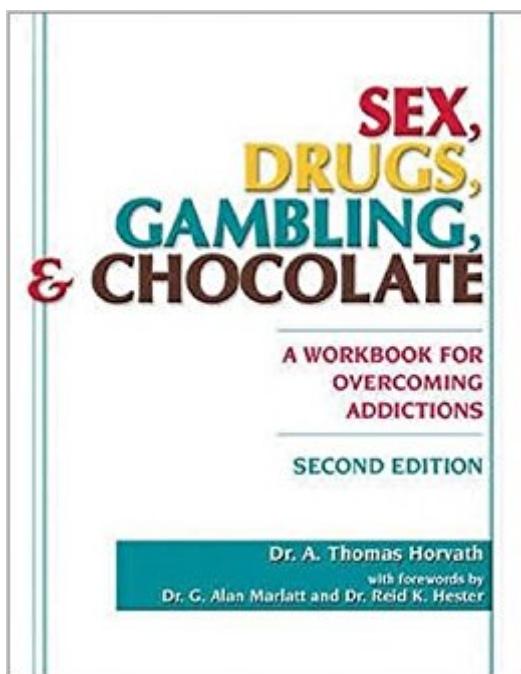


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# Sex, Drugs, Gambling, And Chocolate: A Workbook For Overcoming Addictions



## Synopsis

There is an alternative to 12-step! You can reduce almost any type of addictive behavior -- from drinking to sex, eating, and the Internet -- with this practical and effective workbook. Treats addictive behaviors in general, not one at a time -- because if you're prone to addictions, you've probably got more than one. Addictive behavior can result from the use of almost any substance, or involvement in almost any activity. The harm that results from the addictive behavior, and the individual's difficulty in controlling it, is what matters. Supported by scientific research, Dr. Horvath approaches addiction as a bad habit, not a disease. He emphasizes taking responsibility, without requiring an allegiance to a "higher power," and teaches general principles of addictive behavior change, so readers can apply them as often as they need. Horvath teaches the consequences (and even possible benefits) of addictive behavior, alternative coping methods, choice, understanding and dealing with urges, building a new lifestyle, preventing relapse. Includes dozens of exercises, self-study questions, guidelines for individual change plans.

## Book Information

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## Customer Reviews

âœ...this workbook could be invaluable to the individual who is searching for a reasoned and scientifically researched set of methods for overcoming addiction... this workbook might even be lifesaving... If you are ready for an alternative approach to overcoming addiction, this workbook could make a big difference in your life! • "G. Alan Marlatt, PhD, Professor of Psychology, University of Washington, Director of Addictive Behaviors Research Centerâœ...alcohol treatment

programs in the U.S. have only slowly begun to offer [alternative] treatments... the best that science has to offer for overcoming addiction is not widely known... If you are considering treatment for yourself or another, you need to be aware of these alternatives... This workbook is a good place to learn about them... Try these strategies yourself and see how they can be helpful to you. • "Reid K. Hester, PhD, Director, Research Division, Behavior Therapy Associates" œ...frank and straightforward... a common sense and research-based alternative to 12-Step programs... a self-help manual with extensive detail, explanation, prudent advice... An invaluable resource. • "Mark B. Sobell, PhD, Center for Psychological Studies, Nova Southeastern University" œ...intelligent approach... extraordinary touch... Dr. Horvath has created a step-by-step program to overcome addictions... I recommend this book to all professionals interested in innovative and logical steps to enlist the patient's active involvement in treatment and recovery. • "Rodrigo A. Munoz, MD, Past President, American Psychiatric Association" œ...a common sense approach to a set of very difficult problems... For those who have an active curiosity about their trouble and can stay with it, what is offered here will help them understand what they are going through, broaden their understanding of the detail of where they have been, and help them change. • "Robert A. Zucker, PhD, Professor of Psychology in Psychiatry and Psychology, University of Michigan" œI think this book could do the world a lot of good. • "John J. Boren, PhD, Senior Scientist, Treatment Research Branch, National Institute on Drug Abuse, Retired

A. Thomas Horvath, PhD, FAClinP, was born and raised in Youngstown, Ohio. He graduated from St. John's College, Annapolis, Maryland, and the California School of Professional Psychology at San Diego. He is a board certified clinical psychologist (American Board of Professional Psychology) in private practice. In 1985 he founded Practical Recovery Services, which offers an alternative to 12-step and disease-oriented addiction treatment. He is a past president of the San Diego Psychological Association and the San Diego Phobia Foundation. Since 1995 he has been president of SMART Recovery, a non-profit network of support groups for individuals abstaining from any type of addictive behavior. From 1999-2000 he served as president of the American Psychological Association's Division on Addictions (Division 50). The division has over 1200 members and is the world's largest organization of addictive behavior psychologists.

