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## File Type PDF Addiction Why Cant They Just Stop

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**KEY=THEY - MARITZA CHERRY**

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## Addiction

### Why Can't They Just Stop?

*Rodale* **One question that anyone who has witnessed addiction up close inevitably asks is, "Why can't they just stop?" For decades the question has confounded addicts, their families, and the doctors and specialists trying to help them. Now it can finally be answered. Thanks to major leaps in the scientific understanding of addiction, an entirely new portrait of this frightening disease has come into focus. The new science tells us that addicts, in part, are unable to quit using drugs or alcohol because chemical changes in their brains prevent them from doing so. In this penetrating look at how addiction works, editors John Hoffman and Susan Froemke (producers of the HBO documentary series ADDICTION) have turned more than two years of research and reporting into a vitally important guide for any family faced with the disease. New imaging technology has enabled scientists to peer inside the addicted brain and observe in real time what craving for drugs and alcohol looks like chemically. It is now possible to literally see the ways that substances like cocaine, heroin, and alcohol alter the brain's "Stop!" and "Go!" decision-making processes. Better scientific understanding has yielded innovations in behavioral therapies, while new medications that can be prescribed by family doctors have been clinically proven to reduce craving in alcoholics and opiate addicts. The result? As *Addiction: Why Can't They Just Stop?* reports in riveting detail, there is new hope for anyone struggling with addiction. The stories about scientists, doctors, researchers, and families that face addiction gathered in this book testify to the fact that the tide has turned. Yes, recovery remains an imperfect process. It must be tailored to the needs of the individual; it may take years to achieve remission. But, armed with the new science-based understanding of the disease, experts have created treatments that are ever more precise and effective—making recovery a realistic goal for all addicts. The evidence is in. The battle against the addiction epidemic can—and should—be won.**

### Why Don't They JUST QUIT?

### Hope for families struggling with addiction.

*Changing Lives Foundation* **Updated Edition! Contains new chapters and info on: Heroin, Shame & Stigma, Harm Reduction, Marijuana, Synthetic Drugs, 12-Step Groups & The Church, and much more! Real-life solutions to help you now! Watching a loved one immersed in an intense battle with alcohol and drug abuse may be the most difficult, complex and harrowing experience you'll ever have. This book offers a message of hope to families and friends, giving practical solutions so they can help anyone struggling with addiction to begin the road to recovery. You'll discover: - Why a person doesn't have to hit rock-bottom before getting help. -When helping is actually hurting. -Why quitting is not the same as recovering. -How to deal with a relapse. -The importance of faith and hope in recovery. -Why a parent would leave their child due to their addiction. -How to effectively intervene. Answers to over 30 common, and not so common questions. Inspiring first-hand recovery stories from real people! Praise for *Why Don't They Just Quit?* This book is a must read. . . I consider *Why Don't They Just Quit?* to be one of the top five recovery books for families. -- Nicholas Taylor, Ph.D., Licensed Clinical Psychologist, National Expert on the Treatment of Methamphetamine Addiction Everyone needs to read this book. After 25yrs of drinking it has saved my life. --Craig M., New Philadelphia, Ohio God bless you. Al-Anon and AA are a Godsend, but I have found other books to be very general and a little outdated with today's times. Joe's book has answered so many questions for me that I can relate to and put into practice. --D.B., Lakewood, Colorado . . . stayed up late last night reading various parts of it; inspiring! This book is for people like me; someone with chemically addicted people in their life-- a must read for the addicted and those who care about them. --Donna Schwartz, MFT, CAC III Valley Hope Treatment Services in Colorado, former Family Program Therapist of Parker Valley Hope Treatment Center This book was a Godsend! I have struggled as a parent of an addict for years, and now I am finally able to see that it is not in my ability to heal him! This book was life changing, LIFE CHANGING! I can now begin to recover myself, even if my child doesn't! Thank you Joe, for writing this book! --Shelley K. (parent) Joe's book helps us to understand the addiction and recovery process. He combines a lifetime of personal and professional experience dealing with this issue in a practical and highly personal overview. The book is excellent. I wish I had read it a year ago. --Sheriff Joe Pelle, Boulder County, Colorado As a Mother, I found this book to be full of**

empathy, tough-love and practical information. I especially appreciate that Joe included the spiritual part of recovery, which other resources often avoid. --Vicki Beatty, Celebrate Recovery Leader/Covenant Chapel, Leawood, Kansas This book will be valued by many, many people. A very meaningful gift of God's grace to families who need sanity in the middle of their runaway insanity. --Mike Richards Jr., Director of Recovery Ministries/International Bible Society, Houston, Texas Many of you reading this book are facing the battle of your life. Alcohol and drugs consumed my daughter's life. I can't put into words the anguish of attending my daughter's funeral. I wish I would have had this book long ago. Maybe Mia would still be here. I didn't know how to help her. This book is full of answers I could have used. -- Pam M. (Mia's Mom), Niwot, Colorado

## Addiction

### Why Can't They Just Stop?

### Why Can't They Just Stop?

## Seeing Addiction Through the Lens of God's Grace

Why can't you just stop drinking? Why don't you stop getting high? We're broke because of your gambling! Can't you see what you're doing to me and how you're destroying our family? Why don't you stop, and why don't you care?! If these questions sound familiar, then this book is for you. Because it's not just a book about addiction and treatment options. It's also a resource to show you what God says about addiction-and how you can be a minister of his grace to those who struggle with it.

## The Biology of Desire

## Why Addiction Is Not a Disease

*PublicAffairs* Through the vivid, true stories of five people who journeyed into and out of addiction, a renowned neuroscientist explains why the "disease model" of addiction is wrong and illuminates the path to recovery. The psychiatric establishment and rehab industry in the Western world have branded addiction a brain disease. But in *The Biology of Desire*, cognitive neuroscientist and former addict Marc Lewis makes a convincing case that addiction is not a disease, and shows why the disease model has become an obstacle to healing. Lewis reveals addiction as an unintended consequence of the brain doing what it's supposed to do—seek pleasure and relief—in a world that's not cooperating. As a result, most treatment based on the disease model fails. Lewis shows how treatment can be retooled to achieve lasting recovery. This is enlightening and optimistic reading for anyone who has wrestled with addiction either personally or professionally.

