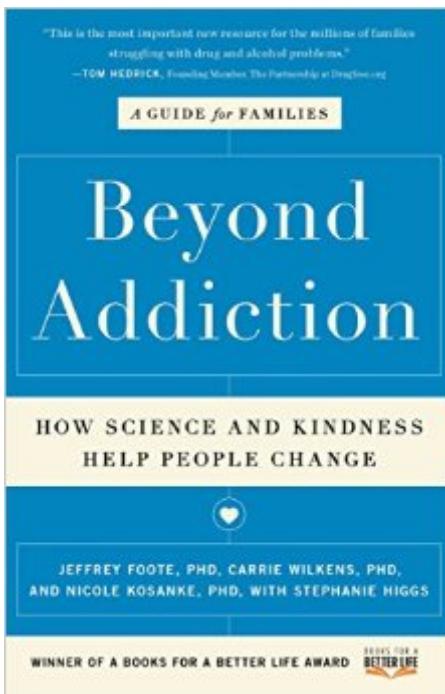


The book was found

Beyond Addiction: How Science And Kindness Help People Change



Synopsis

The groundbreaking method that upends current treatment models and âœoffers collective hope to families of substance abusersâ•(>), helping loved ones conquer addiction and compulsion problems through positive reinforcement and kindnessâ" from the leaders in progressive addiction treatment in the US. Beyond Addiction goes beyond the theatrics of interventions and tough love to show family and friends how they can use kindness, positive reinforcement, and motivational and behavioral strategies to help someone change. Drawing on forty collective years of research and decades of clinical experience, the authors present the best practical advice science has to offer. Delivered with warmth, optimism, and humor, Beyond Addiction defines a new, empowered role for friends and family and a paradigm shift for the field. This new approach is not only less daunting for both the substance abuser and his family, but is more effective as well. Learn how to use the transformative power of relationships for positive change, guided by exercises and examples. Practice what really works in therapy and in everyday life, and discover many different treatment options along with tips for navigating the system. And have hope: this guide is a life raft for parents, family, and friendsâ" offering âœreminders that although no one can make another person change, there is much that can be done to make change seem appealing and possibleâ•(>).

Book Information

Paperback: 352 pages

Publisher: Scribner; Reprint edition (December 30, 2014)

Language: English

ISBN-10: 1476709483

ISBN-13: 978-1476709482

Product Dimensions: 5.5 x 0.9 x 8.4 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsâ" See all reviewsâ (96 customer reviews)

Best Sellers Rank: #11,596 in Books (See Top 100 in Books) #17 inâ Books > Health, Fitness & Dieting > Mental Health > Codependency #38 inâ Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #46 inâ Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

Customer Reviews

As the father of an addict in recovery, I have read dozens of books on addiction, treatment, and self-help. Believe me when I say that this book is unlike any of the others I've read. Written by

people at the Center for Motivation and Change (CMC), Beyond Addiction is a truly unique guide for families who are dealing with a loved one's substance use issue. This book is not another "old school" book on addiction that tells families they have to force their loved one into rehab and totally detach from them. It's not another "tough love" book. Instead it teaches you how you can play an active, important role in affecting change in your loved one. Yes, you can actually *help* your loved one get better by using CRAFT (Community Reinforcement and Family Training): "a scientifically supported, evidence-based, clinically proven approach to helping families of substance abusers." According to the book, "CRAFT has three goals: 1.) to teach you skills to take care of yourself; 2.) to teach you skills you can use to help your loved one change; and 3.) to reduce substance use, period, whether your loved one gets formal treatment or not." I won't lie to you. Some of the strategies in Beyond Addiction may come as a shock to you if you're used to reading and hearing about the old school approaches to addiction, which frequently tell us that we are helpless when it comes to assisting a loved one. The book's subtitle itself--"How Science and Kindness Help People Change"--should give you a clue that this book is very different. Using kindness to help a substance user change? Seriously?? Yes! And the authors explain the concept very thoroughly.

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