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Breaking Addiction A 7 Step Handbook for Ending Any

Finally a road map to recovery from the nation's most original thinker on addiction. In his revolutionary book The Heart of Addiction, Dr. Lance Dodes examined the underlying emotions that drive addictive behaviors whether drinking, gambling, sex, or eating. Now, in Breaking Addiction, Dodes presents a comprehensive guide outlining seven critical steps to overcome addiction, based on his

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The Heart of Addiction A New Approach to Understanding

Nobody has had an answer for why people with addictions continue to repeat them -- until now. For more than twenty years, distinguished psychiatrist Dr. Lance Dodes has been successfully helping people master their addictions -- alcoholism, compulsive gambling, smoking, sexual addiction, and more with a radical approach.

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Is Addiction Really a Disease Psychology Today

For many decades it's been widely accepted that alcoholism (or addiction) is a disease. The "disease concept" is taught in addiction training programs and told to patients in treatment programs.

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Addiction Journal New Books on Addiction

Compiled by Andrea L. Mitchell, SALIS: Substance Abuse Librarians and Information Specialists. Email: amitchell@salis.org Addiction publishes new book lists five times per year, both in print and on this website. Items are alphabetised by author within each list.

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Addiction doc says It s not the drugs It s the ACEs

He says: Addiction shouldn't be called addiction. It should be called ritualized compulsive comfort-seeking. He says: Ritualized compulsive comfort-seeking (what traditionalists call addiction) is a normal response to the adversity experienced in childhood, just like bleeding is a normal response to being stabbed. He says: The solution to changing the illegal or unhealthy

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Dark Night of the Collective Soul Psychopaths and Love

There is no anchor any more. At the core of the administration of the most powerful country on earth, there is, instead, madness. ~ Andrew Sullivan, The Madness of King Donald, The New Yorker It came as a twilight, an eerie dusk whose faded light revealed the shadows of long-hidden beasts.

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Every 70s Movie

Greetings from the wilderness beyond the wonderful world of Every 70s Movie! Although I've been enjoying a

much-needed reprieve after more than seven years of daily posting, I hope to resume tracking down missing titles in the near future, so, as promised when last we spoke, the conclusion of regular daily posting in April did not represent the end of this blog.

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