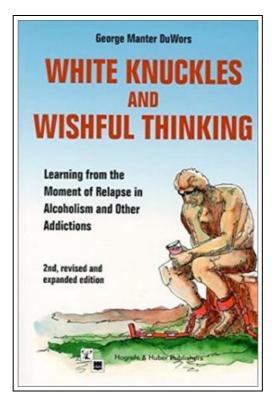
White Knuckles and Wishful Thinking: How to Learn from the Moment of Relapse (2nd Revised edition)



Filesize: 4.92 MB

Reviews

It in a single of my favorite publication. I have read and so i am sure that i will likely to study again once again down the road. I am delighted to let you know that this is basically the greatest publication we have read inside my own life and might be he best pdf for possibly.

(Maria Morar)

WHITE KNUCKLES AND WISHFUL THINKING: HOW TO LEARN FROM THE MOMENT OF RELAPSE (2ND REVISED EDITION)



Hogrefe Publishing. Paperback. Book Condition: new. BRAND NEW, White Knuckles and Wishful Thinking: How to Learn from the Moment of Relapse (2nd Revised edition), George DuWors, This book aims to explain the moment of relapse, and to provide practical help for counsellors and clients struggling to avoid relapse. The ideas and techniques are compatible with the Alcoholics Anonymous and other 12-Step programmes. DuWors explores the one relentless empirical fact about addictive relapse: at the moment of picking up the first drink/drug we all say one of two things - either "One won't hurt" (or a handful of "wishful" variations) or "Who cares?" (or a smaller, less frequent list of "white knuckle" variations). What does this mean? Why is it that so many different people - different addictions, different stages of the illness, different educational and cultural backgrounds - all say the same thing at this critical moment? After all, this is the very moment that treatment and recovery strive to prevent. And if we could understand it, might we not help more people not have to repeat it? This book comes to the conclusion we have to try and enter the psychic world of the person living it, as well as the perspective of the would-be helper. Like the author, we must sift through psychological and biological theory. But the theories mean nothing if they do not connect with human experience. The book is written for three main groups: (1) professionals and others fighting on the chemical dependency front; (2) trainees seeking to join the fray and their teachers; and (3) clients whose counsellors recommend it. Two specific relapse experiences are the main focus of this approach: (1) exactly how to deal with the actual moment and process of relapse itself; and (2) how the addict looks at himself before...

Read White Knuckles and Wishful Thinking: How to Learn from the Moment of Relapse (2nd Revised edition) Online
Download PDF White Knuckles and Wishful Thinking: How to Learn from the Moment of Relapse (2nd Revised edition)

You May Also Like

PDF

You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the... Read eBook »

		ľ		
	2)	F	

Giraffes Can't Dance

Hachette Children's Group. Paperback. Book Condition: new. BRAND NEW, Giraffes Can't Dance, Giles Andreae, Guy Parker-Rees, Number One bestseller Giraffes Can't Dance from author Giles Andreae has been delighting children for over 15 years. Gerald... Read eBook >

PDF	

Should I Keep My Baby Caring Practical Help for Teenage Girls Facing Pregnancy Alone by Martha Zimmerman 1997 Paperback

Book Condition: Brand New. Book Condition: Brand New. Read eBook »

PDF

Why Is Dad So Mad?

Tall Tale Press, United States, 2015. Paperback. Book Condition: New. Karissa Gonzalez-Othon (illustrator). 211 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****. The children s issues picture book Why Is... Read eBook >

	$\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ $
PI)F

Why Is Mom So Mad?: A Book about Ptsd and Military Families

Tall Tale Press, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. The children s issues picture book Why Is Mom So Mad?...

Read eBook »