

# breaking addiction lance m dodes md

Breaking Addiction Lance M Dodes MD: Understanding the Psychological Journey to Recovery

**breaking addiction lance m dodes md** is not just about stopping a harmful behavior — it's about diving deep into the psychological underpinnings that fuel addiction in the first place. Dr. Lance M. Dodes, a prominent psychiatrist and author, offers a unique and insightful perspective on addiction, emphasizing the emotional conflicts and unconscious processes that drive addictive behaviors. His work has influenced how many approach treatment, moving beyond simply managing symptoms to addressing the core psychological issues.

## The Psychological Roots of Addiction According to Lance M. Dodes MD

Most traditional models of addiction focus on the biochemical or behavioral aspects — the brain's reward system gone awry, or the habitual nature of substance use. While these are important, Dr. Dodes underscores an often-overlooked dimension: addiction as a coping mechanism for unresolved emotional pain.

### Unconscious Emotional Conflicts

Dr. Dodes explains that addiction frequently serves as an unconscious attempt to manage feelings of helplessness, shame, or anger. Rather than being a conscious choice, addictive behaviors arise from deep-seated emotional turmoil. In his book, *\*The Heart of Addiction\**, he reveals how addicts often use substances or behaviors to suppress unbearable feelings rather than confront them.

This perspective reframes addiction from a moral failing or purely physical dependence to a psychological struggle. Understanding this helps clinicians and individuals in recovery to approach treatment with empathy and insight.

### Breaking the Cycle: Why Awareness Matters

One of the critical steps in breaking addiction, as suggested by Lance M. Dodes MD, is increasing self-awareness. Recognizing the emotional triggers and patterns that lead to addictive behaviors is essential. Addiction isn't just about the substance or act itself; it's about the way the individual relates to their inner emotional world.

When someone can identify the unconscious conflicts fueling their addiction, they gain the power to address those issues directly. This process often requires professional therapy, where a safe space allows for exploration of difficult feelings that may have been buried for years.

# **Therapeutic Approaches Inspired by Lance M. Dodes**

Dr. Dodes advocates for psychodynamic therapy as a primary tool in treating addiction. Unlike conventional treatments that may focus heavily on behavioral modification or medication, psychodynamic therapy delves into the root causes of emotional distress.

## **Psychodynamic Therapy and Addiction Recovery**

Psychodynamic therapy helps individuals uncover unconscious motivations behind their addictive behaviors. Through exploring past experiences, especially early relationships and traumas, patients can understand how their current struggles relate to unresolved conflicts. This insight is crucial for long-term recovery.

For example, many addicts have experienced feelings of abandonment or neglect in childhood, leading to emotional wounds that they attempt to soothe through addiction. Therapy helps them process these feelings consciously, reducing the need for avoidance through substance use or compulsive behaviors.

## **Integrating Emotional Awareness into Treatment Plans**

Incorporating emotional awareness into addiction treatment aligns with Dr. Dodes' emphasis on the heart of addiction. Treatment plans that include individual therapy, group sessions, and supportive environments encourage addicts to confront their emotional pain safely.

Moreover, therapists trained in these methods guide patients in developing healthier coping strategies. This might include mindfulness, emotional regulation techniques, or building stronger interpersonal connections, all aimed at replacing the addictive behavior with more adaptive responses.

## **Practical Tips for Those Seeking to Break Addiction Inspired by Lance M. Dodes MD**

Understanding the psychological foundation of addiction is empowering, but what does that mean for someone currently struggling or supporting a loved one?

### **1. Embrace Emotional Honesty**

Start by acknowledging and naming your emotions. Addiction often thrives in the shadows of denial and repression. Bringing feelings like anger, sadness, or fear into conscious awareness diminishes their unconscious hold.

## **2. Seek Professional Support**

While self-help strategies can be useful, addiction often requires expert guidance. Therapists familiar with psychodynamic approaches or those who understand the emotional complexity of addiction can offer invaluable assistance.

## **3. Build a Support Network**

Recovery is rarely a solitary journey. Surround yourself with people who offer understanding, encouragement, and accountability. Group therapy or support groups can also provide a sense of community and shared experience.

## **4. Develop Healthy Coping Mechanisms**

Replace addictive behaviors with activities that promote emotional well-being. Exercise, creative expression, meditation, and journaling can all serve as outlets for managing difficult feelings without resorting to substances or compulsions.

