



Breaking Addiction: A 7-Step Handbook for Ending Any Addiction

By Lance M., M.D. Dodes

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“Dr. Dodes’s approach runs directly counter to the paralyzing, but standard, message of ‘powerlessness’—a message that reinforces the sense of helplessness that is at the root of addicts’ life predicaments! Many psychiatrists recognize that this is where we must head, but Dr. Dodes is one with the guts to shine a beacon in the right direction.”<?xml:namespace prefix = o ns = "urn:schemas-microsoft-com:office:office" />

—Stanton Peele, PhD, author of *7 Tools to Beat Addiction* and *The Life Process Program of Treatment*

The follow-up to his groundbreaking volume *The Heart of Addiction*, Dr. Lance Dodes’s *Breaking Addiction* is a step-by-step guide to beating addiction of any kind—from drugs and gambling to alcoholism, overeating, and sex addiction. By recognizing and understanding the emotional forces underlying addictive behaviors, Dr. Dodes says any dangerous, life-destroying obsession can be overcome. Including special bonus sections for both families and health-care professionals, *Breaking Addiction* is the new handbook for those suffering from addiction—a valuable resource that addresses addiction’s root causes and serves as an alternative to Alcoholics Anonymous and similar recovery programs.

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Editorial Review

Review

“Without denying the difficulty of the terrain, Dodes’s program is a call to a clear-eyed, coherent approach. This groundbreaking work should become the ‘go to’ handbook for anyone suffering with addiction. Its easy-to-read style takes sophisticated ideas and turns them into memorable examples. I highly recommend it.” (Edward Hallowell, M.D., author of *Answers to Distraction* and *Superparenting for ADD*)

From the Back Cover

Finally—a road map to recovery from the nation's most original thinker on addiction

In his revolutionary book *The Heart of Addiction*, Dr. Lance Dodes examined the underlying emotions that drive addictive behaviors—whether drinking, gambling, sex, or eating. Now, in *Breaking Addiction*, Dodes presents a comprehensive guide outlining seven critical steps to overcome addiction, based on his findings.

Through his practice and research, Dodes has found that virtually every addictive act is preceded by feelings of helplessness. In his refreshingly clear style, Dodes incorporates case stories to illustrate exactly how these feelings set addiction in motion, how to recognize the path toward addiction—and then how to take back control.

Many people, discouraged by current treatments, have been hungry for an approach that digs addiction up by its roots. Since the publication of *The Heart of Addiction*, Dodes's ideas have been incorporated by therapists and treatment centers around the country, and are taught by universities and training centers for clinicians.

With special sections for both families and health-care professionals, *Breaking Addiction* is poised to be the handbook for a new, comprehensive, and in-depth understanding of addiction.

About the Author

Lance Dodes, MD, is assistant clinical professor of psychiatry at Harvard Medical School in the Division on Addictions. He has been director of the substance abuse treatment unit of Harvard's McLean Hospital and director of the Boston Center for Problem Gambling. He has been elected a distinguished fellow of the American Academy of Addiction Psychiatry.

Users Review

From reader reviews:

Daniel Caudle:

Nowadays reading books become more than want or need but also turn into a life style. This reading addiction give you lot of advantages. The advantages you got of course the knowledge the particular

information inside the book this improve your knowledge and information. The information you get based on what kind of guide you read, if you want have more knowledge just go with education and learning books but if you want sense happy read one with theme for entertaining like comic or novel. Typically the *Breaking Addiction: A 7-Step Handbook for Ending Any Addiction* is kind of guide which is giving the reader capricious experience.

Mary Craine:

Information is provisions for anyone to get better life, information currently can get by anyone from everywhere. The information can be a expertise or any news even a huge concern. What people must be consider any time those information which is inside former life are challenging be find than now is taking seriously which one is appropriate to believe or which one the particular resource are convinced. If you find the unstable resource then you get it as your main information it will have huge disadvantage for you. All of those possibilities will not happen with you if you take *Breaking Addiction: A 7-Step Handbook for Ending Any Addiction* as your daily resource information.

Heather Garcia:

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Hazel Mercado:

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