## Why Can't I Stop?

## Reclaiming Your Life from a Behavioral Addiction

*Johns Hopkins University Press* Featuring patient stories of behavioral addiction and recovery, as well as information about treatment centers, this compassionate guide will help readers better understand the complicated issues surrounding these addictions and teach family members how to help the addicted person while helping themselves.

## Drugs, Brains, and Behavior

## The Science of Addiction

"*Drugs, Brains, and Behavior*" is an online textbook written by C. Robin Timmons and Leonard W. Hamilton. The book was previously published by Prentice Hall, Inc. in 1990 as "Principles of Behavioral Pharmacology." The authors attempt to develop an understanding of the interpenetration of brain, behavior and environment. They discuss the chemistry of behavior in both the literal sense of neurochemistry and the figurative sense of an analysis of the reactions with the environment.

## The Urge

## Our History of Addiction

*Penguin* An authoritative, illuminating, and deeply humane history of addiction—a phenomenon that remains baffling and deeply misunderstood despite having touched countless lives—by an addiction psychiatrist striving to understand his own family and himself “Carl Erik Fisher’s *The Urge* is the best-written and most incisive book I’ve read on the history of addiction. In the midst of an overdose crisis that grows worse by the hour and has vexed America for centuries, Fisher has given us the best prescription of all: understanding. He seamlessly blends a gripping historical narrative with memoir that doesn’t self-aggrandize; the result is a full-throated argument against blaming people with substance use disorder. *The Urge* is a propulsive tour de force that is as healing as it is enjoyable to read.”—Beth Macy, author of *Dopesick* Even after a decades-long opioid overdose crisis, intense controversy still rages over the fundamental nature of addiction and the best way to treat it. With uncommon empathy and erudition, Carl Erik Fisher draws on his own experience as a clinician, researcher, and alcoholic in recovery as he traces the history of a phenomenon that, centuries on, we hardly appear closer to understanding—let alone addressing effectively. As a psychiatrist-in-training fresh from medical school, Fisher was soon face-to-face with his own addiction crisis, one that nearly cost him everything. Desperate to make sense of the condition that had plagued his family for generations, he turned to the history of addiction, learning that the current quagmire is only the latest iteration of a centuries-old story: humans have struggled to define, treat, and control addictive behavior for most of recorded history, including well before the advent of modern science and medicine. A rich, sweeping account that probes not only medicine and science but also literature, religion, philosophy, and public policy, *The Urge* illuminates the extent to which the story of addiction has persistently reflected broader questions of what it means to be human and care for one another. Fisher introduces us to the people who have endeavored to address this complex condition through the ages: physicians and politicians, activists and artists, researchers and writers, and of course the legions of people who have struggled with their own addictions. He also examines the treatments and strategies that have produced hope and relief for many people with addiction, himself included. Only by reckoning with our history of addiction, he argues—our successes and our failures—can we light the way forward for those whose lives remain threatened by its hold. *The Urge* is at once an eye-opening history of ideas, a riveting personal story of addiction and recovery, and a clinician’s urgent call for a more expansive, nuanced, and compassionate view of one of society’s most intractable challenges.

## Fall to Pieces

## A Memoir of Drugs, Rock 'n' Roll, and Mental Illness

*Harper Collins* The fashion model and wife of musician Scott Weiland presents an account of her struggles with addiction and mental illness, including the highly publicized Burbank hotel scandal that revealed her drug abuse and bipolar disorder.

## Why Can't I Stop Eating?

## Recognizing, Understanding, and Overcoming Food Addiction

*Simon and Schuster* This straight-talking book puts the widespread problem of food addiction into clear perspective and points the way to a life free of the obsession with food. Why can't I stop eating? If, like millions of others, you often ask yourself this question, you may be addicted to food. The food you eat may be precisely what makes you crave more...and more. This straight-talking book puts the widespread problem of food addiction into clear perspective and points the way to a life free of the obsession with food. Debbie Danowski, whose food addiction nearly ruined her life, and Peter Lazaro combine forces to give readers a full understanding of this debilitating condition: its sources, patterns, consequences, and physiological underpinnings. Unlike fad diets and drugs with their side effects, hidden costs, and infamous failure rates, the program outlined in this book goes to the root cause of chronic overeating and puts the tools for a lifelong cure into the hands of anyone willing to accept responsibility for a healthy, happy future.

## The Alcoholic / Addict Within: Our Brain, Genetics, Psychology and the Twelve Steps as Psychotherapy

*Smashwords* A doctor in recovery provides a guided tour through the brain changes, genetics, and psychology that cause addiction... and how to use this information to beat addiction. *The Alcoholic / Addict Within* is a book that empowers alcoholics and addicts - and those who wish to understand them - with an understanding of the science behind why we become addicted, why we do the things we do, and why it is so difficult to stop. The science is presented in everyday language, and with a sense of humor that makes it a fun read. The information enables a deeper understanding of ourselves and our addiction. It allows those who love us to get a look inside us, and (for once) find an

understanding of our disease. Anyone who reads this will never again ask us: "why don't you just stop?!?" They will see first hand that alcoholism / addiction is a disorder of biology and not a failing of morality. They will learn how they can best help us. The 12 Steps are used as a framework for applying the science to recovery. The 12 Step program was chosen because it is remarkably consistent with all aspects of the science of addictions. For those working the 12 Steps or sponsoring others the information will enrich the experience by matching the science to the program. For those who are not involved in that program the information is equally applicable to their own recovery. The science is used to explain the basis of some effects widely experienced by people in recovery: the "insanity" of alcoholism/addiction, the "pink cloud" effect, relapse dreams, hostage-taking, "wet brain," co-dependency, relationships, and obsession. Also addressed are important recovery issues such as self-esteem, coming to terms with past traumas, dealing with anger, finding peace-of-mind, self-forgiveness, and putting a stop to cravings. The question: "do I have an alcoholism / addiction gene, and will I pass it on to my children?" is answered. Also explored are the intimate ties between alcoholism / addiction and mental illness. They are so alike we can barely tell them apart, and so woven together that one can kindle the fire of the other. In fact, it can be very difficult - sometimes impossible - to figure out which came first and brought the other on. Or even to tell them apart. We get to the bottom of this compelling issue that affects well over half of addicts and alcoholics. The book speaks to many audiences. The main audience is alcoholics/addicts and those who wish to help and understand them. Loved ones, teachers, clergy, medical professionals, counsellors and therapists, all will gain insight and understanding.