## **Breaking Addiction in a Broader Context: Beyond Substance Abuse**

Dr. Lance M. Dodes MD also highlights that addiction is not limited to drugs or alcohol. Behavioral addictions — such as gambling, sex, or even excessive social media use — share similar psychological roots.

## **Recognizing Behavioral Addictions**

Many people may not realize that compulsive behaviors can be addictive in the same way substances are. These behaviors serve the same purpose: numbing emotional pain or providing temporary relief from distress.

## **Treatment Parallels for Different Addictions**

Regardless of the addiction type, the emotional conflicts at the core are often strikingly similar. Therefore, treatment approaches that focus on emotional awareness and psychodynamic exploration can be effective across a range of addictions.

# **The Role of Compassion in Breaking Addiction**

One of the most profound messages from Lance M. Dodes MD's work is the importance of compassion — both self-compassion and compassion from others.

Addiction is frequently accompanied by shame and self-judgment, which only deepen the emotional wounds. Cultivating a compassionate attitude helps break down these barriers, allowing healing to begin. This approach fosters resilience and encourages a more sustainable recovery.

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Breaking addiction, according to Lance M. Dodes MD, is much more than quitting a substance or behavior. It involves understanding the intricate emotional and unconscious struggles that drive addiction. By addressing these psychological roots with empathy and insight, individuals can embark on a recovery journey that transforms not only their habits but also their relationship with themselves. This holistic perspective brings hope and practical tools to those seeking to reclaim their lives from the grip of addiction.

## **Frequently Asked Questions**

### **Who is Lance M. Dodes, MD?**

Lance M. Dodes, MD, is a psychiatrist known for his work on addiction and compulsive behaviors, authoring books that explore the psychological underpinnings of addiction.

### **What is the main focus of Lance M. Dodes, MD's approach to breaking addiction?**

Lance M. Dodes, MD focuses on understanding the emotional and psychological triggers behind addiction rather than solely emphasizing abstinence or behavioral modification.

### **What book did Lance M. Dodes, MD write about addiction?**

Lance M. Dodes, MD authored the book 'The Heart of Addiction: A New Approach to Understanding and Managing Alcoholism and Other Addictive Behaviors.'

### **How does Lance M. Dodes, MD explain the cause of addiction?**

Dodes explains addiction as a coping mechanism for underlying emotional pain, often involving unconscious feelings of rage or helplessness.

### **What treatment methods does Lance M. Dodes, MD recommend for breaking addiction?**

He recommends psychotherapy focused on uncovering and addressing the emotional conflicts and triggers that fuel addictive behaviors.

## **Does Lance M. Dodes, MD support 12-step programs like Alcoholics Anonymous?**

While acknowledging their value for some, Dodes critiques the 12-step approach for not addressing the emotional causes of addiction directly.

## **What differentiates Lance M. Dodes, MD's addiction theory from traditional models?**

Unlike traditional models that view addiction as a disease or behavioral issue, Dodes emphasizes emotional and psychological roots, particularly unconscious emotional pain.

## **Are there any clinical studies supporting Lance M. Dodes, MD's approach to addiction?**

While his theories are influential in psychotherapy circles, more empirical research is needed to validate his specific model of addiction treatment.

## **Additional Resources**

Breaking Addiction Lance M Dodes MD: An Analytical Review of His Approach to Overcoming Dependency

**breaking addiction lance m dodes md** represents a significant contribution to the field of addiction treatment and psychotherapy. Dr. Lance M. Dodes, a renowned psychiatrist and author, has developed a distinctive perspective on addiction that diverges from conventional models. His work emphasizes the psychological underpinnings of addictive behavior, focusing on unconscious emotional conflicts rather than solely on behavioral or physiological aspects. This article examines Dr. Dodes' approach to breaking addiction, exploring its theoretical foundations, practical implications, and how it compares to other prevalent methods in addiction treatment today.

## **Understanding Dr. Lance M. Dodes' Approach to Addiction**

Dr. Lance M. Dodes, MD, is a practicing psychiatrist with decades of experience in psychotherapy, particularly in treating addiction and compulsive behaviors. Unlike traditional frameworks that often prioritize chemical dependency or behavioral modification, Dodes highlights the emotional and psychological roots of addiction. His approach contends that addictive behaviors function as coping mechanisms for deeper feelings of pain, shame, or unmet emotional needs.

