakes and I've done my best.I have not binged every single day of my life and have gone a maximum of four months without bingeing, so how could it be a disease? A diabetic can't say 'well today, I'm not going to be diabetic.' Now that's a disease, an honest-to-God medical condition. If I can eat normally even for a single day, I can choose to do it again - and again.I've been on an especially long, tough bender for several months, so I sought out some ideas to help me stop. I love this book. It reminded me of what I knew before and forgot - that it's up to me to stop bingeing. No support group, therapist, family member, etc. can stop me as I'm poised to start wolfing food down. It's up to me at that moment to say 'no' to the urge. To be reminded of how infantile and childish it is to give into my self-destructive urges has shaken me out of my addiction rut. This book was a gentle slap in the face. It has re-awoken me to the reality that I have a choice to binge or not binge. It's up to me. That makes me feel empowered.

"7 Tools to Beat Addictioin" is a superb read and comes highly recommended by Aaron T. Beck, the founder and creator of Cognitive Therapy. This book is also a viable and good alternative to the many"12-step treatment" type of addiction books. The reader is told, by real-life example after

example, the advantages of taking personal control of one's addiction, and not taking the role of "victim of disease" model of the 12 steps, originated in the Alcoholics Anonymous organization by Bill W. The biggest plus of this book is the practicality, sensibility and simplicity of implementing the 7 Tools, and the hope generated by the text throughout the book. People are able to quit addictions on their own [in many cases], with many examples and strategies given. In any event, this book should be on the book shelves of many baby boomers [and younger] who are prone to addiction today in our addiction-prone society, and who want more of a do-it-yourself approach to gain the upper hand over addictions of all types.

Excellent. Stanton Peele's books on recovery have been the most helpful (from all available resources) for me in recovering from addiction.

Very good information and advice. This is a totally different perspective, a good one.

Picked up this book for two reasons - alcohol and cigarettes. It is packed full of statistical data, but is a joy to read the personal experiences of patients, and inspirational to give up things that control us. It focuses on finding motivation for wanting to quit, your inner resources that you use on a daily basis to just get through life (organization, belief system, etc.) and makes the concept of "addiction" that it is not a disease, it is almost more of a personal decision to let something else control you. It does not discount the common 12-step process, but does offer an alternative for those of us who are not "group" type people.

This is the best tool that I've come across and, thankfully, is not AA based. Stanton's process is supported by hard research out of Stanford University. His approach is common sense, relatively easy to employ and is cost-effective. This book can change your life!

It was very practical. It took approach that one can fix his or her own addiction, which is seeminglyradical in our society. I liked it.

Great book with lots of information and fresh perspectives on addiction. Everyone should read this. It's an easy read but very impactful.

Download to continue reading...

7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol,

Food, Drugs, Gambling, Sex, Love Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling:Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction,Gambling,Compulsive Gambling,Roullette,Gambling Systems) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating The Gambling Addiction Recovery Workbook: Written by a Former Gambler (Gambling Addiction Cure, Compulsive Gambling, Problem Gambling, Gambling Stories) Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking,Stop Smoking Forever,Stop Smoking Addiction,Quit Smoking ... Methods to Quit Smoking, Healthier Life) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Recover to Live: Kick Any Habit, Manage Any Addiction: Your Self-Treatment Guide to Alcohol, Drugs, Eating Disorders, Gambling, Hoarding, Smoking, Sex and Porn Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Sex: Sex Guide: The Perfect Sex Guide For Unbelievable Sex (Sex, Sex Guide, Sex Positions, Sex Addiction, Seduction, Sex Stories, Sex Books, Foreplay, Alpha Male, Relationships, Marriage) Quit Smoking Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) The Ultimate Gambling Addiction Help Guide: How to Overcome a Gambling Addiction and Problem Gambling Once and for All Gambling Addiction Cure: How to Overcome Gambling Addiction and Stop Compulsive Gambling for Life WhatÃ¢â ¬â„¢s Your Excuse? Proven Step-by-Step Guide on How to Finally Quit Smoking!: Quit Smoking tips, Stop Smoking timeline, How to Quit Smoking easy, How to Stop Smoking for life Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease,

Lung Cancer, Smoking, Stop) Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer)

Contact Us

DMCA

Privacy

FAQ & Help