



Recovery Options: The Complete Guide

Joseph Volpicelli

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A clear and compassionate guide to overcoming substance problems

""A no-nonsense, state-of-the-art guide.""--Laurie Garrett, Pulitzer Prize-winning author of *The Coming Plague*

""Comprehensive, illuminating, easy to read.""--William Cope Moyers, Vice President of Public Affairs, Hazelden Foundation

In *Recovery Options: The Complete Guide*, Joseph Volpicelli, M.D., Ph.D., an award-winning addiction research pioneer, and Maia Szalavitz, a Pulitzer Prize-nominated journalist and former addict, provide frank and impartial appraisals of all the major treatment options, including:

- * Alcoholics Anonymous
- * Moderate drinking programs
- * Alternative treatments
- * Therapeutic communities
- * Cognitive therapies
- * Other 12-step programs
- * Medications
- * Methadone
- * Harm reduction
- * How families can help

In *Recovery Options: The Complete Guide*, you will learn what addiction is--and what it isn't. You will examine both the mechanism of addiction and how you can make the best treatment choices . . . why some people are particularly prone to substance problems . . . and the genetic and learning mechanisms that help create these conditions. You'll explore the various types of treatment and the ideas on which they are based, and find out how effective each treatment is--and which ones are not effective. Finally, you'll find supportive information on staying clean and sober, preventing relapse, and minimizing damage caused by slips that may occur. Featuring the dramatic real-life stories of patients' experiences (both good and bad) with various methods of recovery, this warm, sympathetic, and accessible guide to overcoming alcohol and other drug problems will help you and your loved ones begin the journey away from substance misuse toward a better life.

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Spent a free time and energy to be fun activity to perform! A lot of people spent their down time with their family, or their own friends. Usually they doing activity like watching television, about to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Can be reading a book is usually option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the e-book untitled Recovery Options: The Complete Guide can be fine book to read. May be it might be best activity to you.

William Kelley:

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