

# Healing The Addictive Personality Freeing Yourself From Addictive Patterns And Relationships

Addictive Thinking and the Addictive Personality - Abraham J. Twerski 1999-10

Understanding the addictive process, compulsive behavior, and self-deception.

Diversity and Development - Dana Comstock 2005

This edited, counseling-specific text provides graduate students with needed information on human growth and development. It provides a brief overview of developmental theories, all of which are a review to students from their undergraduate work. At its heart, the book, based on Relational-Cultural theory, addresses various topics and critical contexts as they relate to human growth and development and stresses relational development, critical thinking and the central theme of how shame plays into development.

**Healing the Addictive Mind** - Lee L. Jampolsky 1991

Explores the nature of addictive thought patterns, arguing that they develop through a dependence on outside forces to achieve peace of mind, and offers a program for overcoming negative patterns.

**Medical and Health Care Books and Serials in Print** - 1997

**Addicted to Drama** - Scott Lyons 2021-08-31

Psychologist and mind-body expert introduces drama addiction as a true disorder for the first time, providing strategies to identify and recover, for yourself or a loved one. Do you have someone in your life who seems to thrive on chaos? Someone who manufactures crisis where there is none? We tend to judge them, react with annoyance or disgust, and often label them "drama queens." But clinical psychologist, osteopath, and mind-body specialist Dr. Scott Lyons shows us to look past our collective perception of these people as unabashed attention-seekers and instead see that they are experiencing a much deeper psychological, biological, and social phenomenon: they are, in fact, battling an addiction and that chaos is a high. Drama addicts have developed a "new normal" of internal homeostasis where their stress levels are chronically high; they seek out drama so they can find a sense of control and balance. With primary research, patient stories, and studies, Dr. Lyons deconstructs the "why" and "how" of drama addiction, sharing: what drama addiction is and what it is not how drama addiction relates to other personality disorders such as narcissistic and borderline how to identify patterns of drama addiction in yourself and others the relationship of drama addiction to major health issues such as chronic fatigue, autoimmune disease, joint and muscle pains, and other conditions steps for coping and recovery With clear-eyed empathy, Dr. Lyons leads readers through an "unwinding" process that allows them to break free of the drama cycle, be vulnerable, and find joy in the subtle and meaningful moments of everyday life.

*How to Break Your Addiction to a Person* - Howard Halpern 2003-12-30

Are you in love--or addicted? How to know when to call it quits...and how to find the courage to call it quits. Are you unable to leave a love relationship even though it gives you more pain than joy? Your judgment and self-respect tell you to end it, but still, to your dismay, you hang on. You are addicted--to a person. Now there is an insightful, step-by-step guide to breaking that addiction--and surviving the split. Drawing on dozens of provocative case histories, psychotherapist Howard Halpern explains to you: Why you can get addicted to a person. Why and how you may try to deceive yourself. ("He really loves me, he just doesn't know how to show it.") How you can recognize the symptoms of a bad relationship. How to deal with the power moves and guilt trips your partner uses to hold you. Why strong feelings of jealousy do not mean you are "in love." How to get through the agonizing breakup period--without going back. How not to get caught in such a painful relationship again.

*Walking Through Walls* - Lee L. Jampolsky 2011-05-25

WALKING THROUGH WALLS is a no-nonsense handbook for the spiritual seeker with little time for a lengthy philosophical treatise-and even less energy for a "taking a lifetime for enlightenment" self-help book. Psychologist and author Lee Jampolsky offers an eight-week course that gets right down to the

business of accelerating personal growth. Each week Jampolsky focuses on one of eight traits that are compatible with every great spiritual tradition: honesty, tolerance, gentleness, joy, defenselessness, generosity, patience, and open-mindedness. Cutting through the fog of typically lofty and unreachable self-help goals, WALKING THROUGH WALLS presents a realistic and attainable plan for personal development. A practical eight-week program that is broken down into lessons that incorporate eight important traits into everyday living. Each lesson is further broken down into exercises, affirmations, and meditations. Lee Jampolsky's HEALING THE ADDICTIVE MIND has sold 65,000 copies. From the Trade Paperback edition.

