



Overcoming Your Alcohol or Drug Problem: Workbook: Effective Recovery Strategies (2nd Revised edition)

By Dennis C. Daley, G. Alan Marlatt

Oxford University Press Inc. Paperback. Book Condition: new. BRAND NEW PRINT ON DEMAND., Overcoming Your Alcohol or Drug Problem: Workbook: Effective Recovery Strategies (2nd Revised edition), Dennis C. Daley, G. Alan Marlatt, A substance abuse problem exists when one experiences any type of difficulty related to using alcohol, tobacco, or other drugs including illicit street drugs or prescribed drugs such as painkillers or tranquilisers. The difficulty can be in any area of life: medical or physical, psychological, family, interpersonal, social, academic, occupational, legal, financial, or spiritual. The expanded new edition of this successful Workbook provides the reader with practical information and skills to help them understand and change a drug or alcohol problem. Designed to be used in conjunction with counselling or therapy, it focuses on special issues involved in stopping substance abuse and in changing behaviours or aspects of one's lifestyle that keep the substance use problem active. The information presented is derived from a wealth of research studies, and discusses the most effective recovery strategies from the examination of cognitive-behavioural treatment, coping skills training, and relapse prevention. In addition to addressing substance use problems, the recovery process, the relapse process, types of professional treatments available, and self-help groups,...



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