



Addiction and Recovery For Dummies

Brian F. Shaw, Paul Ritvo, Jane Irvine

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Evaluate medications and treatment programs Break free from addictive substances or behaviors and get a fresh start Think you have an addiction? This compassionate guide helps you identify the problem and work towards a healthy, realistic approach to recovery, explaining the latest clinical and self-help treatments for both adults and teens. This book also offers tips on reducing cravings, handling your relationships, and staying well for the long run. Discover how to * Identify the reasons for addiction * Choose the best treatment plan * Handle slips and relapses * Detect addictions in a loved one * Find help and support

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