**The Craving Mind** - Judson Brewer 2017-03-07

A leading neuroscientist and pioneer in the study of mindfulness explains why addictions are so tenacious and how we can learn to conquer them We are all vulnerable to addiction. Whether it's a compulsion to constantly check social media, binge eating, smoking, excessive drinking, or any other behaviors, we may find ourselves uncontrollably repeating. Why are bad habits so hard to overcome? Is there a key to conquering the cravings we know are unhealthy for us? This book provides groundbreaking answers to the most important questions about addiction. Dr. Judson Brewer, a psychiatrist and neuroscientist who has studied the science of addictions for twenty years, reveals how we can tap into the very processes that encourage addictive behaviors in order to step out of them. He describes the mechanisms of habit and addiction formation, then explains how the practice of mindfulness can interrupt these habits. Weaving together patient stories, his own experience with mindfulness practice, and current scientific findings from his own lab and others, Dr. Brewer offers a path for moving beyond our cravings, reducing stress, and ultimately living a fuller life.

Performance Addiction - Arthur Ciaramicoli 2004-07

"The best book I've seen on how we can stop sabotaging our need for balance. Compulsive achievers will find here everything they need to gain the sense of satisfaction that's eluded them. This book is a must-read for men and women struggling with the mystery of why they're not happy. This is a most wise, helpful, and important book, and it's wonderfully readable." -Mira Kirshenbaum author of Everything Happens for a Reason and The Emotional Energy Factor "Every perfectionistic, hypervigilant person wondering why peace of mind is so elusive should read this book. Dr. Ciaramicoli totally nails the issue of performance addiction and offers all the help you need. A life-changing book." -Dr. Charles Foster, author of Feel Better Fast "A much-welcome, reader-friendly, utterly unpretentious call to sanity. With clarity and disarming simplicity, Dr. Arthur Ciaramicoli exposes the futility and indeed the harm of our collective compulsive ride on the achievement treadmill. . . . Performance Addiction is a crash course in essential wisdom for today. Read it and give it to anyone about whose mental health and happiness you deeply care." -P. M. Forni, Professor at Johns Hopkins University and author of Choosing Civility "Integrating theory with compelling stories from his clinical practice, Dr. Ciaramicoli provides concrete, practical methods to address the growing problem of performance addiction." -Richard Kadison, M.D. Chief, Mental Health Services, Harvard University Health Services Do you achieve goals without feeling fulfilled? Do you think your hard work will win you love and respect? Do you feel as if you're never doing well enough? In this intriguing and prescriptive guide, Harvard Medical School instructor Dr. Arthur P. Ciaramicoli explains this new psychological issue, revealing the reasons why the label of success so rarely leads to happiness. Performance Addiction gives you action steps for freeing yourself from the obligation to excel, finding new meaning in your work and relationships, and going beyond material reward to obtain genuine, healthy accomplishment throughout your life. Through illuminating self-evaluations and writing exercises, you'll gain a stronger sense of self, learn to balance your work and your personal life, and at long last find the satisfaction that comes from breaking your patterns of addictive behavior and finding new, better ways to

accept and give love.

**Mental Health and Mental Disorders [3 volumes]** - Len Sperry 2015-12-14

Serving as an indispensable resource for students and general-interest readers alike, this three-volume work provides a comprehensive view of mental health that covers both mental well-being and mental illness. A three-volume ready-reference encyclopedia, this up-to-date work supplies a holistic introduction to the fields of mental health and mental disorders that is written specifically for high school students and college students. Covering the full continuum of mental health, the set describes typical functioning, including biology and neurology of the brain, emotions, and the traits and characteristics of mental well-being. It also addresses mental disorders and conditions, from obsessive compulsive disorder (OCD) and post-traumatic stress disorder (PTSD) to phobias and schizophrenia. *Mental Health and Mental Disorders: An Encyclopedia of Conditions, Treatments, and Well-Being* highlights important concepts and phenomena, key individuals, treatment techniques, organizations, and diagnostic tools to give readers a complete view of this broad field of study. It also investigates all sides of wellness, exploring what it means to be "normal" and consistently identifying the links between lifestyle and mental health. The encyclopedia is consistent with the goals of AP psychology curricula and addresses the various disorders classified in the new edition of the APA Diagnostic and Statistical Manual (DSM-V-TR).