Dodes' model is extensively detailed in his books, such as "The Heart of Addiction" and "Breaking Addiction," where he argues that addiction is fundamentally about the repression of emotional pain and the unconscious avoidance of intimacy. This perspective challenges the dominant disease model that perceives addiction primarily as a chronic brain disorder.

# **The Psychological Basis of Addiction According to Dodes**

At the core of Dodes' theory is the idea that addiction is a manifestation of unconscious emotional conflicts. He posits that individuals engage in addictive behaviors to manage painful feelings of vulnerability, fear, or loneliness. These behaviors serve as a form of emotional escape, providing temporary relief but ultimately exacerbating the underlying distress.

This psychoanalytic lens leads to a treatment approach that prioritizes uncovering and addressing these unconscious emotional drivers. Dodes advocates for psychodynamic therapy, which helps patients gain insight into their emotional conflicts and develop healthier coping mechanisms.

## **Features of Breaking Addiction Lance M Dodes MD Methodology**

Dr. Dodes' methodology is characterized by several unique features that differentiate it from other addiction treatments.

### **Focus on Emotional Awareness and Insight**

Unlike 12-step programs or medically oriented interventions that emphasize abstinence and behavioral change, Dodes' approach encourages patients to explore their emotional lives deeply. The process involves recognizing suppressed feelings and understanding how addiction serves as a defense mechanism.

### **Integration of Psychodynamic Therapy**

The use of psychodynamic therapy is central to breaking addiction according to Dodes. Through this therapeutic approach, patients work with therapists to reveal unconscious motivations, past traumas, and relational patterns contributing to their addictive behaviors.

### **Critique of the Disease Model**

Dodes is critical of the widely accepted disease model of addiction, which frames addiction as a chronic brain disease requiring lifelong management. He argues that this model can undermine personal agency and obscure the psychological complexities that drive addiction.

## **Comparing Breaking Addiction Lance M Dodes MD to**

# Other Treatment Models

To fully appreciate the significance of Dr. Dodes' work, it is helpful to compare his approach with other mainstream addiction treatments.

- **12-Step Programs:** These programs, such as Alcoholics Anonymous, are community-based and emphasize abstinence, spiritual growth, and peer support. While effective for many, they often lack in-depth psychological analysis, which Dodes' approach provides.
- **Medication-Assisted Treatment (MAT):** MAT uses medications like methadone or buprenorphine to manage withdrawal and cravings. Though MAT addresses physiological dependence, it may not confront the emotional roots highlighted by Dodes.
- **Cognitive Behavioral Therapy (CBT):** CBT focuses on modifying maladaptive thoughts and behaviors. While CBT is evidence-based and effective, it tends to address surface-level symptoms rather than unconscious emotional conflicts.

Dr. Dodes' psychodynamic approach complements these methods by targeting the emotional and relational dimensions of addiction, which are often neglected.

## Pros and Cons of Dodes' Approach

### 1. Pros:

- Addresses root emotional causes, potentially leading to longer-lasting recovery.
- Promotes self-awareness and emotional intelligence.
- Challenges stigma by viewing addiction as a complex psychological issue rather than solely a disease or moral failing.

### 2. Cons:

- Requires intensive, long-term therapy, which may not be accessible or affordable for everyone.
- Lacks the immediate symptom management provided by medication or abstinence-focused programs.
- May not suit individuals in acute phases of addiction needing rapid detoxification or stabilization.

# **Breaking Addiction Lance M Dodes MD in Clinical Practice**

In clinical settings, Dr. Dodes' approach demands skilled therapists trained in psychodynamic principles. Treatment often involves exploring patients' histories, emotional conflicts, and interpersonal relationships to identify the unconscious factors fueling addiction.

This approach aligns with contemporary trends in personalized medicine and integrated mental health care, emphasizing the importance of addressing psychological, emotional, and social dimensions of health.

Moreover, Dodes' critique of one-size-fits-all models encourages clinicians to consider multiple pathways to recovery, tailoring interventions to the individual's unique psychological makeup.

## **Case Studies and Evidence**

While psychodynamic therapy has a long history in psychiatry, research specifically evaluating Dodes' model is limited but promising. Some studies suggest that patients who engage in emotionally focused therapy report improvements in self-understanding and reductions in addictive behaviors.

However, addiction treatment outcomes are notoriously difficult to quantify due to the complexity of the disorder and variability in individual responses. Integrating Dodes' insights with evidence-based practices may offer a more holistic and effective treatment framework.

