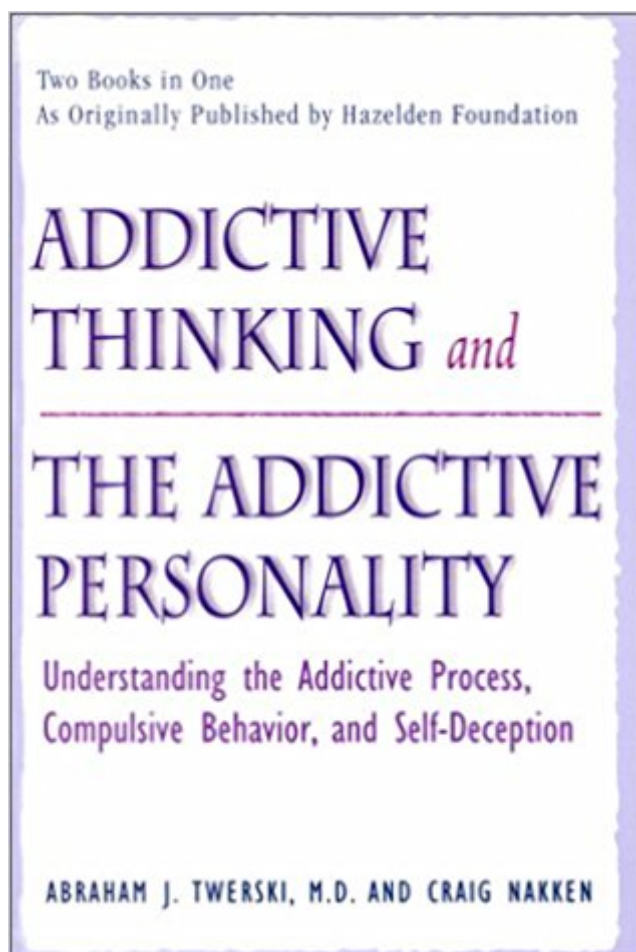


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Addictive Thinking And The Addictive Personality



Synopsis

This is two volumes in one. The first volume, "Addictive Thinking" By Abraham Twerski covers more than a dozen thinking issues related to addiction. The second volume, "The Addictive Personality" by Craig Nakken describes the personality traits associated with addicted individuals.

Book Information

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Customer Reviews

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FANTASTIC READ!!Wonderful Food for Thought!

Good

I love all twerski books. This one is so full of clear, easy to understand, valuable information.

If you have ever been around someone whose actions you cannot understand & you suspect some sort of chemical or addictive tendency, this book will help you understand why & how they act. I say understand, but that is a poor choice of words....I don't understand, but have gotten great insight into that kind of behavior, which helps me to deal with them better & wiser.

In easy, non technical language, this book shows how an addict thinks, what is logical to him. Drugs, eating problems, codependence, alcohol are all considered. If the addicts reasoning is not changed, no amount of counsel can keep him or her from relapsing.. My only criticism is a certain lack of statistics which make reading a little harder but believing a little easier.

When received the on time delivery, I wasn't surprised because my orders are always on time. My surprise was the excellent condition of the book. The cover and inside pages were in new condition. No tears, bends or writing on the pages. Condition was as described. Keep reading.

This, "Addictive Thinking and the Addictive Personality" is an excellent book. It is one that I used in group counseling. The discussion in these groups are very open and honest. The people I work with ask questions, and they are interested in the material. This is a must read for counselors or want-to-be-counselor. It is also good for those who suffer from any addiction. Carter

This book is very easy to read and full of practical information to be used by a psychotherapist.

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