## Easy Way To Control Alcohol Explained By This Naked Mind

## Alcoholic Sobriety Big Book with Recovery Detox Plan To Stop Drinking Now, Find Peace and Enjoy Sober Living Forever

Did you want to know when and how to say no to alcohol? How many time have you found yourself in this situation telling yourself you are going to stop drinking only to found yourself back in the same circle.? As someone who has been there, I can't blame you for not keeping to your word, it's not about how discipline or learned you are it is just that you are addicted or dependent. I can't remember the number of alcohol related problem my addiction put me into. The shame, embarrassment, health problems, and depression just to mention few, I have seen and feel it all that's why I don't want you to go through the same route of self-destruction. As alcohol dependency is something that can't be formed in simple terms, alcohol dependency in general is refers to the situation of being obsessed to continue drinking even when you know it's harmful to your health, being addicted to alcohol means you are not in control of the intake. I want you to imagine how your life would look like if you are not addicted to alcohol, the better quality health you would have, the extra money you would save, the feeling you get when you know you are being respected in the communities, among your peers, etc. how did you feel? I know you can't imagine it as life without alcohol is too dreadful for an addict to imagine. Even if you want to quit, the reality of the situation is that the addicted part of you won't make this easy, as it won't join force with the part of you that want to stop. This part of you is the dependent which will make your sober journey difficult. First of all in order to take control what you need is to be honest with yourself, take a look at the danger alcohol has caused or can caused you, and you need to understand that continuing this kind of life will carry you downhill. If you are one of these occasional drinker, your life might be looking great from an outside point of view. But you are likely to run into severe health problems or death from drinking illness such as cirrhosis, merely because you don't feel like giving up alcohol earlier, like those drinker who use to get knocked up by alcohol. To quit alcohol you will not only need reading the content of this book but likewise you need to choose strategy in order to help free yourself from the ceaselessly drinking of alcohol. This is where the focused of this book come in, which is to help you decide and provide the best and the suitable strategy for you. The main goal of this book is to show you how to stop/control your alcohol intake but at the end you'll Learn the ancient and modern treatment alcohol. Know how to handle urges. How to say no to people in the most respectable way and not feel awkward about it. Learn about the nutritious food you can use to cure your craving. Learn how to center and improve your brain on what is important And lots more Would you rather keep going this dangerous downhill, which is making you embarrassing your love one, which you will later cause you to spend huge sum of money on therapy, or spend an hour to know how and what you need to do to quit alcohol? Scroll and up and click the buy Now Button to get started Your organs will thank you for this action you are taking..

## End-of-Life Care and Addiction

## A Family Systems Approach

*Springer Publishing Company* **Named a 2013 Doody's Core Title!** "Bushfield and DeFord offer us an excellent, informed and sensitive work that speaks both of the erosion of family systems due to addiction and the complications that arise when these victimized families face end-of-life care." --*Illness, Crisis and Loss* With a growing elderly population comes an increased need to recognize the medical and psychological needs of older adults suffering from addiction, particularly towards the end of life. This guide describes the challenges such persons and families present to those providing end-of-life care, and shows caregivers how to best negotiate these issues with clients and their families. The authors place special emphasis on the role of the family, presenting a cohesive family systems approach to end-of-life care. The book demonstrates how hospice teams can work collaboratively with the client and family to help alleviate some of the emotional stress and pain of addiction. The authors also present practical guidelines for recognizing and diagnosing addiction, determining appropriate interventions, and outlining special concerns for addicted people in end-of-life care. **Key features:** Identifies the known markers of substance abuse and appropriate interventions Provides guidance on how to address the physiological, psychological, and spiritual effects of addiction Details what every hospice team needs to know about family systems theory Discusses the emotional process of addicted clients, and what hospice teams, caregivers, and family members can do to help

## Get Your Loved One Sober

## Alternatives to Nagging, Pleading, and Threatening

*Simon and Schuster* **The first general consumer book ever on the powerful, award-winning, scientifically proven new system of intervention that is turning the recovery field on its head.** Historically there have been few options available for individuals seeking help for treatment-resistant loved ones suffering from substance abuse. Co-author Dr. Robert Meyers spent ten years developing a treatment program that helps Concerned Significant Others (CSOs) both improve the quality of their lives and to learn how to make treatment an attractive option for their partners who are substance abusers. *Get Your Loved One Sober* describes this multi-faceted program that uses supportive, non-confrontational methods to engage substance abusers into treatment. Called Community Reinforcement and Family Training (CRAFT), the program uses scientifically validated behavioral principles to reduce the loved one's substance use and to encourage him or her to seek treatment. Equally important, CRAFT also helps loved ones reduce personal stress and introduce meaningful, new sources of satisfaction into their life. **Key Features:** CRAFT is more effective than other types of interventions. This breakthrough new system is sweeping the recovery field. This is its first introduction to the general public. Contains simple exercises readers can practice at their own pace, with no costly or heart-breaking interventions. Proven successful for numerous addictions, not just alcoholism.

## Unbroken Brain

## A Revolutionary New Way of Understanding Addiction

*St. Martin's Press* **A NEW YORK TIMES BESTSELLER** More people than ever before see themselves as addicted to, or recovering from, addiction, whether it be alcohol or drugs, prescription meds, sex, gambling, porn, or the internet. But despite the unprecedented attention, our understanding of addiction is trapped in unfounded 20th century ideas, addiction as a crime or as brain disease, and in equally outdated treatment. Challenging both the idea of the addict's "broken brain" and the notion of a simple "addictive personality," *The New York Times Bestseller, Unbroken Brain*, offers a radical and groundbreaking new perspective, arguing that addictions are learning disorders and shows how seeing the condition this way can untangle our current debates over treatment, prevention and policy. Like autistic traits, addictive behaviors fall on a spectrum -- and they can be a normal response to an extreme situation. By illustrating what addiction is, and is not, the book illustrates how timing, history, family, peers, culture and chemicals come together to create both illness and recovery- and why there is no "addictive personality" or single treatment that works for all. Combining Maia Szalavitz's personal story with a distillation of more than 25 years of science and research, *Unbroken Brain* provides a paradigm-shifting approach to thinking about addiction. Her writings on radical addiction therapies have been featured in *The Washington Post*, *Vice Magazine*, *The Wall Street Journal*, and *The New York Times*, in addition to multiple other publications. She has been interviewed about her book on many radio shows including *Fresh Air with Terry Gross* and *The Brian Lehrer show*.