## **The Broader Implications of Dodes' Work on Addiction Treatment**

Breaking addiction Lance M Dodes MD reflects a shift towards recognizing addiction's multifaceted nature, encompassing biological, psychological, and social factors. His work prompts a re-examination of prevailing paradigms and encourages more compassionate, nuanced approaches.

As addiction rates remain a global public health concern, incorporating psychodynamic insights into treatment may enhance recovery rates and patient satisfaction. It also challenges policymakers and healthcare providers to expand resources for mental health services that go beyond medication and abstinence.

In educational contexts, Dodes' writings serve as valuable resources for training therapists to appreciate the emotional complexity of addiction and to foster therapeutic alliances grounded in empathy and understanding.

The conversation around addiction continues to evolve, and Dr. Lance M. Dodes' contributions play a critical role in broadening the discourse, situating emotional health at the heart of recovery.

## Breaking Addiction Lance M Dodes Md

**breaking addiction lance m dodes md: Breaking Addiction** Lance Dodes, 2011-03-01 “Dr. Dodes’s approach runs directly counter to the paralyzing, but standard, message of ‘powerlessness’—a message that reinforces the sense of helplessness that is at the root of addicts’ life predicaments! Many psychiatrists recognize that this is where we must head, but Dr. Dodes is one with the guts to shine a beacon in the right direction.” —Stanton Peele, PhD, author of *7 Tools to Beat Addiction* and *The Life Process Program of Treatment* The follow-up to his groundbreaking volume *The Heart of Addiction*, Dr. Lance Dodes’s *Breaking Addiction* is a step-by-step guide to beating addiction of any kind—from drugs and gambling to alcoholism, overeating, and sex addiction. By recognizing and understanding the emotional forces underlying addictive behaviors, Dr. Dodes says any dangerous, life-destroying obsession can be overcome. Including special bonus sections for both families and health-care professionals, *Breaking Addiction* is the new handbook for those suffering from addiction—a valuable resource that addresses addiction’s root causes and serves as an alternative to Alcoholics Anonymous and similar recovery programs.

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**breaking addiction lance m dodes md: The Heart of Addiction** Lance M. Dodes, 2002-12-24

Nobody has had an answer for why people with addictions continue to repeat them -- until now. For more than twenty years, distinguished psychiatrist Dr. Lance Dodes has been successfully helping people master their addictions -- alcoholism, compulsive gambling, smoking, sexual addiction, and more with a radical approach. Dr. Dodes describes how all addictions have, at their heart, unrecognized emotional factors that explain: Why we feel the impulse Why we feel it when we do What alternatives (really) work in that critical moment In this refreshing book filled with compelling case studies, Dr. Dodes debunks several such widely accepted myths as: Addictions are fundamentally a physical problem. People with addictions are different from other people. You have to hit bottom before you can get well. You are wasting your time if you ask why you have an addiction.

**breaking addiction lance m dodes md: Diet, Drugs, and Dopamine** David A. Kessler, M.D., 2025-05-13 INSTANT NEW YORK TIMES BESTSELLER From the New York Times bestselling author of *The End of Overeating* comes an illuminating understanding of body weight, including the promise—and peril —of the latest weight loss drugs. The struggle is universal: we work hard to lose weight, only to find that it slowly creeps back. In America, body weight has become a pain point shrouded in self-recrimination and shame, not to mention bias from the medical community. For many, this battle not only takes a mental toll but also becomes a physical threat: three-quarters of American adults struggle with weight-related health conditions, including high blood pressure, heart disease, and diabetes. We know that diets don't work, and yet we also know that excess weight

starves us of years and quality of life. Where do we go from here? In *Diet, Drugs, and Dopamine*, former FDA Commissioner Dr. David A. Kessler unpacks the mystery of weight in the most comprehensive work to date on this topic, giving readers the power to dramatically improve their health. Kessler, who has himself struggled with weight, suggests the new class of GLP-1 weight loss drugs have provided a breakthrough: they have radically altered our understanding of weight loss. They make lasting change possible, but they also have real disadvantages and must be considered as part of a comprehensive approach together with nutrition, behavior, and physical activity. Critical to this new perspective is the insight that weight-loss drugs act on the part of the brain that is responsible for cravings. In essence, the drugs tamp down the addictive circuits that overwhelm rational decision-making and quiet the “food noise” that distracts us. Identifying these mechanisms allows us to develop a strategy for effective long-term weight loss, and that begins with naming the elephant in the room: ultraformulated foods are addictive. Losing weight is a process of treating addiction. In this landmark book, one of the nation’s leading public health officials breaks taboos around this fraught conversation, giving readers the tools to unplug the brain’s addictive wiring and change their relationship with food. Dr. Kessler cautions that drugs, on their own, pose serious risks and are not a universal solution. But with this new understanding of the brain-body feedback loop comes new possibilities for our health and freedom from a lifelong struggle. Eye-opening, provocative, and rigorous, this book is a must-read for anyone who has ever struggled to maintain their weight—which is to say, everyone.

