



7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love

By Stanton Peele

Download now

Read Online 

7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love By Stanton Peele

DO YOU WANT A LIFE WITHOUT ADDICTION?

Whether you are battling drugs, nicotine, alcohol, food, shopping, sex, or gambling, **7 Tools to Beat Addiction** is a hands-on, practical guide to overcoming addiction of any kind. If you or a loved one are struggling with addiction but do not find that twelve-step or other treatment programs work for you, this book can help.

In , internationally recognized expert Dr. Stanton Peele presents a program for addiction recovery based on research and clinical study and grounded in science. His program utilizes proven methods that people actually use to overcome addiction, with or without treatment. **7 Tools to Beat Addiction** offers in-depth, interactive exercises that show you how to outgrow destructive habits by putting together the building blocks for a balanced, fulfilling, responsible life. Dr. Peele's approach is founded on the following tools:

- Values
- Motivation
- Rewards
- Resources
- Support
- Maturity
- Higher Goals

This no-nonsense guide will put you in charge of your own recovery.



[Download 7 Tools to Beat Addiction: A New Path to Recovery ...pdf](#)

 [Read Online 7 Tools to Beat Addiction: A New Path to Recover ...pdf](#)

7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love

By Stanton Peele

7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love By Stanton Peele

DO YOU WANT A LIFE WITHOUT ADDICTION?

Whether you are battling drugs, nicotine, alcohol, food, shopping, sex, or gambling, **7 Tools to Beat Addiction** is a hands-on, practical guide to overcoming addiction of any kind. If you or a loved one are struggling with addiction but do not find that twelve-step or other treatment programs work for you, this book can help.

In , internationally recognized expert Dr. Stanton Peele presents a program for addiction recovery based on research and clinical study and grounded in science. His program utilizes proven methods that people actually use to overcome addiction, with or without treatment. **7 Tools to Beat Addiction** offers in-depth, interactive exercises that show you how to outgrow destructive habits by putting together the building blocks for a balanced, fulfilling, responsible life. Dr. Peele's approach is founded on the following tools:

- Values
- Motivation
- Rewards
- Resources
- Support
- Maturity
- Higher Goals

This no-nonsense guide will put you in charge of your own recovery.

7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love By Stanton Peele **Bibliography**

- Sales Rank: #149797 in Books
- Brand: Brand: Harmony
- Published on: 2004-07-27
- Released on: 2004-07-27
- Original language: English
- Number of items: 1
- Dimensions: 8.10" h x .60" w x 5.20" l, .48 pounds
- Binding: Paperback
- 275 pages

 [**Download** 7 Tools to Beat Addiction: A New Path to Recovery ...pdf](#)

 [**Read Online** 7 Tools to Beat Addiction: A New Path to Recover ...pdf](#)

Download and Read Free Online 7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love By Stanton Peele

Editorial Review

From Publishers Weekly

In this straightforward self-help guide, psychologist and addiction therapist Peele (*The Truth about Addiction and Recovery*) argues that, contrary to popular belief, the best way to overcome addiction is not through treatment in rehab centers or in formal groups like Alcoholics Anonymous, but rather through self-efficacy and self-reliance. "Successful therapies," he writes, "place the responsibility for changing your addictive behavior on you." Citing statistics from numerous studies, such as one that looked at heroin-addicted American soldiers in the Vietnam War, Peele points out that people quit addictions every day without any professional assistance. In fact, he says, research shows that alcoholics who do not enter treatment programs are more likely to quit abusing alcohol than those who do enter treatment. (Groups such as AA, Peele says, endorse themselves by telling members that there is no recovery without their programs, and so when members believe that they cannot successfully beat their addictions alone, they quickly relapse once they stop attending meetings.) Emphasizing a person's own sense of responsibility as the driving force behind overcoming addiction, Peele's book outlines seven tools that can serve as a foundation for successful recovery—Values, Motivation, Rewards, Resources, Support, a Mature Identity and Higher Goals—and includes exercises to help readers design their own program. The ultimate goal: to replace the "immature gratifications" of addiction with a "fulfilling, meaningful life" that includes a strong support structure. Peele tells readers that they have the power to create their own world of health and responsibility. His message will no doubt anger the countless Americans who have been helped by AA and other treatment programs, but could prove useful to those reluctant to seek outside help for their addictions.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

From the Inside Flap

DO YOU WANT A LIFE WITHOUT ADDICTION?

