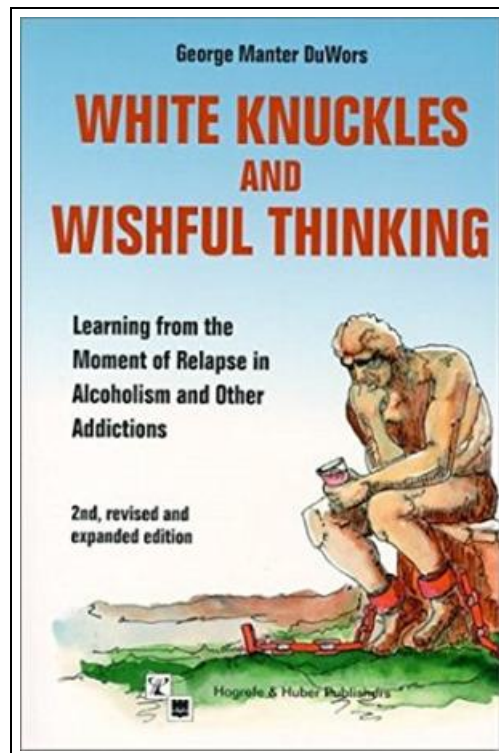


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Reviews

It is one of the most popular publications. It really is filled with knowledge and wisdom. It has been designed in an exceedingly straightforward way and it is merely soon after I finished reading this pdf by which it actually transformed me, affected the way in my opinion.
(Gerardo Rath)

WHITE KNUCKLES AND WISHFUL THINKING: HOW TO LEARN FROM THE MOMENT OF RELAPSE (2ND REVISED EDITION)



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Hogrefe Publishing. Paperback. Book Condition: new. BRAND NEW, White Knuckles and Wishful Thinking: How to Learn from the Moment of Relapse (2nd Revised edition), George DuWors, This book aims to explain the moment of relapse, and to provide practical help for counsellors and clients struggling to avoid relapse. The ideas and techniques are compatible with the Alcoholics Anonymous and other 12-Step programmes. DuWors explores the one relentless empirical fact about addictive relapse: at the moment of picking up the first drink/drug we all say one of two things - either "One won't hurt" (or a handful of "wishful" variations) or "Who cares?" (or a smaller, less frequent list of "white knuckle" variations). What does this mean? Why is it that so many different people - different addictions, different stages of the illness, different educational and cultural backgrounds - all say the same thing at this critical moment? After all, this is the very moment that treatment and recovery strive to prevent. And if we could understand it, might we not help more people not have to repeat it? This book comes to the conclusion we have to try and enter the psychic world of the person living it, as well as the perspective of the would-be helper. Like the author, we must sift through psychological and biological theory. But the theories mean nothing if they do not connect with human experience. The book is written for three main groups: (1) professionals and others fighting on the chemical dependency front; (2) trainees seeking to join the fray and their teachers; and (3) clients whose counsellors recommend it. Two specific relapse experiences are the main focus of this approach: (1) exactly how to deal with the actual moment and process of relapse itself; and (2) how the addict looks at himself before...



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