

A GUIDE *for* FAMILIES

BEYOND ADDICTION

HOW SCIENCE AND KINDNESS
HELP PEOPLE CHANGE



JEFFREY FOOTE, PhD, CARRIE WILKENS, PhD,
AND NICOLE KOSANKE, PhD, WITH STEPHANIE HIGGS

UPDATED AND EXPANDED
WITH A NEW FOREWORD BY HOLLY WHITAKER,
AUTHOR OF *QUIT LIKE A WOMAN*

Beyond Addiction Beyond Addiction

Rick Cottrell



Beyond Addiction Beyond Addiction:

Beyond Addiction Jeffrey Foote, Carrie Wilkens, Nicole Kosanke, Stephanie Higgs, 2014-12-30 Full of useful information and practical suggestions an important resource for families affected by drug and alcohol problems **Beyond Addiction to Awakening:** , This book is an invitation to you to find completion and wholeness to work through second stage recovery fully including a necessary descent to let go of the separate self and embrace third stage recovery and abide in non dual being **Beyond Addiction:** Thomas G. Beley, PhD, LCSW, 2014 If you are a person who has struggled with an addiction or a family member who is helplessly watching the slow death of a loved one from an addiction or even a seasoned professional who is overwhelmed and frustrated over the chronic relapses of clients here is a simple question to ask yourself if you are wondering whether this book is for you Does a person have control over a relapse If you answered yes then this book is absolutely for you This book is for you because the answer to this question is an emphatic NO Why is the answer no Addiction like any other disease follows a natural process Once it starts this process will continue its natural course that will eventually lead a person to a more deteriorated condition certain pain and suffering or even worse death There are no exceptions to this natural process unless of course this process is interrupted The more important question that needs to be asked is Does a person have control over their recovery The answer to this question is an emphatic YES The intent of this book is not so much to focus on the science of addiction although this will be addressed as much as it is on the science of recovery Although the reader will better understand some of the basic neurobiological processes underlying addiction It is just not genetics alone the reader will also explore how these same neurobiological processes are essential to recovery The contention here is that if there is a science of addiction there must be a science of recovery This book will explore the many facets of healing within the recovery process with particular emphasis on examining the role of our neurobiology and behavior More importantly it will give readers whether a person suffering from an addiction a distraught loved one or a frustrated professional insight and a blueprint as to what needs to be done for a successful recovery regardless of the disorder Is relapse a part of recovery Absolutely Not **Beyond Addiction** Jeffrey Foote, Carrie Wilkens, Nicole Kosanke, Stephanie Higgs, 2014-02-18 The groundbreaking method that upends current treatment models and offers collective hope to families of substance abusers Kirkus Reviews helping loved ones conquer addiction and compulsion problems through positive reinforcement and kindness 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 friends offering reminders that although no one can make another person change there is much that can be done to make change seem appealing and possible Publishers Weekly **Beyond Addiction** Rick Cottrell,2016-01-22 Author Rick Cottrell characterizes his childhood and nothing less than dysfunctional He experienced unhealthy living environments at an early age His experimentation with alcohol and smoking at the age of nine In beyond addiction Cottrell shares his personal story of addiction and the journey into recovery which he has been clean and sober for over 20 years Through his recollections Cottrell provides insight into the mindset of an addict and offers a look the world of addiction He narrates how those who have a problem with addiction can be transformed through recovery And those who have been affected by a person who is chemically dependent can find healing and freedom from dysfunctional living habits

Journey to Liberation Henry Clinton,2023-12-21 *Journey to Liberation Beyond Addiction* offers readers an in depth examination of the difficult and convoluted road to recovery from addiction This book explores all facets of addiction and offers insightful analysis practical solutions and direction for those trying to break free from their addiction Furthermore for those looking to overcome addiction and discover a route to independence and self empowerment this book offers a ray of hope Combining personal stories professional analysis and transforming advice this book is a reliable resource that encourages readers to take the first step towards freedom from addiction and a life full of opportunities Numerous people and their loved ones live with a lengthy shadow due to addiction a complicated and pervasive problem in our society It affects people of all ages genders and origins and has no limitations Author's Note *Liberation Journey Beyond Addiction* seeks to provide people with information resources and encouragement as they set out on their journey to overcome addiction This book offers priceless resources for anyone looking for long term recovery and a life free from the grip of addiction by addressing the complex nature of addiction and offering helpful guidance I would love to hear from you as you read through Give us feedback to improve in our works Thank you Clinton Henry **Substance Use Disorder: Above and Beyond**

Addiction Jaya Kumar,Wael M. Y. Mohamed,Dasiel Oscar Borroto-Escuela,Muthuraju Sangu ,Rusdi Rashid,Mohd Fadzli Mohamad Isa ,Prem Kumar Shanmugam,2024-05-27 Substance Use Disorder SUD is a mental disorder that causes an individual to compulsively consume legal or illegal drugs such as alcohol opioids methamphetamine marijuana and medications despite harmful consequences According to the World Health Organization WHO alcohol causes 5.1 % of the global burden of disease and harmful drinking behavior is associated with more than 200 diseases and injury conditions According to the UN Office on Drugs and Crime about 200 million people are addicted to cocaine cannabis opioids and sedative hypnotics **The Beyond Addiction Workbook for Family and Friends** Jeffrey Foote,Kenneth Carpenter,Carrie Wilkens,2022-08-01 Addiction is a family affair and one in four US families are impacted by its devastating effects From the

authors of the best selling guide Beyond Addiction this empowering and healing workbook offers evidence based skills for family members who want to understand what drives their loved one s addictive behavior and learn how to discuss it without conflict This practical comprehensive workbook demonstrates how family members can be crucial instruments of change for loved ones struggling with substance abuse **Recovery - Twelve Simple Steps to a Life Beyond Addiction** Lynden Finlay,2015-01-08 Are you sick and tired of being addicted Do you want to recover but think the 12 Step programme is not for you because you don t believe in God This book presents a new version of the Steps which is simple and do able by everyone whether they have a particular faith or not Research now proves beyond doubt that the 12 Step programme is a way to long term recovery so if you are suffering from addiction or are a GP who knows your addicted patient needs more support than you can provide this book is for you Lynden Finlay has over twenty years experience both in addictions counselling and personally recovering from addictions herself working closely with the Twelve Steps programme during that time Over the years she has seen many residents benefit from this version which has at its heart not a focus on God but on the healing power of one addict helping another **Online Psychology Beyond Addiction and Gaming: A Global Look at Mental Health and Internet-Related Technologies** Elias Aboujaoude,Daria Joanna Kuss,Mike Z. Yao,Louis W. Leung,2022-01-31

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