**breaking addiction lance m dodes md:** *The Dangerous Case of Donald Trump* Bandy X. Lee, 2017-10-03 The consensus of two dozen psychiatrists and psychologists that Trump is dangerously mentally ill and that he presents a clear and present danger to the nation and our own mental health.

**breaking addiction lance m dodes md:** *The Addicted Brain* Hyla Cass M D, 2014-09-24 This groundbreaking book by acclaimed functional medical doctor Hyla Cass takes a new and natural approach to addiction that offers positive results far from the tough it out methods or prescription drugs often employed by conventional medicine to treat addiction. Addiction has become epidemic in today's society. Addiction can involve a whole range of habits, including food, tobacco, alcohol, drugs of abuse, or prescription medication, and even behaviors like gambling, pornography, or sexual activity. Addiction is a brain disease affected by nutritional, behavioral and emotional factors. Very often, Dr. Cass has discovered, correcting brain chemistry imbalances that trigger addictive behaviors will eliminate the addiction. Her program of optimal brain nutrition that includes healthy eating, proper supplementation and lifestyle modifications has proven effective for thousands of her patients and readers without negative side effects.

**breaking addiction lance m dodes md:** *Addiction & Recovery For Dummies* Paul Ritvo, 2023-06-07 No matter what your road to recovery looks like, *Dummies* is on your side *Addiction and Recovery For Dummies* gives you the tools you need to identify and face addiction in yourself or a loved one, while working towards a healthy and realistic approach to recovery. This book offers a compassionate, unbiased, and non-judgmental guide to evaluating and overcoming addiction. You'll learn to identify the range of addiction levels, the various types (including substance and non-substance), and the possible causes of addiction. An expert author guides you through the range of addiction treatment philosophies and approaches, including twelve-step programs, other in- and outpatient programs, and teen treatments. We'll also look at common recovery roadblocks, so you're prepared to overcome whatever hurdles your recovery process brings. Medications, therapeutic communities, self-help groups, long-term recovery strategies—it's all in here. Learn the signs of addiction and identify the most appropriate treatments Gain advice on offering help to friends or family members struggling with addiction Discover available recovery supports, including groups and medications Understand the media and cultural factors that encourage addiction, and how to avoid them Updated with the latest treatment options, *Addiction & Recovery For Dummies* is a valuable resource for those on a recovery journey, and a support guide for the 45 million people who are directly impacted by addiction.

**breaking addiction lance m dodes md: Clean** David Sheff, 2013-04-02 A myth-shattering look at drug abuse and addiction treatment, based on cutting-edge research Addiction is a preventable, treatable disease, not a moral failing. As with other illnesses, the approaches most likely to work are based on science — not on faith, tradition, contrition, or wishful thinking. These facts are the foundation of Clean. The existing addiction treatments, including Twelve Step programs and rehabs, have helped some, but they have failed to help many more. To discover why, David Sheff spent time with scores of scientists, doctors, counselors, and addicts and their families, and explored the latest research in psychology, neuroscience, and medicine. In Clean, he reveals how addiction really works, and how we can combat it. “A guide for those affected by addiction, but also a manifesto . . . for America as it confronts its drug problem. [Sheff] has performed a vital service by compiling sensible advice on a subject for which sensible advice is in short supply.” — New York Times Book Review “As a journalist, father, and clear-eyed chronicler of addiction, David Sheff is without peer.” — Sanjay Gupta, M.D., chief medical correspondent, CNN

