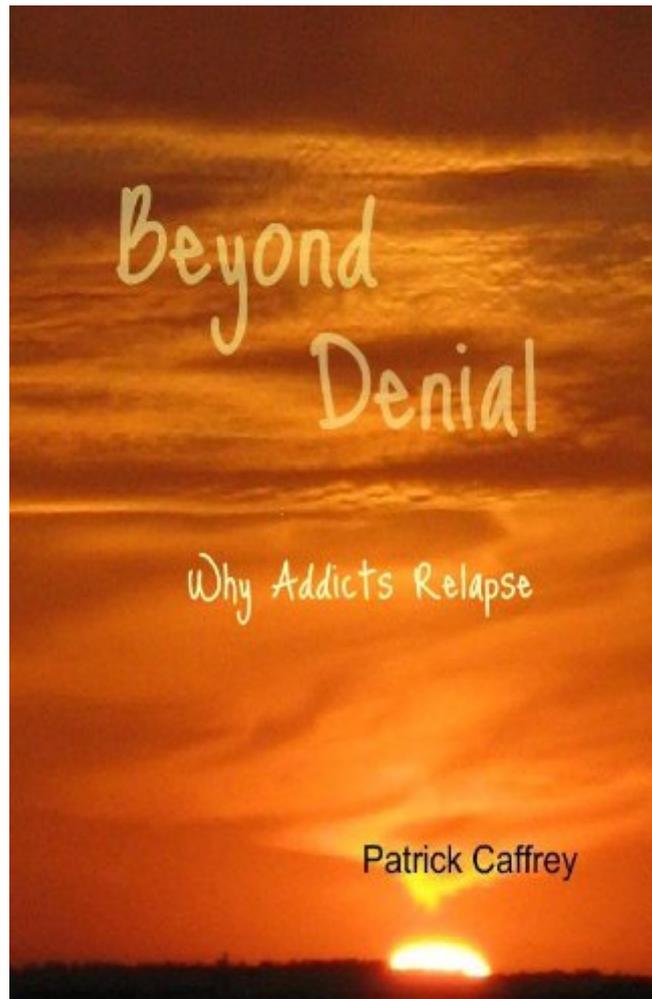


The book was found

Beyond Denial -- Why Addicts Relapse



Synopsis

Description: Ninety percent of alcoholics return to drinking within one year of committing to treatment. By examining the issues encountered during early recovery, *Beyond Denial* takes a fresh look at chemical dependency and other addictions with special focus on this distressingly high relapse rate. The book is designed to take up where traditional treatment often leaves off. The important role of the family is emphasized with specific chapters devoted to denial and the oppositional personality, codependency, adult children of alcoholics, and how the family can deal with the addict who isn't ready to seek help. The book stresses the view that addiction is a developmentally acquired condition which has its roots in the family of origin. Alcoholism and other addictions are viewed as family centered diseases that call for major changes in those whose lives are touched by the addict as well as in the addict himself.

Book Information

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Counseling & Psychology > Mental Health > Codependency

Customer Reviews

This is an excellent text for anyone who is interested in gaining a deeper understanding of the

processes, relationships and interactions underlying addiction -- especially those who are recovering from addiction, or are close friends and family members of an addict. As a researcher studying addiction, I found this book to be well written and concise. It is written in an informal and approachable style, without watering down or oversimplifying the complexities of the disease. I highly recommend it.

Beyond Denial started off impressing me with some valuable insights into the nature of addiction and the mind of an addict. I had heard of "self-medication" before, of course, but I think the pain and some causes of pain that an addict experiences are more understandable to me now. For that I thank the author. However, when he started describing the sources of the mental/emotional pain that many/most addicts try to self-medicate he concludes that their view of themselves and the world, the things they learned in childhood, are wrong. Well, okay, maybe. Then he explains that the solution is Jesus. That's when he lost me. There was too much reliance on Christian theology as a necessary part of recovery. And no mention of a religious orientation in the book description.

Great book. Confirmed and explained many behaviors I have witnessed and didn't understand. Very enlightening! A must read for someone married to an ACOA.

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