## How to Help an Addict

## Identifying and Understanding Your Addict's Behavior to

## Speed Up and Ease Recovery

*Createspace Independent Publishing Platform* **Understanding addiction is the only way to help a drug addict overcome their problem. This book helps you not only understand addicts and their behaviors, but also to identify and understand the triggers that make addicts continue to abuse drugs. Sections are divided into the four main types of addicts. At the end of each section you are given easy action steps you can use to speed up and ease the process of recovery for any addict. This book is for anyone who loves an addict. It was written by Christopher Martin, a former drug addict who was addicted to some of the worst drugs you can imagine for over a decade. He has seen things firsthand that no doctor or addiction specialist will ever know about. If you've spent your time worrying about an addict, trying to help them with rehab, detox and interventions this book is for you. The truth is, most of the things taught in colleges and in treatment centers don't work. If they did work then rehab would not be the revolving door that it is. Treatment centers and specialists are not trained to help the root causes of drug and alcohol addiction. Most time addicts come out worse off than when they started. To beat addiction you need to understand what caused it, and what continues to trigger the addict's brain - they are not always the same thing. Addicts and alcoholics tend to only listen to other addicts and alcoholics. That's because they can understand and relate to each other. This book gives you the knowledge and experience to do the same. Now you can help the addict you love because you will know more about what they are going through, and how to stop it. This is a short, easy to read action plan that dives into the nitty gritty behaviors that drug addicts try to hide. Knowing and understanding these things gives you an advantage over addiction, which will help you callout your addict and make them understand what they are doing. Often addicts do not realize the things they do until it's too late. This book helps you put an end to that vicious cycle. If you love someone you feel like you are losing to drug addiction this book is for you. There is light at the end of the tunnel. There is a positive outcome waiting just around the corner for you. Take advantage of the real-world experience this author has to offer. Don't wait until it's too late. Don't let addiction carry someone you love even further down the wrong road. Get your copy now.**

## In the Realm of Hungry Ghosts

### Close Encounters with Addiction

*North Atlantic Books* **From bestselling author Gabor Maté, the essential resource for understanding the roots and behaviors of addiction--now with an added introduction by the author. Based on Gabor Maté's two decades of experience as a medical doctor and his groundbreaking work with the severely addicted on Vancouver's skid row, In the Realm of Hungry Ghosts radically reenvision this much misunderstood field by taking a holistic approach. Dr. Maté presents addiction not as a discrete phenomenon confined to an unfortunate or weak-willed few, but as a continuum that runs throughout (and perhaps underpins) our society; not a medical "condition" distinct from the lives it affects, rather the result of a complex interplay among personal history, emotional, and neurological development, brain chemistry, and the drugs (and behaviors) of addiction. Simplifying a wide array of brain and addiction research findings from around the globe, the book avoids glib self-help remedies, instead promoting a thorough and compassionate self-understanding as the first key to healing and wellness. In the Realm of Hungry Ghosts argues persuasively against contemporary health, social, and criminal justice policies toward addiction and those impacted by it. The mix of personal stories—including the author's candid discussion of his own "high-status" addictive tendencies—and science with positive solutions makes the book equally useful for lay readers and professionals.**

## Caught in the Net

### How to Recognize the Signs of Internet Addiction--and a Winning Strategy for Recovery

*John Wiley & Sons* **"I don't even help [my children] with their homework in the evening because I'm in the chat rooms, and I don't help put them to bed because I don't realize how late it is. I also don't help them get ready for school in the morning like I used to do because I'm checking my e-mail. And I just can't stop myself."-Raymond, an Internet addict. Internet addiction is real. Like alcoholism, drug addiction, or compulsive gambling, it has devastating effects on the lives of addicts and their families: divorce, job loss, falling productivity at work, failure in school, and, in extreme cases, criminal behavior. The problem has already reached epidemic proportions in the United States, and the number of "netaholics" continues to grow rapidly as more households and businesses go on-line. Yet, until now, no one from the mental health community has come forward with a specific description of Internet addiction and its effects or a strategy for treatment and recovery. In Caught in the Net, Kimberly Young shares the results of her three-year study of Internet abuse. Often using the words of the Internet addicts themselves, she presents the stories of dozens of lives that were shattered by an overwhelming compulsion to surf the Net, play MUD games, or chat with distant and invisible neighbors in the timeless limbo of cyberspace. Why is the Internet so seductive? What are the warning signs of Internet addiction? Is recovery possible? Dr. Young answers these questions and many more. She provides a questionnaire to help Net users determine whether they are addicts, and offers concrete steps to help problem users regulate Internet usage and devise a more balanced place for it in their daily lives. For Internet addicts as well as their**

parents, spouses, friends, and employers, *Caught in the Net* offers guidance on where and how to seek help from counselors, therapists, and other professionals who take this affliction seriously. For mental health professionals, this book provides insights into the nature and causes of Internet addiction and encourages counselors and therapists to expand their addiction recovery programs to address the specific problems of Internet addicts. "Think that computer addiction is a joke? Think again. This groundbreaking book is the first to explore on-line addiction in a serious way and to consider the effects on individuals and their families. *Caught in the Net* is an important book for anyone who spends mornings and evenings connected to the Net."-Clifford Stoll, author of *The Cuckoo's Egg* and *Silicon Snake Oil*. "An excellent account of the dangers of the burgeoning Internet industry. Dr. Young carefully outlines the traps into which people can fall and offers pragmatic self-help suggestions. *Caught in the Net* is valuable for both consumers and the professionals who deal with them."-Maressa Hecht Orzack, PhD, Founder and Coordinator, Computer Addiction Services, McLean Hospital Lecturer, Harvard University Medical School "I don't mean to spend all my time this way, but I can't stop. It's the only place my opinion matters and I feel important."-bobage38.automechanic.internet.addict "I feel guilty about it, but when I tried to break free, I simply didn't have the strength....I'm a long-time smoker, but I've found the craving to go on the Internet first thing every morning is stronger than my urge to light a cigarette."-marylouage40.motheroffour.internet.addict "When you're talking about the Internet, you're talking about power. It's the most powerful information tool I have ever known. When I explore the on-line world, I feel like that robot in the movie *Short Circuit*. I need more input! More input!"-daveage28.militarytelecommunicationsexpert.internet.addict "I feel the rush every time my mind gets connected to this intensely powerful information whirlpool. When I enter cyberspace, I become one with my mind. It's like Mr. Spock doing the Vulcan mind meld."-joshage29.computerprogrammer.internet.addict itt.edu and view her website at: [www.netaddiction.com](http://www.netaddiction.com).

