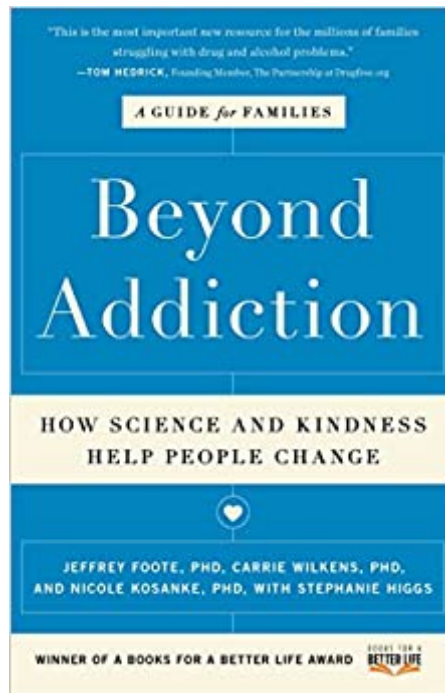




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# Beyond Addiction: How Science And Kindness Help People Change



## Synopsis

The groundbreaking method that upends current treatment models and offers collective hope to families of substance abusers (>), helping loved ones conquer addiction and compulsion problems through positive reinforcement and kindness from the leaders in progressive addiction treatment in the US. Beyond Addiction goes beyond the theatrics of interventions and tough love to show family and friends how they can use kindness, positive reinforcement, and motivational and behavioral strategies to help someone change. Drawing on forty collective years of research and decades of clinical experience, the authors present the best practical advice science has to offer. Delivered with warmth, optimism, and humor, Beyond Addiction defines a new, empowered role for friends and family and a paradigm shift for the field. This new approach is not only less daunting for both the substance abuser and his family, but is more effective as well. Learn how to use the transformative power of relationships for positive change, guided by exercises and examples. Practice what really works in therapy and in everyday life, and discover many different treatment options along with tips for navigating the system. And have hope: this guide is a life raft for parents, family, and friends offering reminders that although no one can make another person change, there is much that can be done to make change seem appealing and possible (>).

## Book Information

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## Customer Reviews

"This is the most important new resource for the millions of families struggling with drug and alcohol problems, and all the hopelessness and helplessness that goes with it. First, it provides reason for

hope based on science, not conventional wisdom. Second, it provides a comprehensive, compassionate, and understandable plan, not a recipe for a quick fix. And third, it reaffirms that applying the family's natural kindness and positive reinforcement, rather than withholding it, is what makes change possible." (Tom Hedrick Founding Member, The Partnership at Drugfree.org)"I am an expert in substance use disorders" quoted all the time. But I could never apply all that so-called expertise where it really counted" in my own family. I had scientific knowledge but no practical tools to use to help me and my affected family cope and return to sanity. This book would have saved my family and me a lot of time, money, and most importantly pain. I intended to read this book as a professional courtesy and to offer editorial and perhaps scientific comments. Instead I found myself taking notes on every chapter and Xeroxing some of the handy tables. Two weeks after reading the book both my son and I are using these basic lessons and specific techniques today with my grand-kids. • (A. Thomas McLellan, PhD, Executive Director, Treatment Research Institute, former Deputy Director of the Office of National Drug Control Policy and professor of psychiatry at University of Pennsylvania)"Beyond Addiction breaks out of the mold of traditional resources for families of people struggling with addiction. Unlike most popular self-help books in the field that suggest family members can only help themselves, Beyond Addiction empowers readers by (1) letting them know that they can help their loved one change and (2) showing them exactly how to do it. I started to put its invaluable suggestions into practice immediately in my personal and professional life. If you're at the end of your rope, this book will provide hope, help you get your life back on track, and greatly improve the odds that your loved one will seek help." (Anne M. Fletcher, M.S., author of Inside Rehab and Sober for Good) • Finally there is a family-based treatment for addiction that works. Beyond Addiction is the first effective book addressed to families of those with substance abuse problems. Instead of the old bromides "detaching and boundary setting" that are based on assumptions of family helplessness, Beyond Addiction offers evidence-based methods for families to motivate and reinforce change for an addicted loved one. The focus here is on effectiveness training for families, using collaboration and kindness rather than confrontation to support behavior change. I highly recommend this book; it should be required reading if your loved one struggles with substance abuse. • (Matthew McKay, Ph.D. author of Thoughts & Feelings and The Dialectical Behavior Therapy Skills Workbook) • Objectively written and conveyed with congenial authority, the book offers collective hope to families of substance abusers... Essential. • (Kirkus)"[Beyond Addiction's] gentle, optimistic and explanatory approach offers hope by giving family members outlets besides fighting, feeling stress, or idly waiting for motivation to happen. The Book helpfully offers reminders that although no one can make another

