



## Beyond Addiction: How Science and Kindness Help People Change (Paperback)

By Jeffrey Foote

SIMON SCHUSTER, United States, 2014. Paperback. Condition: New. Reprint. Language: English . Brand New Book. 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:...



**READ ONLINE**  
[ 4.31 MB ]

### Reviews

*The publication is simple in go through preferable to fully grasp. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- Mrs. Josiane Collins

*It is not difficult in read through easier to comprehend. It is packed with knowledge and wisdom You may like just how the article writer write this pdf.*

-- Kristy Hermann