



How To Quit Drinking Without Aa A Complete Selfhelp Guide

A Loxley



How To Quit Drinking Without Aa A Complete Selfhelp Guide:

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 **The Quest for the Inner Human** Steven H. Propp,2013-12-03 Psychology means the study of the soul it is the social science concerned with investigating who we are why we have certain feelings and why we do the things we do Are we no more than a vast assembly of nerve cells and their associated molecules Is biology our genetic inheritance destiny or does social upbringing play a crucial role What are the roles played by Nature and by Nurture Are we purely physical beings or is there an aspect that can be called spiritual This thought provoking novel takes you on a journey of intellectual and emotional exploration considering along the way questions that weve all asked ourselves such as Is it true that we only use 10% of our brains Does playing classical music for infants increase their intelligence Do crime rates go up during a full moon Can hypnosis or post hypnotic suggestions make us do something we wouldnt normally do Does subliminal advertising influence us to buy products Are our memories stored indelibly almost like a tape recorder What causes memory lapses as we age Can repressed traumatic memories be recovered through hypnosis Do some people have multiple personalities How can I tell if someone has a neurosis or a psychosis Do men have an inner feminine side and women an inner masculine Are there innate psychological differences between males and females The four main characters in this book will guide you through a diverse and sometimes bewildering world of differing approaches to answering such questions such as Freudian Jungian and Adlerian Humanistic Existential and Transpersonal as well as Cognitive Emotive and Behaviorist Along the way you will learn about the developmental stages proposed by psychologists such as Erikson Kohlberg Piaget and Fowler and even explore some of the questions currently being asked by both neuroscientists and philosophers of the mind Start reading to begin your study of our innermost selves How to Quit Drinking Without A.A. Jerry Dorsman,1991 How to Change Your Drinking Kenneth Anderson,2010 Preface by Alan Marlatt introduction by Patt Denning Cover **How to Quit Drugs for Good** Jerry Dorsman,2009-02-04 Free Yourself from Addiction Quitting drugs may be the best thing you can do for yourself and your loved ones But it can also be the toughest challenge of your life This book can help Jerry Dorsman author of the acclaimed How to Quit Drinking Without AA and a respected therapist who specializes in addiction recovery has helped thousands of people quit drugs and get on with their lives In How to Quit Drugs for Good Dorsman helps you find the best approach to beating any drug habit from barbiturates and prescription drugs to marijuana cocaine and heroin Through a series of self discovery exercises worksheets and checklists you will learn how to Determine if you have a drug problem Examine your individual reasons for using drugs Decide when and how you want to quit Develop your own treatment plan Choose the techniques that will work for you Create your own success And much much more **Making Known the Biblical History and Roots of Alcoholics Anonymous** Dick B.,2006 One of a kind bibliography research and history resource containing explicit information about author Dick B s

16 years of research 1 Collecting over 25 000 books and materials on the roots of A A 2 Using them in the publication of his 26 titles more than 120 articles and over 30 audio talks 3 Describing where he went for the history where it is located who was interviewed and what it contains 4 It lists titles Dick used in his writing all of the background titles involved in A A s use of the Bible Quiet Time Oxford Group life changing program Anne Smith s Journal Rev Sam Shoemaker s teachings religious literature AAs read the United Christian Endeavor Movement Carl Jung William James William D Silkworth Richard Peabody Emmet Fox and many other New Thought influences 5 It lists all the books in A A founder Dr Bob s library and collections a list found nowhere else 6 It contains manuscripts from archives and libraries and personal collections all over the U S and England 7 There is a huge collection of temperance books and literature described 8 Topical books by A A about A A about alcoholism about spirituality about the Bible religion and clergy 9 Included are records of Dick s notes and interviews 10 Almost this entire collection of materials has been donated to and can now be found and studied at Griffith Library which is part of The Wilson House birthplace of Bill W in East Dorset Vermont Taken together this reference volume and the actual materials in the Griffith Library constitute the largest and most complete record of early A A historical materials in the world today other than the Library of Congress items

Overcoming Your Alcohol, Drug & Recovery Habits James DeSena, 2002-09-01 Recognizing that an addiction to 12 step programs can be just as dangerous as an addiction to alcohol or drugs this book provides techniques to counter the self defeating beliefs that lead to addiction It enables those who have gone through Alcoholics Anonymous Narcotics Anonymous and formal 12 step addiction treatments to overcome the self destructive beliefs and attitudes that these programs promote These include the idea that addicts and alcoholics are powerless the belief that addiction is an incurable disease the assertion that people who slip inevitably lose control and the notion that those who reject the 12 step approach are doomed Devoted to helping individuals indoctrinated in 12 step dogma recognize their destructiveness this book provides effective psychological techniques to vanquish negative thinking and help individuals regain control of their lives

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 Frontiers of Cognitive Therapy Paul M.