person change, there is much that can be done to make change seem appealing and possible."  
(Publishers Weekly)"Full of useful information and practical suggestions...an important resource for families affected by drug and alcohol problems." (Tulsa World)

Jeffrey Foote, PhD, is co-founder and executive director of CMC and psychologist for the New York Mets. He has been a leader in the science and humanity of change for twenty-five years. Carrie Wilkens, PhD, is co-founder and clinical director of CMC and a dedicated practitioner and researcher of the most effective treatments for substance use problems and compulsive behaviors. Her expertise is regularly sought by the CBS Early Show; Fox News; Newsweek; O, The Oprah Magazine; and Psychology Today. Nicole Kosanke, PhD, is director of evaluation and family services at CMC. In 2008 Dr. Kosanke was featured in an O, The Oprah Magazine article about her client's experience in treatment at CMC, which was later published in O's Big Book of Happiness: The Best of O. Stephanie Higgs is an editor and writer dedicated to bridging the gap between helpful ideas and people who could use the help.

As the father of an addict in recovery, I have read dozens of books on addiction, treatment, and self-help. Believe me when I say that this book is unlike any of the others I've read. Written by people at the Center for Motivation and Change (CMC), Beyond Addiction is a truly unique guide for families who are dealing with a loved one's substance use issue. This book is not another "old school" book on addiction that tells families they have to force their loved one into rehab and totally detach from them. It's not another "tough love" book. Instead it teaches you how you can play an active, important role in affecting change in your loved one. Yes, you can actually \*help\* your loved one get better by using CRAFT (Community Reinforcement and Family Training): "a scientifically supported, evidence-based, clinically proven approach to helping families of substance abusers." According to the book, "CRAFT has three goals: 1.) to teach you skills to take care of yourself; 2.) to teach you skills you can use to help your loved one change; and 3.) to reduce substance use, period, whether your loved one gets formal treatment or not." I won't lie to you. Some of the strategies in Beyond Addiction may come as a shock to you if you're used to reading and hearing about the old school approaches to addiction, which frequently tell us that we are helpless when it comes to assisting a loved one. The book's subtitle itself--"How Science and Kindness Help People Change"--should give you a clue that this book is very different. Using kindness to help a substance user change? Seriously?? Yes! And the authors explain the concept very thoroughly. Beyond Addiction actually teaches family members and friends how to become empowered and make a

huge difference in a substance user's life, using an actual plan. The book is broken down into four parts: What to Know; How to Cope; How to Help; and Live Your Life. You can choose to read the book in order or skip around, depending on what parts you think are most important to you at any given time. There are also interesting sidebars entitled "Good News" and "What's Hard About This." (I especially appreciated the "What's Hard About This" explanations, which are very clear, concise, and informative.) This positive, science-based guide to helping a loved one was fascinating to me. It was incredibly refreshing to read an optimistic and compassionate approach to addiction treatment. (Note: CRAFT can also be used to motivate and reinforce change in other behaviors, too.) I wish this book was around a few years ago when my wife and I were first dealing with our son's addiction. It would've been fabulous to have been able to try the plan detailed in Beyond Addiction. I'm sure a lot of the verbal battles we had with our son back then could have been avoided. If you have a loved one who is struggling with addiction or other compulsive behaviors, I highly recommend picking this book up. As it says on the inside flap, "This guide is designed not only to help someone change, but to help someone *want* to change." It's also full of hope, and that's a wonderful thing.