**breaking addiction lance m dodes md: Breaking the Chains of Addiction** George Williams, 2013-04-17

**breaking addiction lance m dodes md: Addict No More** Gertrude Swanson, 2022-05-20 Do you think that addiction is something that you can just tough out? Addiction is a real disease and it can be dealt with - and this book will guide you about the things that you need to know in order to do just that. This book will explore the many facets of addictions and how to break free from them. It will also teach you about the different types of addictions and how to deal with them. If you're looking for help to get rid of an addiction, then this is the book for you. Moreover, it teaches you to deal with personal weaknesses and obstacles in life. With this book by your side, you can come out of addiction a different person than the one that was addicted! Related terms: beyond addiction workbook beyond addiction book addiction and recovery for dummies addiction is the symptom addiction as an attachment disorder food addiction healing day by day addiction is not a disease understanding addiction know science no stigma addiction and grace book alcohol addiction addiction science addiction counseling sugar addiction workbook addiction treatment addiction recovery addiction recovery management book addiction recovery management addiction workbooks for teens addiction books for men addiction inoculation addiction addiction counseling books books about addiction addiction books addiction recovery books addiction treatment homework planner addiction self help books addiction planner addiction bible addiction and recovery books addiction one cause one solution addiction is a choice addiction workbook rewired a bold new approach to addiction and recovery addiction treatment planner addiction and recovery addiction recovery workbook beyond addiction guide addiction counseling for dummies addiction recovery games addiction and recovery workbook the addiction recovery workbook addiction in human development addiction inoculation addiction recovery skills workbook addiction counseling a practical approach sex addiction anonymous green book food addiction book food addiction the addiction solution the addiction treatment planner addiction psychology mindfulness workbook for addiction addiction workbooks for women addiction counseling for teens addiction therapy addiction recovery books for women addiction recovery books for men the addiction formula drug addiction books addiction workbook for men the addiction recovery skills workbook addiction treatment a strengths perspective drug addiction recovery books addiction solution kipper addiction and recovery for first responders sex addiction as affect regulation addictions nursing learning the language of addiction counseling sex addiction workbook addiction stigma addiction formula beyond addiction foote addiction to love food addiction the body knows the addiction inoculation addiction medicine addiction group therapy addiction a banquet in the grave addiction quotes addiction medicine textbook christian addiction recovery books addiction journal addiction workbooks for adults addiction workbooks for counselors addiction psychiatry sex addiction addiction by design beyond addiction addiction recovery keychain beyond addiction paperback addiction solution addiction free naturally addiction and grace gerald g. may addiction neuroscience addiction and grace by gerald may addiction books for kids addiction and trauma sugar addiction journal addiction and attachment

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**breaking addiction lance m dodes md: Thorns of Addiction** Don Maxwell, 2021-08-27 The author writes this book about recovering from the disease of addiction in an effort to help other people who are also struggling. He has put a great deal of thought and effort into telling it like it was in order to allow people to understand that recovery is possible. Not only can this book help others addicted but it also can help family members understand the nature of the disease of addiction and the recovery process. God has used the author in an effort to help others so that he may continue on in his own personal process of recovery.

**breaking addiction lance m dodes md: Kick the Habit** Robert Lefever, Robert A. Lefever, 2002-10-28 A British doctor and addiction specialist explores the many avenues that addiction can take, from alcohol and drugs to food, gambling, and sex.

**breaking addiction lance m dodes md: Overcoming Addictions** Cb Warsteane, 2011-07 This is indeed a revolutionary approach to the disease of addiction. Not only has the successfully established method of the 12 step program been incorporated within this detailed method, but the author goes further. The approach described here, for the first time, explodes the misconception that Once an addict, always an addict. This myth is debunked on a practical basis. While theoretically one may be deemed an addict for life yet it is not necessary to ever have to use once on the plateau of recovery. A recovering addict can abstain for a lifetime. The Universal laws of change and development referred to in this work demonstrate how to permanently overcome any addiction. The author is an example of Living Proof.

**breaking addiction lance m dodes md: Being Sober** Trafford, 2019-10-14 We are all addicted to something. It could be alcohol, video games, our cell phones, or, even junk food - but

whatever it is, we are addicted. Being Sober is a book for all of us, a book that goes through the steps to combat an addiction and the steps you can take to maintain a life free from your substance abuse. In this book, we will cover eight sections on the road to recovery, including finding out if you have an addiction, how to build a support system, what to do if you relapse, dissecting the Twelve Steps to recovery, the reasons for your addiction, and so much more. This is bigger than just a path to recovery, it is a book to find the new you, to build up your confidence and for you to live your life to the fullest. If you are struggling with an addiction, or know someone who is struggling with an addiction, this is definitely worth your while. We all start with admitting that we have a problem that needs fixing and let Being Sober help you on your way!

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