

Addictive Thinking: Understanding Self-deception - Abraham J Twerski

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Addictive thought is inherently self-deceptive, yet offers a superficial logic that can be misleading to the addict as well as to the addict's family members. Abnormal thinking in addiction was originally recognized by members of Alcoholics Anonymous, who coined the term "stinking thinking." Addictive thinking often appears rational, but only on a superficial level. Addicts, as well as their family members, are easily seduced by the attendant -- and erroneous -- reasoning process it can foster. In *Addictive Thinking*, author Abraham Twerski reveals how self-deceptive thought can undermine self-esteem and threaten the sobriety of a recovering individual. This timely revision of the original classic includes updated information and research on depression and affective disorders, the relationship between addictive thinking and relapse, and the origins of addictive thought. Ultimately, *Addictive Thinking* offers hope to those seeking a healthy and rewarding life in recovery. Dr. Twerski is founder and medical director of the Gateway Rehabilitation Center in Pittsburgh, Pennsylvania. A rabbi, psychiatrist, and chemical dependency counselor, he is the author of numerous journal articles and books including *Self Discovery in Recovery*, *I Didn't Ask to be in This Family: Sibling Relationships and How They Shape Adult Behavior and Dependencies* and, with "Peanuts" cartoonist Charles Schulz, *When Do the Good Things Start?* Author: Twerski, Abraham J Publisher: Hazelden Illustration: N Language: ENG Title: Addictive Thinking: Understanding Self-Deception Pages: 00156 (Encrypted EPUB) On Sale: 2009-06-03 SKU-13/ISBN: 9781568381381 Category: Self-Help : Substance Abuse & Addictions - General Category: Self-Help : Twelve-Step Programs Category: Self-Help : Personal Growth - General

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