This is an excellent book that brings to light a new way to approach a loved one's problem with substance use. It changed me and my family to view things light years differently than AA teaches people. I wish I had this book 4 years ago. It helped our family tremendously. Science and Kindness is key. Not bullying or tough love crap spewed by 12 steppers.

This is a very honest and straight forward book that supports the notion of self-responsibility and self-care. It approaches interacting with someone with a maladaptive behavior by emphasizing the CRAFT approach. It provides tools and techniques to reinvent or at least restructure your relationship with the other person so that it is less toxic and more beneficial to both parties. Based on kindness and not condemnation, it shows you a step by step approach to changing your behaviors and creating a more positive and less judgmental or condemning environment. The best thing about this book is it is realistic and honest. It emphasizes persistence, acceptance and calm. The communication skills are valuable in all aspects of life.

Must read for anyone who's ever loved someone with addiction issues. This might be the most important book of its kind. I've read lots of books on the subject and this is the most uplifting, optimistic one yet. With real life strategies. Helps us learn that not everything is so black and white,

and how to live in that gray area where our lives actually take place. It has literally helped me change my home life in the best way possible.

Very helpful book for those who have family members suffering with addiction. I read this almost daily to help me navigate how to talk to and act around my boyfriend whom I live with. It helps a lot and opens up lines of communication that formerly did not exist. Before this book, I was not a very therapeutic role for him. Now, I feel like I can help him cope with his addiction more and progress forward to recovery.

As a sobriety coach and writer who specializes in substance abuse (in my case, particularly, crystal meth), I'm always on the lookout for books to recommend to fellow recovering addicts and their family members who write in seeking help. I highly recommend this book to both, but particularly to the family member or loved one of the addict. It will not only give you comfort and a greater understanding of what your addicted friend is going through, but you'll find practical, real life tips on what you can do to help better their odds at quitting, first, then at staying clean afterwards. Too often we're told we must "practice tough love" and "let our loved one hit his bottom" before we can truly help. This book explodes that myth for what it is--false, old-school thinking that's not based in scientific reality. According to the latest studies, you CAN do many things to motivate positive change in your addicted friend or family member at many points along their journey of addiction. This book explores what you can do in detail and guides the reader in proper direction to seek help outside the book if he or she wants. To the many friends and family members of addicts who write me weekly seeking help, I now have a book I can highly recommend without reservation. Take a look at the table of contents and read the opening pages (they're "Inside the Book" on 's page) and you'll get an idea of what I mean. I'll end with this: at the end of my own book on quitting crystal meth I recommend less than half a dozen books to the reader who's interested in more, BEYOND ADDICTION will be added to that list when the Second Edition comes out next year. Can't recommend it higher.

As a parent of an adult who uses substances as a coping mechanism I found this book to be more informative than anything I've discovered. Please put this book in your library of resources whether therapist or loved one. It is invaluable.

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Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any

Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Beyond Addiction: How Science and Kindness Help People Change Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Kindness Counts: A Story for Teaching Random Acts of Kindness (Without Limits) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Gambling:Overcoming Gambling Addiction-The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction,Gambling,Compulsive Gambling,Roulette,Gambling Systems) Opiate Addiction - How to detox from Opiates (How to Get Off Opiates): SHORT READS - Signs of opiate addiction, Symptoms of opiate use, Signs of opiate ... prescription drugs abuse, heroin addiction) My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) The Ultimate Gambling Addiction Help Guide: How to Overcome a Gambling Addiction and Problem Gambling Once and for All Sex Addiction: The Partner's Perspective: A Comprehensive Guide to Understanding and Surviving Sex Addiction For Partners and Those Who Want to Help Them HOW TO OVERCOME ADDICTION ON YOUR OWN: SELF-HELP STRATEGIES FOR GETTING CLEAN WITHOUT HELP (GAMBLING, PORNOGRAPHY, MARIJUANA, DRUGS, ALCOHOL, SHOPLIFTING) Ordinary People Change the World Gift Set (Ordinary People Change World) Instruments in the Redeemer's Hands: People in Need of Change Helping People in Need of Change (Resources for Changing Lives) The Etiquette of Kindness -- It's Not Just About the Right Fork!: Skills and Courtesies for Our Time; A Manual for Young People (and Others!)

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