There are many ways to treat addiction just like there are many religions that promise salvation. The problem is when people start saying that their way is the only way. But that's not the case with "Sex, Drugs, Gambling, & Chocolate: A Workbook for Overcoming Addictions" by Dr. A Thomas Horvath.

Horvath offers an approach similar to "SMART (Self Management And Recovery Training) Recovery and Moderation Management". Horvath's workbook is based on 2 premises: that addiction is an extreme version of habit and that overcoming addiction occurs using the same processes we use to change other habits. These ordinary processes include: increasing self-awareness, identifying and resolving conflict, discovering and developing alternative behaviors, using support from others, not acting on temptation, and being persistent. Horvath doesn't agree that addiction is a disease and he believes moderation is possible and worth considering. He also, quite correctly, I believe, asserts that most people in AA benefit more from the social support rather than from total acceptance of the 12-step philosophy, and some people will benefit only from AA and NA, while some won't benefit from any approach. When working this book, I gained the most insight from the cost/benefit analysis. Early in my addiction, there were many benefits. Drugs helped me cope with anxiety, depression, and boredom. They improved my social ability (or so I thought), gave me a sense of belonging, helped me feel self-confident, prevented pain, gave me energy, made me more creative and most importantly, produced euphoria. But over time, one by one, without my realizing it, these benefits were slowly replaced with their polar opposites and a tally of negative consequences too long to list here. There are also three informative chapters on dealing with cravings, and Horvath suggests many support groups that are alternatives to AA and NA, but good luck finding them unless you live in California. "Sex, Drugs, Gambling, & Chocolate" is one more nail in the coffin of my addiction, and if you're like me, you need all the help you can get. David Allan Reeves Author of "Running Away From Me"

With so many books written on addiction, I feel fortunate I read this one. I picked it because it is offered, among other things, as an alternative to the classic 12 step, which I find unappealing. I know some people personally who have overcome severe addictions with the 12 step program DESPITE not believing in it or in a higher power. These people obviously believe in themselves, and would have overcome their addiction with just about any type of help, for these individuals it is equivalent as saying that if you are determined to lose weight ANY diet will work. If you don't feel quite as strong as that, this book is a competently written work that you may find helpful and even very motivating, and empowering. This handbook is very informative, and information is power. On some level I was already aware of the principles and theories presented, but the author put them into focus for me and affirmed what I already knew about bad habits, associations, cravings, etc. I definitely recommend this book.

Very well written!! Helped me get a better understanding of from addictions, and how to not be judgemental towards that, but know how to be supportive and help. My friend dogs read it as well! He says it is an amazing book!! Can be used with a 12 step program or on its own with support!

I am a psychologist who works with clients who have addictions, particularly having to do with money issues. I often find a need for an alternative to 12-step work, and this book meets that need. Dr. Horvath's book is a good guide. I don't follow it to the letter, but often find myself using the exercises he recommends for clients, more or less in the order he prescribes. The book feels like it is written a little too simply in places. However, better too simplistic than too dense to read. It is a practical and useful work. John McConnell, Ph.D. San Diego CA[...]

This book was recommended to me by a psychologist as an alternative to method for dealing with addiction. As the title suggests, the book is generalized to cover most any addiction. Most people struggling with addiction only know of the 12-step (AA type) program. The AA program is an "all or nothing" solution that treats the addiction as a "disease" and puts the solution in the hands of a "higher power". I am not knocking AA, or the program, it has saved many lives. However, total abstinence does not work in all cases, obviously someone addicted to food can't stop eating all together. This book does not treat addiction as a disease or imply that we are powerless to overcome it. This workbook offers a different approach. The book suggests accepting the benefits that are associated with the addiction and weighing them against the associated costs (material, emotional, etc...) The book helps find alternative methods for achieving the benefits, without the negative impact. The result is a solution that may not require total abstinence from the substance or activity. The book does recognize (and recommends) that in some cases, abstinence is the best method for approaching some addictions. The book points out that you are capable of making good decisions. If you're struggling with one or more addictions I recommend using this book. If you're reading this, chances are you or someone you care about is struggling. There is hope. Whether you use this method or the traditional 12-step approach, there is hope. Don't give up. Don't get discouraged. If you're reading this, you're already headed in the right direction. Don't be afraid to ask for help.

Horvath is an excellent professor, his class is one of the best I've had in grad school and the workbook is great to use with clinical populations.

Great insight & a nice break from the self-interested dogma

needed this for friend

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