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# **The Hidden Addiction and How to Get Free**

**Recognizing  
and  
breaking  
the habits  
that  
control  
your life**

**Janice Keller Phelps, M.D.  
Alan E. Nourse, M.D.**

# The Hidden Addiction And How To Get Free

**Sebastian Brünink**



## **The Hidden Addiction And How To Get Free:**

Hidden Addiction and How to Get Free, The - Volume I Janice Keller Phelps, Alan Nourse, 1986-04-30 The startling news of the Hidden Addiction is that all addictions are rooted in the same genetic flaw in your body Dr Phelps explains that addiction does not result primarily from emotional stress lack of willpower or some other psychological factor It is a concrete physiological condition that can be addressed and a detailed treatment program is provided in this book **The Hidden**

**Addiction** Janice Keller Phelps, Alan Edward Nourse, 1986-01-01 The authors argue that 4 out of 10 addictions are the result of a concrete physiological condition that is metabolic and genetic in origin and offer these people a practical program for overcoming any addiction *The Natural Medicine Guide to Addiction* Stephanie Marohn, 2004-05-01 Medical journalist Stephanie Marohn eases the pain and trauma of addiction recovery in this guide one in a series dealing with ailments such as anxiety and depression In layman s terms she discusses how chemical imbalances in the brain create addiction and withdrawal symptoms and how they can be restored Suggestions include amino acid supplements to regulate sugar levels herbs such as chamomile valerian root to relax the nervous system acupuncture aromatherapy candle therapy and so on Marohn s view of addiction is clear enough to see the big picture which encompasses everything from crippling drug addiction to minor apparently harmless habits such as compulsive shopping According to Marohn addiction is a problem that effects over 100 million people every year and needn t be seen as either freakish or a sign of weakness Furthermore there is a way to recover that does not compromise a holistic lifestyle through pharmaceutical medicines should one choose this path

Problem-Free Diabetes Frank Suarez, 2016-09-14 Practical recommendations for improving diabetes and its related conditions Includes information on how candida albicans a yeast can affect diabetics the 3x1 Diet for diabetics how to find aggressor foods that can spike up blood glucose levels how to read tricky labels the truth about cholesterol what to do when blood glucose levels are resistive and won t go down natural supplements that can help a diabetic the sleep patterns that affect diabetes foods that benefit a diabetic condition and more This book has hundreds of pages on the subject of diabetes and what practical recommendations you can start applying immediately to improve your condition and get it under control The intent of the book is to explain in simple terms what most medical or technical books detail in a confusing or incomprehensible way It emphasizes the metabolism as the principle factor to address and improve in order to improve diabetes The premise of the book is PRACTICALITY things to DO and IMPLEMENT immediately to start seeing results and measuring more desirable glucose levels immediately **Addiction to Love** Susan Peabody, 2011-04-13 Love addiction manifests in many forms from Fatal Attraction type obsessive lust to less extreme but nonetheless psychologically and emotionally harmful forms The most common of these is staying in a bad relationship because of a fear of being alone the I hate you but don t leave me relationship In ADDICTION TO LOVE recovering love addict Susan Peabody explains the variety of ways this disorder plays out from the obsessively doting love addict to the addict who can t disentangle from an unfulfilling

dead end relationship Peabody provides an in depth and easy to follow recovery program for those suffering from this unhealthy and often dangerous addiction and explains how to create a loving safe and fulfilling relationship A seminal work on unhealthy and obsessive behaviors in love and how to change behavior to have a positive relationship This third edition includes a new introduction and revisions to the text throughout Some symptoms of love addiction include love at first sight excessive fantasizing abnormal jealousy nagging and accepting dishonesty Even relationships with parents children siblings or friends may be addictive dependency is not always related to romantic love Previous editions have sold more than 40 000 copies Love addiction is a three headed serpent that Susan Peabody adeptly slays This is the quintessential book for any love addict or counselor needing to fully understand this highly prevalent and complex disorder Susan detects and dissects aspects of this condition not comprehended in other books of its kind Recovery is possible This book makes it possible to take the succinct steps necessary toward a loving and reciprocal long term intimate relationship Sudi Scull M F T C N psychotherapist and nutritionist