Whether you are battling drugs, nicotine, alcohol, food, shopping, sex, or gambling, *7 Tools to Beat Addiction* is a hands-on, practical guide to overcoming addiction of any kind. If you or a loved one are struggling with addiction but do not find that twelve-step or other treatment programs work for you, this book can help.

In, internationally recognized expert Dr. Stanton Peele presents a program for addiction recovery based on research and clinical study and grounded in science. His program utilizes proven methods that people actually use to overcome addiction, with or without treatment. *7 Tools to Beat Addiction* offers in-depth, interactive exercises that show you how to outgrow destructive habits by putting together the building blocks for a balanced, fulfilling, responsible life. Dr. Peele's approach is founded on the following tools:

- Values
- Motivation
- Rewards
- Resources
- Support
- Maturity
- Higher Goals

This no-nonsense guide will put you in charge of your own recovery.

About the Author

STANTON PEELE, Ph.D., J.D., is the author of the groundbreaking books **Love and Addiction**, **Diseasing of America**, and **The Truth About Addiction and Recovery**. An adjunct professor at the New York

University School of Social Work and a senior fellow at the Drug Policy Alliance, he has won the Mark Keller Award from the Rutgers Center of Alcohol Studies and the lifetime scholarship award from the Drug Policy Alliance. Visit his website at www.peele.net.

Users Review

From reader reviews:

Cindy Searcy:

Reading a reserve can be one of a lot of exercise that everyone in the world adores. Do you like reading book thus. There are a lot of reasons why people like it. First reading a guide will give you a lot of new data. When you read a book you will get new information because book is one of various ways to share the information as well as their idea. Second, reading a book will make an individual more imaginative. When you examining a book especially fiction book the author will bring that you imagine the story how the personas do it anything. Third, you could share your knowledge to other folks. When you read this 7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love, you are able to tells your family, friends in addition to soon about yours reserve. Your knowledge can inspire others, make them reading a book.

Steven Huckins:

Don't be worry when you are afraid that this book will certainly filled the space in your house, you might have it in e-book way, more simple and reachable. This 7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love can give you a lot of friends because by you investigating this one book you have issue that they don't and make a person more like an interesting person. This book can be one of a step for you to get success. This reserve offer you information that might be your friend doesn't learn, by knowing more than different make you to be great persons. So , why hesitate? Let me have 7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love.

Frederick Warren:

As we know that book is important thing to add our expertise for everything. By a guide we can know everything we want. A book is a list of written, printed, illustrated or even blank sheet. Every year had been exactly added. This book 7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love was filled concerning science. Spend your extra time to add your knowledge about your scientific research competence. Some people has diverse feel when they reading a new book. If you know how big good thing about a book, you can truly feel enjoy to read a book. In the modern era like today, many ways to get book that you wanted.

Jerry Petrus:

As a university student exactly feel bored in order to reading. If their teacher asked them to go to the library as well as to make summary for some reserve, they are complained. Just very little students that has reading's

soul or real their passion. They just do what the teacher want, like asked to go to the library. They go to right now there but nothing reading very seriously. Any students feel that examining is not important, boring in addition to can't see colorful pictures on there. Yeah, it is to become complicated. Book is very important for yourself. As we know that on this period, many ways to get whatever we really wish for. Likewise word says, many ways to reach Chinese's country. So , this 7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love can make you experience more interested to read.

Download and Read Online 7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love By Stanton Peele #9SJILC8Z5DN

Read 7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love By Stanton Peele for online ebook

7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love By Stanton Peele Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read 7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love By Stanton Peele books to read online.

Online 7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love By Stanton Peele ebook PDF download

7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love By Stanton Peele Doc

7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love By Stanton Peele Mobipocket

7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love By Stanton Peele EPub