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WITH KEN ABRAHAM

BELIEVABLE HOPE

*FIVE ESSENTIAL
ELEMENTS
TO BEAT ANY ADDICTION*



CREATE THE LIFE YOU LOVE

Believable Hope 5 Essential Elements To Beat Any Addiction

Jessica R. Greene



Believable Hope 5 Essential Elements To Beat Any Addiction:

Believable Hope Michael Cartwright, Ken Abraham, 2012-09-04 A premiere addiction industry trailblazer and the father of dual diagnosis shares the life changing approach to end any addiction which has helped tens of thousands of people nationwide

Believable Hope Michael Cartwright, 2012 Millions of people appear to be living normal lives yet they are secretly numbing their emotional pain with alcohol drugs food and many other lifestyle addictions The good news is that there is hope and Cartwright knows this firsthand both personally and professionally

Eating Disorders Jessica R. Greene, 2014-08-14 It has been estimated that as many as 15 million people suffer or will suffer from anorexia and bulimia at some point in their lives Additional statistics suggest that 25 million more suffer from binge eating and other related behaviors The overwhelming majority of individuals who suffer from eating disorders are girls and young women between the ages of 12 and 25 but young males are not immune to these addictions and the statistics grow more alarming every year Eating disorders affect not only those who suffer from them but family members and friends who feel powerless to help In Eating Disorders The Ultimate Teen Guide Jessica R Greene offers hope for the young women and men who have engaged in these self destructive urges In this book Greene examines the causes and varieties of teen eating disorders and offers advice on how to overcome them The author looks at how eating disorders are defined how common they are and how they are tied into behavioral addictions In addition to explaining how and why certain people suffer from these compulsions this book looks at Social and Cultural Pressures High Risk Groups Myths and Stereotypes Health Repercussions Methods of Prevention Intervention Strategies Treatment Options Recovery Intended to serve as a comprehensive guide this book also includes a list of resources for teens and their parents Drawing on input from experts in the field as well as real life stories Eating Disorders The Ultimate Teen Guide will help young adults who are struggling with this devastating affliction 7

Tools to Beat Addiction Stanton Peele. Ph.D., J.D., 2004-07-27 Whether you are battling drugs nicotine alcohol food shopping sex or gambling this hands on practical guide will help you overcome 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 7 Tools to Beat Addiction can help 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 Peele s approach is founded on the following tools Values Motivation Rewards Resources Support Maturity Higher Goals This no nonsense guide will put you in charge of your own recovery

The Warrior's Guide to Successful Sobriety K. J. Foster, 2020-12-10 The Warrior s Guide to Successful Sobriety How to Gain Mental Emotional and Spiritual Muscles is for anyone seeking to overcome alcohol and other drug addiction and any loved ones seeking to better understand addiction and

grow in their strength and resilience In this book Dr Foster presents a conceptualization of recovery that encompasses all domains of recovery physical mental emotional and spiritual Sobriety is not just about abstinence To fully recover from a substance use disorder there is mental and emotional recovery that is necessary as well The Warrior s Guide to Successful Sobriety provides information on how to go beyond abstinence to become stronger and more resilient than ever before This book is based on Dr Foster s own personal experience overcoming addiction her son s successful recovery from addiction and her professional experience working with thousands of individuals and family members seeking to overcome addiction Dr Foster outlines and defines Four Stages of Recovery and Six Essential Elements of Power Each element provides a source of strength that will help achieve and maintain sobriety grow stronger in recovery and progress through the four stages The Six Essential Elements of Power will provide a connection and source for developing strength and resilience that will help take even the weakest and most hopeless from powerless to resilient These elements will help virtually anyone gain enough strength and resilience to achieve successful long term recovery You will find the information tools strategies and exercises provided in this book effective for anyone striving toward optimal health and wellbeing It is a powerful resource for anyone striving to become the best healthiest and strongest version of themselves It will help virtually anyone gain a better understanding of addiction a better understanding of the recovery process and a better understanding of the elements that are necessary to overcome addiction and grow stronger and more resilient physically mentally emotionally and spiritually Here s what people are saying about The Warrior s Guide to Successful Sobriety This is an amazing thoughtful and insightful book It is not just about sobriety in the general terms regarding addiction that one would think but more about ways to live a life of happiness and success The opening statement regarding Everyone at some point in their lives experiences something that requires a recovery process connects with the reader because it is true Everyone at some point go through a challenge or struggle in which the recovery process is needed This is an amazing insightful book that I am enjoying 100% I found Dr Foster s writing to be very honest and inspiring The poetry was quite powerful it was clear to me that Dr Foster lived through a challenging recovery and not only survived but thrived Her willingness to share her raw personal experience and triumph are a gift to anyone on the recovery journey Recovery Changes Everything

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