## Addiction Recovery Advice

### How To Overcome An Addiction: How To Get Over The Addiction

If you struggle with addiction, seeking treatment is a powerful, positive first step toward eventual recovery. But gaining an understanding of the causes of addiction - such as feelings of helplessness or loss of control - is also crucial for recovery. In this book, you will learn: - How addictions develop and strengthen. This is important because unless you understand how addiction works, you will struggle to beat it. - Why you can't just "stop" doing what you're doing, it's not as simple as that and I explain exactly why. - How to learn to be the master of your thoughts so you never feel you are weaker than your addiction. I can assure you that you are fully in control. - How addiction can be far more harmful than you might think. It can lead you down a path that can be very hard to escape unless you understand exactly how. - What the different types of addiction are, they don't all work in the same way, so you may have to treat yours differently from someone else's. I teach you how to do this. After reading and acting on the tips provided, you will: - Gain control over the inner voice nagging you to indulge your addictions - Break the cycle of initial use, withdrawal and then relapse - Fully understand why it has been so difficult for you to quit your addictions in the past, and the tried and tested methods to do it once and for all.

## Beyond Addiction

### How Science and Kindness Help People Change

*Simon and Schuster* Leading innovators in progressive addiction treatment outline a science-based program for overcoming addiction-related problems, demonstrating how to effectively use positive reinforcement and motivational and behavioral strategies. (Self-Help)

## Addiction Recovery Skills

### How To Conquer The Addiction: Stages Of Addiction Recovery

If you struggle with addiction, seeking treatment is a powerful, positive first step toward eventual recovery. But gaining an understanding of the causes of addiction - such as feelings of helplessness or loss of control - is also crucial for recovery. In this book, you will learn: - How addictions develop and strengthen. This is important because unless you understand how addiction works, you will struggle to beat it. - Why you can't just "stop" doing what you're doing, it's not as simple as that and I explain exactly why. - How to learn to be the master of your thoughts so you never feel you are weaker than your addiction. I can assure you that you are fully in control. - How addiction can be far more harmful than you might think. It can lead you down a path that can be very hard to escape unless you understand exactly how. - What the different types of addiction are, they don't all work in the same way, so you may have to treat

yours differently from someone else's. I teach you how to do this. After reading and acting on the tips provided, you will: - Gain control over the inner voice nagging you to indulge your addictions - Break the cycle of initial use, withdrawal and then relapse - Fully understand why it has been so difficult for you to quit your addictions in the past, and the tried and tested methods to do it once and for all.

## It's Not Okay to Be a Cannibal

## How to Keep Addiction from Eating Your Family Alive

*Simon and Schuster* Today's top addiction consultants guide families devastated by a loved one's addiction. Two of today's top addiction consultants guide families devastated by a loved one's addiction. As countless families can attest, addiction is a disease that destroys families, not just individuals. Secrecy, depression, anger, and confusion are hallmark traits of addicted families. Addiction wrecks the family's home life, consumes the family's financial resources, and depletes the family's emotional reserves. Now, having helped thousands of families confront addiction, two of the nation's leading interventionists, Robert Poznanovich and Andrew T. Wainwright, have created a survival guide for families. With compelling case histories and real-life scenarios, the authors set forth a practical course of action for families to break free from the grip of addiction, a process that culminates with an intervention for the addict. The process liberates and forever changes the family. Even if the addict refuses treatment, truth about addiction has been spoken during the intervention and the family is free to move ahead with or without the addict. In 2001, authors Andrew T. Wainwright and Robert Poznanovich founded Addiction Intervention Resources, Inc. (AIR), a national behavioral health consulting, intervention and recovery management company that provides solutions to families and organizations that are struggling as a result of addictions, eating disorders, and mental illness in their homes and offices. They specialize in alcohol intervention, drug addiction intervention, sex addiction intervention, gambling intervention, eating disorder intervention and other compulsive self-destructive behavior interventions as well as mental health intervention and crisis management.

## Sexual Addiction: Understanding and Treatment

## Textbook and Reference Manual

*AuthorHouse* The book **Sexual Addiction: Understanding and Treatment** introduces graduate-level students to the field of sexual addiction. Graduate schools seek a textbook that specifically addresses the dynamics of sex addiction to complete their counseling education curriculum. Some professors have indicated that there is a dearth of targeted instructional content. This book fills that need. As a compendium of Dr. Carnes' research related to the treatment of sexually addicted men and women, the book will serve as clinical manual for therapists. Therapists are invited to use the recovery program presented as an effective treatment regimen for sex addicts. Internet pornography addicts men and women who have a weakness for sexual stimulation. One estimate is that as much as half of the male population and a third of the female population are addicted to pornography. The need for a relevant clinical tool is real. As such, the book contains thirty-six therapeutic exercises to help sexually addicted men and women, in conjunction with sex addiction therapy, to achieve long-term sexual sobriety.

## Irresistible

## The Rise of Addictive Technology and the Business of Keeping Us Hooked

*Penguin* "Irresistible is a fascinating and much needed exploration of one of the most troubling phenomena of modern times." —Malcolm Gladwell, author of New York Times bestsellers *David and Goliath* and *Outliers* "One of the most mesmerizing and important books I've read in quite some time. Alter brilliantly illuminates the new obsessions that are controlling our lives and offers the tools we need to rescue our businesses, our families, and our sanity." —Adam Grant, New York Times bestselling author of *Originals* and *Give and Take* Welcome to the age of behavioral addiction—an age in which half of the American population is addicted to at least one behavior. We obsess over our emails, Instagram likes, and Facebook feeds; we binge on TV episodes and YouTube videos; we work longer hours each year; and we spend an average of three hours each day using our smartphones. Half of us would rather suffer a broken bone than a broken phone, and Millennial kids spend so much time in front of screens that they struggle to interact with real, live humans. In this revolutionary book, Adam Alter, a professor of psychology and marketing at NYU, tracks the rise of behavioral addiction, and explains why so many of today's products are irresistible. Though these miraculous products melt the miles that separate people across the globe, their extraordinary and sometimes damaging magnetism is no accident. The companies that design these products tweak them over time until they become almost impossible to resist. By reverse engineering behavioral addiction, Alter explains how we can harness addictive products for the good—to improve how we communicate with each other, spend and save our money, and set boundaries between work and play—and how we can mitigate their most damaging effects on our well-being, and the

health and happiness of our children. Adam Alter's previous book, *Drunk Tank Pink: And Other Unexpected Forces that Shape How We Think, Feel, and Behave* is available in paperback from Penguin.