*Creative Interventions in Grief and Loss Therapy* - Thelma Duffey 2015-07-22

Get the tools to help the grief that comes when a dream dies Every person at one time or another suffers when his or her dreams are shattered. *Creative Interventions in Grief and Loss Therapy: When the Music Stops, a Dream Dies* provides truly innovative approaches to therapeutically help individuals work through and survive grief and loss. Leading experts explore creative interventions for common, yet emotionally devastating problems faced by those weathering the storms of grief after their dream has been destroyed. Therapists and counselors get the effective tools to creatively help people through the difficulties of dealing with death, addiction, trauma, changes in life circumstances, divorce, heartbreak, miscarriage, co-occurring mental health and substance use disorder (COD), suicide, adoption, and issues with children. The chapters in this innovative volume cite existing research on specific grief and loss issues and illustrate a clinical application for each situation using various creative mediums such as music, writing, or ritual. Each approach can be expanded and modified with care by clinicians of all types to better help clients through the process. This resource is extensively referenced. Topics in *Creative Interventions in Grief and Loss Therapy* include: how storytelling, journaling, and correspondence can be used to process the experience of a counselor's loss following the death of their client using psychodrama and the utilization of empty chair techniques to address addiction related grief and loss the use of rituals as an intervention to help clients trauma and loss during times of natural disasters the process of gatekeeping by counselor educators Emotional Freedom Technique (EFT) as an approach to help student athletes deal with life after the sport a literary exercise to help clients work toward forgiveness after divorce using books, songs, and projects to assist clients experiencing grief after the death of their adolescent child creative strategies to aid clients through the grief and loss of love effective interventions to assist clients through loss from miscarriage using music, videography, visual arts, literature, drama, play, and altar-making in the grief process innovative interventions for individuals with co-occurring mental health and substance use disorder suicide high risk factors—and a Pre-suicide Preparation Plan that mental health practitioners can implement creative intervention for the client who is adopted using super heroes and science fiction therapeutic storytelling for children in grief *Creative Interventions in Grief and Loss Therapy: When the Music Stops, a Dream Dies* is a creative, reaffirming resource perfect for mental health professionals, therapists, counselors, social workers, educators, and students.

[Women Who Love Too Much](#) - Robin Norwood 2014-11-27

THE INTERNATIONAL NO.1 BESTSELLER HELPING MILLIONS OF WOMEN FIND HEALTHIER RELATIONSHIPS 'A life-changing book' Erica Jong Is your relationship the most important thing in your life? Are you constantly thinking and talking about your partner, or finding excuses for their bad behaviour? If you have ever found yourself obsessing over an undeserving partner, this book was written for you. Many women are repeatedly drawn into unhappy and destructive relationships, and then struggle to make these doomed relationships work. In this bestselling psychology book, leading relationship and marriage therapist

Robin Norwood reveals why we get into unhealthy relationships and how powerfully addictive they are - and shares her effective framework for finding and sustaining love. Updated edition with a new introduction What readers are saying: 'A must read for everyone, women and men alike' 'One of the best self-help books I have read' 'A life changing book - brutally honest and straightforward - yet full of love and compassion' 'Such an insightful read' 'Brilliant, life-changing'

**The Biology of Desire** - Marc Lewis 2015-07-29

WINNER OF THE 2016 PROSE AWARD IN PSYCHOLOGY Through the vivid, true stories of five people who journeyed into and out of addiction, a renowned neuroscientist explains why the 'disease model' of addiction is wrong, and illuminates the path to recovery. The psychiatric establishment and rehab industry in the Western world have branded addiction a brain disease, based on evidence that brains change with drug use. But in *The Biology of Desire*, cognitive neuroscientist and former addict Marc Lewis makes a convincing case that addiction is not a disease, and shows why the disease model has become an obstacle to healing. Lewis reveals addiction as an unintended consequence of the brain doing what it's supposed to do — seek pleasure and relief — in a world that's not cooperating. Brains are designed to restructure themselves with normal learning and development, but this process is accelerated in addiction when highly attractive rewards are pursued repeatedly. Lewis shows why treatment based on the disease model so often fails, and how treatment can be retooled to achieve lasting recovery, given the realities of brain plasticity. Combining intimate human stories with clearly rendered scientific explanation, *The Biology of Desire* is enlightening and optimistic reading for anyone who has wrestled with addiction either personally or professionally. PRAISE FOR MARC LEWIS '[L]ooks at how addiction and brain science collide, and how understanding our brains can help addicts get out of the abyss ... [A] very readable, often touching, gateway into the universe of neuroscience and the shadowland of addiction.' *The Sydney Morning Herald* 'The most important study of addiction to be published for many years.' *The Spectator*

[In the Realm of Hungry Ghosts](#) - Gabor Maté 2018-10-04

To heal addiction, you have to go back to the start... Featured on Russell Brand's podcast *Under the Skin* Dr Gabor Maté is one of the world's most revered thinkers on the psychology of addiction. His radical findings - based on decades of work with patients challenged by catastrophic drug addiction and mental illness - are reframing how we view all human development. In this award-winning modern classic, Gabor Maté takes a holistic and compassionate approach to addiction, whether to alcohol, drugs, sex, money or anything self-destructive. He presents it not as a discrete phenomenon confined to a weak-willed few, but as a continuum that runs through (and even underpins) our society; not as a medical 'condition', but rather the result of a complex interplay of personal history, emotional development and brain chemistry. Distilling cutting-edge research from around the world, *In the Realm of Hungry Ghosts* avoids glib self-help remedies, instead promoting self-understanding as the first key to healing and wellness. Blending personal stories and science with positive solutions, and written in spellbinding prose, it is a must-read that will change how you see yourself, others and the world. 10th anniversary edition, updated with new chapter on the Opioid crisis

**Integral Recovery** - John Dupuy 2013-05-01

Brings Integral Theory to addiction treatment, offering a more holistic vision of recovery and powerful practices for achieving it.