*Free from Addiction* Morteza Khaleghi, 2025-09-23 Addiction invades every region and demographic in the United States affecting more than 23 million Americans and putting families though a heartbreaking cycle of recovery and relapse Many people give up and never find the right treatment that will enable them to break free of their addiction forever Offering a radical new approach clinical psychologist Dr Morteza Khaleghi argues that the vast majority of drug and alcohol addiction is driven by an emotional trauma A pioneer of the dual diagnosis recovery program he treats the body for chemical dependency while simultaneously ministering to the emotional block that serves as a trigger for relapse A regular advisor on the Dr Phil show Dr Khaleghi has mapped out recovery plans for thousands of patients and their families Well known facilities such as Hazelden Sierra Tucson and the Betty Ford Center refer their toughest cases to him looking to his vast experience and high rate of success In this groundbreaking book he teaches you the methods that have made him the therapist that other therapists turn to for advice Families will learn how to Recognize addictive behavior Plan and stage effective interventions Work on the family dynamics that enable addiction Patients will learn to Become self aware about addictive behavior Identify the emotional trauma that is at the heart of nearly every addiction Detect early signs of relapse and take preemptive measures Drawing on over 20 years of experience healing patients Dr Khaleghi s insightful nurturing and above all breakthrough book is geared to anyone looking for help with dependency and to the spouses parents children and friends who bear the brunt of this damaging disease *Free from Addiction* will redefine addiction treatment and provide new hope to all those embarking on recovery

*Impact of Addictive Substances and Behaviours on Individual and Societal Well-being* Peter Anderson, Jürgen Rehm, Robin Room, 2015-02-12 *Impact of Addictive Substances and Behaviours on Individual and Societal Well being* outlines an innovative and fascinating new framework for understanding the harm that addictive substances and behaviours can cause Taking a holistic approach and with well being as a central tenet it demonstrates how using different methods can lead to a more just and evidence based approach to dealing with addictions

Presenting the latest and most comprehensive research the expert team of authors examines the harm caused by addictive substances and behaviour factors that contribute to addictions and current European approaches to governing addictive substances and behaviours It is both legal and illegal drugs and behaviour that cause harm For the world as a whole cigarettes were the second largest cause of ill health and early death in 2010 alcohol the fifth and illegal drugs the eighteenth Regular and sustained heavy engagement in addictive substances and behaviour also impacts on quality of life and material living conditions The well being framework outlined here for understanding this impact places particular emphasis on the reciprocal relationship between well being and drug use well being can be a driver of the heavy use of addictive substances and behaviours and also compounds the harm done Furthermore the response of society can increase the harm caused by drug use and stigma social exclusion and the actions of the criminal justice system can impair individual and societal well being considerably Impact of Addictive Substances and Behaviours on Individual and Societal Well being is based on the research from ALICE RAP a multidisciplinary European study of addictive substances and behaviours in contemporary society A timely addition to the field this book is essential reading for those wanting to make a real impact in the field of addiction prevention policy including public managers practitioners public health professionals and stakeholders influencing policy for addictive substances and behaviours as well as academics