## Ways To Quit The Addition Easily

# Ending Your Addictions Tips: How To Withdrawal Addiction

If you struggle with addiction, seeking treatment is a powerful, positive first step toward eventual recovery. But gaining an understanding of the causes of addiction - such as feelings of helplessness or loss of control - is also crucial for recovery. In this book, you will learn: - How addictions develop and strengthen. This is important because unless you understand how addiction works, you will struggle to beat it. - Why you can't just "stop" doing what you're doing, it's not as simple as that and I explain exactly why. - How to learn to be the master of your thoughts so you never feel you are weaker than your addiction. I can assure you that you are fully in control. - How addiction can be far more harmful than you might think. It can lead you down a path that can be very hard to escape unless you understand exactly how. - What the different types of addiction are, they don't all work in the same way, so you may have to treat yours differently from someone else's. I teach you how to do this. After reading and acting on the tips provided, you will: - Gain control over the inner voice nagging you to indulge your addictions - Break the cycle of initial use, withdrawal and then relapse - Fully understand why it has been so difficult for you to quit your addictions in the past, and the tried and tested methods to do it once and for all.

## Death to Addiction

# The Ultimate Guide to Fast Recovery from Food, Alcohol, Drug and Sex Problems Without Sacrificing Your Lifestyle

What is the scariest thing you can think of? For me, it was overdosing at 27 years old in my friend's basement. Knocked out cold, alone, helpless and at death's door, it was the culmination of a decade-long battle against my desires and addictions. In the time leading up to this, I had been reckless towards not only the people around me, but myself and my body. The addictions that had me imprisoned stemmed from simple issues like overeating on a daily basis to more extreme problems like abusing drugs in the search for that next high. By the time I left high school, I was already addicted to alcohol, food and drugs - sex completed the full cycle soon enough. I was a hundred pounds overweight. I underperformed at work and at home. I spent my days on a high or planning the next one. I had lost all hope in myself and my future. I was a nobody living in an empty body. I took down my mirror because I couldn't bear to look at the stranger that I saw within its depths. I was killing myself, yet I could not bring myself to stop the rut. I made resolutions to quit on a daily basis. I hated what was happening to me, yet could not stop it. Things came to a head when I came within a whisker of death a few weeks after my 27th birthday. That near-death experience saved my life, and gave me a new chance to fight off my addictions. I fought a winning battle and I stand here, almost three decades later, an expert in addiction recovery. I was one of the lucky ones; many people get killed or fail to live due to their addictions. Addictions are something we all neglect till they become too powerful to ignore. Many people wish away their addiction until it becomes too strong, that it becomes their life and truth. I combined my personal experience during my decade of hell and two decades of professional work helping addicts, to produce "Death to Addiction". In this book you will learn: All about your brain and why it yearns for that next 'hit' How to spot a new and upcoming addiction from a mile away The one MAIN reason your addictions occur Why you might be addicted to alcohol without even knowing How drugs are a world of downward spirals How an eating addiction can sneak up out of nowhere Why sex addiction is more than what happens in bed How to turn into the master of yourself and perfect self-discipline The amazing benefits of healthy relationships The two superpowers I used to end hundreds of people's addictions Why meditation and mindfulness are the secret weapons to success The #1 surefire way to putting death to your addiction And so much more... Everyone has their fair share of addictions but nearly 90% of people with them, have no idea what to do about them. So, they clear some space for the addictions to exist. People simply choose to live with them and act like they are not there, when in reality, addictions are the biggest reason why they live their entire life asking themselves, "what if?" Take a moment and ask yourself this: "what would life have been like if I ended my addiction 30 years ago?" And then, ask yourself: "What will my life look like in ten years if I don't end this addiction now?" Putting death to my addictions by applying the tips and strategies in this book flipped my world upside down for the better and I know it will do the same for you. So, do you want to make a change in your life for the better? Do you want to regain control over the real you? Do you want to learn how you can put an end to that addiction that's been eating away at you day in and day out? Then scroll up and click the 'add to cart' button! I can't wait to see you on the other side.

## Addiction Recovery

### 2 Manuscripts - Drug Addiction And Substance Abuse Recovery AND Stop Drinking Alcohol

*David Craft* **Feeling as if you are at war with yourself? Feeling as if your thoughts and your emotions are drowning you and you have no strength to fight, but you are ready to fight back and you are ready to take that first step and turn your life around? We are talking about addiction which can destroy lives not only the lives of addicts but also the lives of their family members and friends. Addiction, whether it is a substance abuse disorder or alcohol dependency, it is a brain disease and just like other types of diseases it is treatable. Struggling with alcohol or drug addiction does not mean that you are a bad person, that you do not have enough will power or strength to quit. Struggling with an addiction in many ways comes as extremely difficult with different challenges and obstacles addicts come across. However, since you are here, you have already made the most important step which is wanting to change your life for the better. Struggling with maintaining your personal relationships, struggling to keep your mood and energy up? Struggling financially and seeing not a single way out? This is what addiction can do to a man, it simply destroys everything you love and you care about. There is no magical pill which can make things better, but there is only you, your strength and commitment to make a change. This book helps on that journey providing valuable tools and strategies which when embraced will lead you towards your road to recovery. Inside You Will Discover What is addiction and main symptoms of addiction How mental health and addiction are related What are the main causes of addiction What are substance abuse disorders and alcohol use disorders How alcohol and drugs negatively affect both physical and mental health How to battle addiction in a healthy way Effective addiction recovery strategies to embrace And much much more... Get this book NOW, say no to addiction for good and embrace sobriety as your new way of living!**

## Clean

### Overcoming Addiction and Ending America's Greatest Tragedy

*Houghton Mifflin Harcourt* **Combines personal stories and experiences with cutting edge research to describe a new way of treating substance addiction as well as accompanying mental illnesses.**