*Healing the Addictive Personality* - Lee L. Jampolsky 2011-06-22

Since 1991, Dr. Lee Jampolsky's self-help classic *Healing the Addictive Mind* has given well over 100,000 people around the world the tools to create significant change in their lives. Now he continues his proven and trustworthy blend of practical and positive psychology with HEALING THE ADDICTIVE PERSONALITY. Dr. Jampolsky's straightforward approach, based on firsthand experience, presents ways of healing addictive thinking, behavior, and destructive relationship patterns with forgiveness, compassion, and the potential for limitless opportunity through an eleven-week action plan. A personal note from the author: "Many people live in a self-imposed prison and don't even know it. I did. For years I was so busy building walls I did not see that I was imprisoning myself behind them. My addictive thinking and behavior became the bars of my cell. I denied feeling empty inside and instead looked for new things to acquire, substances to take, and goals to achieve in order to feel better about myself. Sometimes I felt momentarily free, powerful, and whole, but in the end my addictive cycle only compounded my loneliness and despair. If you

recognize this pattern in yourself, this book is addressed to you. Today, I am able to tell you I now know what true freedom and happiness are and I offer the path that I intend to follow every day of my life."Reviews:"This 178 page book is a miraculous Godsend because it goes deep to expose the profile of the addictive personality, and then broadens from there to show us how to recognize the characteristics of the addictive personality and understand why it develops in the first place. The layout of this awesome teacher helped me to see how I can go from a place of addictive thinking to having a truth-based personality.I liked how the negative core beliefs were laid bare, and the healthy counterparts were readily available because many times there is denial associated with addiction and it helped me see the true man behind the curtain and not just the illusions I have been living with. The cunning foe of addiction has become such a part of our society that I would recommend this crucial and charming champion to anyone at any stage of their spiritual growth and development. This precious gem will help many on the path to serenity and it has found it's way to my spiritual toolbox. Thanks, Dr. Lee for this most excellent way out.—Riki Frahmann  
www.mysticlivingtoday.com

I've Got This Friend Who - Anonymous 2010-07-08

Personal stories, fast facts and self-tests help young readers recognize when a friend or family member is in trouble, identify and seek help for their own issues, and practice self-care to avoid feeling overwhelmed by others' problems. This interactive book helps teens handle difficult issues: alcohol or other drug use, depression, eating disorders, and more. Personal stories, fast facts and self-tests help young readers recognize when a friend or family member is in trouble, identify and seek help for their own issues, and practice self-care to avoid feeling overwhelmed by others' problems.

**Addictive Thinking** - Abraham J Twerski 2009-06-03

The unpredictability and anxiety associated with the coronavirus pandemic can cloud and confuse everybody's thinking. Excuses, self-deception and addictive logic can harm your recovery and relationships.

Don't let it. Author Abraham Twerski reveals how self-deceptive thought can undermine self-esteem and threaten the sobriety of a recovering individuals and offers hope to those seeking a healthy and rewarding recovery. Abnormal thinking in addiction was originally recognized by members of Alcoholics Anonymous, who coined the term "stinking thinking." Addictive thinking often appears rational superficially, hence 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 recovery.

**The Addictive Personality** - Craig Nakken 2009-09-29

Craig Nakken brings new depth and dimension to our understanding of how an individual becomes an addict. Since its publication in 1988, The Addictive Personality has helped people understand the process of addiction. Now, through this second edition, author Craig Nakken brings new depth and dimension to our understanding of how an individual becomes an addict. Going beyond the definition that limits dependency to the realm of alcohol and other drugs, Nakken uncovers the common denominator of all addiction and describes how the process is progressive. Through research and practical experience, Nakken sheds new light on: Genetic factors tied to addiction; Cultural influences on addictive behavior; The progressive nature of the disease; and Steps to a successful recovery The author examines how addictions start, how society pushes people toward addiction, and what happens inside those who become addicted. This new edition will help anyone seeking a better understanding of the addictive process and its impact on our lives.

**Subject Guide to Children's Books in Print 1997** - Bowker Editorial Staff 1996-09

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