Salkovskis,1997-03-15 Bringing together cognitive therapy clinicians researchers and theoreticians this volume integrates the latest findings on the conceptualization and treatment of a range of psychological and psychiatric problems From depression and anxiety to eating disorders hypochondriasis obsessive compulsive disorder panic personality disorders sexual problems social phobia and substance abuse authors discuss the needs of individual patients and structuring effective interventions Factors such as therapist competency the therapeutic relationship and empathy are systematically examined Chapters also consider the specific needs of populations such as children and adolescents and the mentally ill **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

Thinkin' Drinkin' Richard W. Thatcher,2011-12-20 While describing and even celebrating some of the many benefits of drinking wine beer and spirits hard liquor in moderation Richard Thatchers Thinkin Drinkin also shares an abundance of ideas and scientific evidence that when taken together add up to a cautionary tale about careless drinking The book is informed by Thatchers own troubled early and long sustained experience with alcohol and his subsequent success at getting the problem under control In addition he brings a wealth of professional expertise to his writing task Dr Thatcher draws upon various aspects of that accumulated knowledge to inform and provide guidance to help teens and young adults establish enjoyable safe worry free approaches to drinking These approaches can be readily adapted to any healthy lifestyle and can become good habits that last a lifetime The author firmly believes that if widely adopted those good habits will save an enormous amount of heartache emotional and physical injury and many thousands of lives **Alcoholism** Cecilia M.

Schmitz,Richard A. Gray,1998 *Yoga Journal* ,1993-05 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Redefining Self-Help** Frank Riessman,David Carroll,1995-03-22 The statistics are staggering eleven million people in the United States suffer from psychological depression one in four have been abused as children and ten million Americans are alcoholics It is

vital to deal with these problems in a responsible manner Yet the sheer numbers of people who need help have long ago outstripped our health care human service and educational systems ability to cope Redefining Self Help shows how those in the educational health care and human service fields can reclaim a sense of power by focusing on the vitality of individuals individuals who gain their strength from a community of people who share common experiences Highlighting the success of thousands of self help groups the authors offer professionals and nonprofessionals a new paradigm one that views people with problems as resources Using illustrative examples from hundreds of self help groups MAnded Hearts Alcoholics Anonymous Stroke Clubs Recovery Inc school centered peer groups Compassionate FriAnds SHARE Mental Health Consumers Association National Alliance for the Mentally Ill and M A D D the authors demonstrate how educational health care and human service organizations can be transformed by tapping into the power of self help organizations Riessman and Carroll offer up to date information on the activities of self help organizations around the country describe how individuals such as diabetics and smokers helping themselves are part of the movement explore the implications of the enormous increase of professionals working with self help groups and make practical suggestions for improving performance when working with these organizations and examine a number of self help organizations outlining the organization model and principles that have contributed to their success

Subject Guide to Books in Print ,1997 **Books in Print Supplement** ,2002 **American Red Cross First Aid, Responding to Emergencies** American Red Cross,2001

Bibliographic Index ,1991 *Emergency Response* American Red Cross,2001 *Treating Drinkers and Drug Users in the Community* Tom Waller,Daphne Rumball,2008-04-15 *Treating Drinkers and Drug Users in the Community* is the second book in a new collection from Addiction Press Addiction Press was set up with the express purpose of communicating current ideas and evidence in this expanding field not only to researchers and practising health professionals but also to policy makers students and interested non specialists These publications are designed to address the significant challenges that addiction presents to modern society The drugs field has undergone a phase of rapid change in recent years and all the non medical treatment interventions for those with alcohol problems and dependence can be equally helpful for drug users This has opened the way for unification of alcohol and drug treatment services at a clinical level with potential for more efficient service provision and for effective interventions which can be readily adopted in a wide range of settings Modern drug and alcohol services and all professionals working with substance users will benefit from the initiatives and procedures discussed in this book Key features Describes a wide range of treatments for young people and adults with drug and alcohol dependence Integrates alcohol and drug prevention and treatment Provides an invaluable and accessible guide for many different professionals Sets out assessment criteria questionnaires and a joint treatment framework

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