## Chasing the Scream

### The Inspiration for the Feature Film "The United States vs. Billie Holiday"

*Bloomsbury Publishing USA* **The New York Times Bestseller What if everything you think you know about addiction is wrong? Johann Hari's journey into the heart of the war on drugs led him to ask this question--and to write the book that gave rise to his viral TED talk, viewed more than 62 million times, and inspired the feature film The United States vs. Billie Holiday and the documentary series The Fix. One of Johann Hari's earliest memories is of trying to wake up one of his relatives and not being able to. As he grew older, he realized he had addiction in his family. Confused, not knowing what to do, he set out and traveled over 30,000 miles over three years to discover what really causes addiction--and what really solves it. He uncovered a range of remarkable human stories--of how the war on drugs began with Billie Holiday, the great jazz singer, being stalked and killed by a racist policeman; of the scientist who discovered the surprising key to addiction; and of the countries that ended their own war on drugs--with extraordinary results. Chasing the Scream is the story of a life-changing journey that transformed the addiction debate internationally--and showed the world that the opposite of addiction is connection.**

## The Globalization of Addiction

### A Study in Poverty of the Spirit

*Oxford University Press* **Addiction is increasing all around the world, and the conventional remedies don't work. The Globalization of Addiction argues that the cause of this failure to control addiction is that past treatments have focused too single-mindedly on the afflicted individual addict. This book presents a radical rethink about the nature of addiction.**

## The Addiction Cure

### The Addiction Recovery Pocket Handbook

You can beat your addiction The "Addiction Cure", is a fast, simple to read and novel approach to combating your addictions. If you feel that you have finally hit rock bottom and cannot let your addiction control your life any longer, but want to understand the problem and be able to start fixing it in the same week, this is the book for you! Addiction can ruin relationships, careers and take you away from the life that you once loved, but it doesn't have to! You can fix it, it's not complicated and it doesn't have to take years! Gone are the days of needless filler. I have written this book to be as concise and "to the point" as possible. In "the Addiction Cure" you will learn: How addictions develop and strengthen. This is important because unless you understand how addiction works, you will struggle to beat it Why you can't just "stop" doing what you're doing, it's not as simple as that and I explain exactly why How to learn to be the master of your thoughts so you never feel you are weaker than your addiction. I can assure you that you are fully in control How addiction can be far more harmful than you might think. It can lead you down a path that can be very hard to escape unless you understand exactly how What the different types of addiction are, they don't all work in the same way, so you may have to treat yours differently from someone else's. I teach you how to do this After reading and acting on the tips provided, you will: Gain control over the inner voice nagging you to indulge your addictions Break the cycle of: initial use, withdrawal and then relapse" Fully understand why it has been so difficult for you to quit your addictions in the past, and the tried and tested methods to do it once and for all. So what are you waiting for? Read "The Addiction Cure! and treat yourself to the life you deserve!

## Never Enough

### The Neuroscience and Experience of Addiction

*Anchor* **A NEW YORK TIMES BESTSELLER** From a renowned behavioral neuroscientist and recovering addict, a rare page-turning work of science that draws on personal insights to reveal how drugs work, the dangerous hold they can take on the brain, and the surprising way to combat today's epidemic of addiction. Judith Grisel was a daily drug user and college dropout when she began to consider that her addiction might have a cure, one that she herself could perhaps discover by studying the brain. Now, after twenty-five years as a neuroscientist, she shares what she and other scientists have learned about addiction, enriched by captivating glimpses of her personal journey. In *Never Enough*, Grisel reveals the unfortunate bottom line of all regular drug use: there is no such thing as a free lunch. All drugs act on the brain in a way that diminishes their enjoyable effects and creates unpleasant ones with repeated use. Yet they have their appeal, and Grisel draws on anecdotes both comic and tragic from her own days of using as she limns the science behind the love of various drugs, from marijuana to alcohol, opiates to psychedelics, speed to spice. With more than one in five people over the age of fourteen addicted, drug abuse has been called the most formidable health problem worldwide, and Grisel delves with compassion into the science of this scourge. She points to what is different about the brains of addicts even before they first pick up a drink or drug, highlights the changes that take place in the brain and behavior as a result of chronic using, and shares the surprising hidden gifts of personality that addiction can expose. She describes what drove her to addiction, what helped her recover, and her belief that a "cure" for addiction will not be found in our individual brains but in the way we interact with our communities. Set apart by its color, candor, and bell-clear writing, *Never Enough* is a revelatory look at the roles drugs play in all of our lives and offers crucial new insight into how we can solve the epidemic of abuse.

## Willpower Is Not Enough

### Understanding and Overcoming Addiction and Compulsion

*Harper Collins* Many people think that what the addict needs is willpower, but nothing could be further from the truth: When a person has already lost control over a drug or activity, attempts to control its use almost never work. Because the source of addiction isn't the drug or activity itself but a desire for a mood changer, successful recovery means ultimately changing the way we live, giving up the addictive life-style. *Willpower's Not Enough* will show you how to change your life-style and to recover from your addiction.

## How To Stop Drinking Alcohol Today

## The Holistic Self Help Book To Quit Alcoholism Using Alcoholics Anonymous, Sinclair Method and Naltrexone (Addiction Recovery Without Too Much Willpower)

**You Said You Quit, But You Didn't.** Every time you wake up, your life seems like a mess. Once you take the first sip, you don't stop. Just trying to forget your sorrows? Drinking is the only avenue of distress? Let's face the fact here, you will eventually get into trouble with the law and/or destroy your family (even though you may think there isn't one). 10 Out of 10 people think they are in control when drinking, but they are absolutely not. Why not... Discover "How To Stop Drinking Alcohol Today"? Using the methods in the book, most of our readers quit their addiction after 28 days. Those that didn't eventually quit because they made the first step to commitment when picking up this book. This book doesn't offer a miracle cure because it doesn't exist. Instead, this book provides practical and realistic methods that require you to take action. We all know that the ideal solution to weight loss is exercising. But why does everyone confide into quick solutions like pills and crappy programs that never really worked? Think of this book as a real solid "exercise training program" that will help you achieve sobriety. Attention! Quitting alcohol is NOT for everyone! This book is not for people: - Who doesn't want to take actions in life- Who are not committed for a change- Who doesn't care about themselves and their family anymore If you are ready to learn about quitting alcohol, Scroll Up And Click On The "BUY NOW" Button Now! P.S. Don't give up even when the world has given up on you, because we haven't.