Social Work Diagnosis in Contemporary Practice Francis J. Turner, 2005-02-10 The unifying theme of this broad reaching volume is that responsible ethical and effective social work practice rests on the diagnostic skills of the practitioner Social work diagnosis refers to the conscious formulation of an ongoing set of decisions about the client and his or her situation which serve as the basis for intervention decisions for which the practitioner must be prepared to take responsibility Diagnostic skill development is an ongoing process principally enhanced by a continuous commitment to remain at the cutting edge of the profession s body of knowledge but one of the challenges for today s practitioner is keeping abreast of the rapidly expanding body of knowledge contained in some 200 important social work periodicals in circulation Francis J Turner a preeminent clinical scholar brings together in one volume some of the best work published since 2000 each reflecting new insights into understanding psychosocial situations and innovative methods of applying knowledge and skills in an increasingly effective manner Each of the 78 articles in this volume highlights some of the critical dimensions of contemporary social work practice guiding clinicians to address four key aspects in order to craft an accurate diagnosis The first section presents articles covering the developmental spectrum each of which fully explains various ages and stages of development The second section focuses on a range of specific situations helping practitioners and students enrich their understanding of different types of problems they meet in contemporary practice whether they are based in mental illness psychosocial issues or physical ailments The third section addresses the crucial component of diversity demonstrating the complexity and critical importance of truly understanding clients and their lives The last section of the book discusses innovative approaches to practice selected to

offer practitioners easy access to the latest interventions for a host of contemporary challenges facing clients and their therapists Broad in scope and tightly focused on the goal of providing the most up to date information necessary for accuracy in the diagnostic process this volume represents some of the best research available to today s social workers How to Quit Drinking Without AA, Revised 2nd Edition Jerry Dorsman,1997-10-01 Now You Can Take Control of Your Own Recovery Process Alcoholics Anonymous is not the only answer or even the best answer for many people In fact seven of every eight people who start AA s 12 step program abandon it within three years Fortunately there are more effective ways to quit drinking proven methods that will help you be successful on your own terms Inside this life affirming book is the new beginning you re looking for Certified addictions counselor and 16 year recovering alcoholic Jerry Dorsman offers more than 100 proven techniques to gain control of your recovery His self help approach includes the best Step by step instructions for breaking the habit Foods to help you beat the cravings Methods for internal cleansing and detox Nutrition information for rebuilding your health And much more A thorough approach backed with practical guidelines and techniques Addiction and Recovery Magazine The right blend of substance and simplicity Bubbling with resources Natural Health magazine **The Natural Way to Control Hyperactivity with Amino Acids and Nutrient Therapy** Billie Jay Sahley,1988 Addictions John Finnegan,1989 **Compulsive Gambling** Howard Shaffer,1989 **Understanding Substance Addictions** Sophia F. Dziegielewska,2005 Healing Life's Hidden Addictions Archibald D. Hart,1990 TABLE OF CONTENTS Part 1 Understanding Hidden Addictions 1 What Are Hidden Addictions 2 Addictions and Cravings 3 Is There an Addictive Personality 4 The Addictive Cycle 5 Obsessions and Compulsions Part 2 Virieties of Hidden Addictions 6 Lifestyle Addictions 7 Codependency Addiction to Helping 8 Religious Addictions 9 Addiction to Sex and Love 10 Addiction to Adrenaline Hurry Sickness 11 Addictions to Food Part III Healing for Hidden Addictions 12 Overcoming Your Hidden Addictions 13 A Theology for Self Control **Cassette Books** Library of Congress. National Library Service for the Blind and Physically Handicapped,1987 **Take Charge of Your Body** Carolyn DeMarco,1995 *How to Quit Drinking Without A.A.* Jerry Dorsman,1994 Suggests a test for alcoholism describes the benefits of not drinking and offers practical advice on a variety of ways to stop drinking *Arts & Humanities Citation Index* ,1986 A multidisciplinary index covering the journal literature of the arts and humanities It fully covers 1 144 of the world s leading arts and humanities journals and it indexes individually selected relevant items from over 6 800 major science and social science journals **The Consumer Health Information Source Book** Alan M. Rees,Catherine Hoffman,1990 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what s most important in the world of alternative medicine The sixty edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on

each resource and how to best use it     The Anxiety Epidemic Billie Jay Sahley,2002 There is no such thing as a tranquilizer deficiency This is the best book available on the natural control of natural anxiety control A wounded healer Dr Sahley takes you through her own five year battle with anxiety fear panic and phobias Her healing came not from drugs but vital nutrients that the brain must have to stop the dreaded fear Walk the path with this wounded healer and learn how to let your own healing begin If you suffere from anxiety you must read this book

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