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The Everything Health Guide to Addiction and Recovery: Control your behavior and build a better life (Everything®)

Linda L. Simmons

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For the more than 27 million Americans currently battling an addiction, recognizing the problem and seeking treatment is a tremendous challenge. This guide helps addicts and their families understand the nature of the disease so they can get the help they need. Because so many suffer from overlapping addictions, this book addresses a wide range of addictions including alcohol, prescription drugs, food, sex, gambling, shopping, and smoking. Readers will learn how to identify symptoms and causes, overcome social obstacles, decide on the right treatment program, avoid relapse, and more. With this book by their side, addicts will come to understand themselves and how to treat their addiction so they can live happy, healthy, substance-free lives!

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