### Alcohol Recovery

## How to Overcome Living With an Alcohol Addicted Spouse (The Alcohol Addiction Cleanse and Detox Guide for Beginners)

*Tomas Edwards* In this guide, you will learn real facts about alcoholism, which will benefit your self-awareness and teach you how to overcome your addiction. Alcoholism is the bitter truth of our society but there are several ways of terminating or reducing your alcohol intake. You will get to know the health issues involved the remedies and the interesting solutions on how to control it. You'll be taken through a step-by-step process on how to: - Understand alcoholism - Make your commitment to quit drinking - Set your goals and be ready for change - Have a safe recovery - Give your life a new meaning - Manage your cravings and triggers - Get on a treatment program Alcoholism is a problem that affects millions of people all around the world, a problem that can really ruin your life if you don't do something to stop it from destroying your health and your personal relationships. Most people who suffer from alcoholism feel like they can't get out of it, maybe because they've tried multiple times and they end up falling back into it over and over again, or because they just don't know what they should do to stop their addiction.

## Stop - Things You Must Know Before Trying to Help Someone with Addiction

*Createspace Independent Publishing Platform* **STOP** is a short, innovative book that is essential reading for someone trying to help a person with alcohol or drug addiction. The book contains information and action items that some people take years of trial and error to learn; often at a significant emotional and financial sacrifice. The book will change your view of what "helping" someone struggling with addiction really means.

### Prodigal Daughter

## A Family's Brave Journey through Addiction and Recovery

*Zondervan* A gripping true story, *Prodigal Daughter* narrates a family's darkest time through addiction and their journey toward healing. Father and daughter team, Rob Koke - founder and Senior Pastor of Shoreline Church - and Danielle pull back the curtain on the mind-numbing power of addiction and offer hope and real strategies for those longing for freedom. Unashamed and heartwarming, Danielle shares intimately about her teenage alcohol abuse and dependence on marijuana and Adderall. She offers a rare, first-person insight into the mental and emotional effects of addiction, and what it takes to get and stay clean. Rob tells about his struggle with his daughter's addiction, dealing with its effect on their family, and the reality of what it looks like to love someone battling addiction in your own home. He

explores common questions family members ask like: Why can't they just stop? Why did they turn to drugs when I gave them everything I could? Where did I go wrong? How do I help without enabling? In a raw, real-time glimpse, father and daughter reveal the vulnerable letters they shared with each other during Danielle's rehab. With transparency, Rob and Danielle disarm the shame factor, and share lessons and resources to prevent and overcome setbacks. This book is your field guide in the battle of addiction. Whether you're longing for freedom, or helping a loved one along the journey toward recovery, you're not alone. Danielle and Rob's story will challenge you with truth, equip you with strategies for the journey, and infuse your heart with hope.

## Loving an Addict, Loving Yourself

## The Top 10 Survival Tips for Loving Someone With an Addiction

*Being At Choice Consultants* Are you feeling exasperated and helpless about your family member's addiction? Are you at your wit's end, having tried everything you can think of to make them stop? If someone you love is engaging in addictive behaviors such as alcohol and drug misuse, eating disorders, smoking, gambling, Internet addiction, sex addiction, compulsive overspending, or relationship addiction, you are undoubtedly experiencing unpredictability in your relationship. Some of the most common emotions you will experience include: - Guilt and shame - Anger and anxiety - Confusion and powerlessness Whether the addict in your life is your spouse, partner, parent, child, friend, or colleague, the key to changing this reality for yourself lies in shifting your focus from your loved one's addiction to your own self-care. This book presents a dramatically fresh approach to help you get off the roller-coaster chaos of addiction, maintain your own sanity and serenity, and live your best life.

## End Your Addiction Now

## The Proven Nutritional Supplement Program That Can Set You Free

*Square One Publishers, Inc.* Whether it involves drugs, alcohol, smoking, or food, addiction is an overwhelming and destructive force. While many rehabilitation programs are available, the truth is that too many people return to their old habits. Why? *End Your Addiction Now* not only explores the biochemical factors that are the real cause of this problem, but offers proven advice on how to break addictions once and for all. Based upon the research and experience of Dr. Charles Gant and other pioneers, this practical handbook provides simple step-by-step directions for kicking the habit. Perhaps most unique, *End Your Addiction Now* is designed both to guide its readers to effective physicians and treatment facilities, and to provide a path for those who wish to seek wellness on their own. At the heart of Dr. Gant's approach is a distinctive program of nutritional supplements designed to jump-start recovery by reducing substance cravings. Dr. Gant then walks readers through a natural process of detoxification and biochemical testing that pinpoints the specific deficiencies that must be addressed to achieve complete recovery.

## The Science of Addiction: From Neurobiology to Treatment

*W. W. Norton & Company* Runner-up winner of the Hamilton Book Author Award, this book is a comprehensive overview of the neurobiology behind addictions. Neuroscience is clarifying the causes of compulsive alcohol and drug use--while also shedding light on what addiction is, what it is not, and how it can best be treated--in exciting and innovative ways. Current neurobiological research complements and enhances the approaches to addiction traditionally taken in social work and psychology. However, this important research is generally not presented in a forthright, jargon-free way that clearly illustrates its relevance to addiction professionals. *The Science of Addiction* presents a comprehensive overview of the roles that brain function and genetics play in addiction. It explains in an easy-to-understand way changes in the terminology and characterization of addiction that are emerging based upon new neurobiological research. The author goes on to describe the neuroanatomy and function of brain reward sites, and the genetics of alcohol and other drug dependence. Chapters on the basic pharmacology of stimulants and depressants, alcohol, and other drugs illustrate the specific and unique ways in which the brain and the central nervous system interact with, and are affected by, each of these substances Erickson discusses current and emerging treatments for chemical dependence, and how neuroscience helps us understand the way they work. The intent is to encourage an understanding of the body-mind connection. The busy clinical practitioner will find the chapter on how to read and interpret new research findings on the neurobiological basis of addiction useful and illuminating. This book will help the almost 21.6 million Americans, and millions more worldwide, who abuse or are dependent on drugs by teaching their caregivers (or them) about the latest addiction science research. It is also intended to help addiction professionals understand the foundations and applications of neuroscience, so that they will be able to better

**empathize with their patients and apply the science to principles of treatment.**