

A GUIDE *for* FAMILIES

BEYOND ADDICTION

HOW SCIENCE AND KINDNESS
HELP PEOPLE CHANGE



JEFFREY FOOTE, PhD, CARRIE WILKENS, PhD,
AND NICOLE KOSANKE, PhD, WITH STEPHANIE HIGGS

UPDATED AND EXPANDED
WITH A NEW FOREWORD BY HOLLY WHITAKER,
AUTHOR OF *QUIT LIKE A WOMAN*

Beyond Addiction Beyond Addiction

**Jeffrey Foote, Carrie Wilkens, Nicole
Kosanke, Stephanie Higgs**



Beyond Addiction Beyond Addiction:

Beyond Addiction Jeffrey Foote, Carrie Wilkens, Nicole Kosanke, Stephanie Higgs, 2014-12-30 Full of useful information and practical suggestions an important resource for families affected by drug and alcohol problems **Beyond Addiction**

to Awakening: , This book is an invitation to you to find completion and wholeness to work through second stage recovery fully including a necessary descent to let go of the separate self and embrace third stage recovery and abide in non dual being **Beyond Addiction:** Thomas G. Beley, 2014-03-05 If you are a person who has struggled with an addiction or a family member who is helplessly watching the slow death of a loved one from an addiction or even a seasoned professional who is overwhelmed and frustrated over the chronic relapses of clients here is a simple question to ask yourself if you are wondering whether this book is for you Does a person have control over a relapse If you answered yes then this book is absolutely for you This book is for you because the answer to this question is an emphatic NO Why is the answer no Addiction like any other disease follows a natural process Once it starts this process will continue its natural course that will eventually lead a person to a more deteriorated condition certain pain and suffering or even worse death There are no exceptions to this natural process unless of course this process is interrupted The more important question that needs to be asked is Does a person have control over their recovery The answer to this question is an emphatic YES The intent of this book is not so much to focus on the science of addiction although this will be addressed as much as it is on the science of recovery Although the reader will better understand some of the basic neurobiological processes underlying addiction It is just not genetics alone the reader will also explore how these same neurobiological processes are essential to recovery The contention here is that if there is a science of addiction there must be a science of recovery This book will explore the many facets of healing within the recovery process with particular emphasis on examining the role of our neurobiology and behavior More importantly it will give readers whether a person suffering from an addiction a distraught loved one or a frustrated professional insight and a blueprint as to what needs to be done for a successful recovery regardless of the disorder Is relapse a part of recovery Absolutely Not

Beyond Addiction Rick Cottrell, 2016-01-22 Author Rick Cottrell characterizes his childhood and nothing less than dysfunctional He experienced unhealthy living environments at an early age His experimentation with alcohol and smoking at the age of nine In *beyond addiction* Cottrell shares his personal story of addiction and the journey into recovery which he has been clean and sober for over 20 years Through his recollections Cottrell provides insight into the mindset of an addict and offers a look the world of addiction He narrates how those who have a problem with addiction can be transformed through recovery And those who have been affected by a person who is chemically dependent can find healing and freedom from dysfunctional living habits **Addict No More** Gertrude Swanson, 2022-05-20 Do you think that addiction is something that you can just tough out Addiction is a real disease and it can be dealt with and this book will guide you about the things that you need to know in order to do just that This book will explore the many facets of addictions and how to break free from

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you Clinton Henry The Beyond Addiction Workbook for Family and Friends Jeffrey Foote, Kenneth Carpenter, Carrie Wilkens, 2022-08-01 Addiction is a family affair and one in four US families are impacted by its devastating effects From the authors of the best selling guide Beyond Addiction this empowering and healing workbook offers evidence based skills for family members who want to understand what drives their loved one s addictive behavior and learn how to discuss it without conflict This practical comprehensive workbook demonstrates how family members can be crucial instruments of change for loved ones struggling with substance abuse Stage II Relationships Earnie Larsen, 2013-02-26 Offers clear and practical techniques for couples and families who have faced the issue of addiction and are now striving to bring health and vitality to their relationships *Beyond Addiction* Kit Rocha, 2014-08-14 Book Five in the bestselling award winning BEYOND series She s fought like hell to leave the past behind Trix changed her name and her life when she got clean four years ago Now she has a new family and a job she loves tending bar and dancing at the Broken Circle As an O Kane she s happy untouchable Until a nightmare from her old life tears her away from her home and drags her back to Hell also known as Sector Five He s still living and dying in it Losing Trix was the kick in the head Finn needed to get sober but working as an enforcer for a man he hates is slowly crushing his soul The only thing that keeps him going is his determination to destroy Sector Five from the inside Then Trix comes back into his life alive in danger and nothing else matters Getting her home could be a suicide mission The only thing deadlier is the old spark that flares to life between them Soon Finn and Trix are battling the one addiction neither of them ever managed to kick each other And it could cost them everything *Beyond Addiction* Jeffrey Foote, Carrie Wilkens, Nicole Kosanke, Stephanie Higgs, 2014-02-18 The groundbreaking method that upends current treatment models and offers collective hope to families of substance abusers Kirkus Reviews 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 Publishers Weekly **Beyond Addiction:** Thomas G. Beley, PhD, LCSW, 2014 If you are a person who has struggled with an addiction or a family member who is helplessly watching the slow death of a loved one from an

addiction or even a seasoned professional who is overwhelmed and frustrated over the chronic relapses of clients here is a simple question to ask yourself if you are wondering whether this book is for you Does a person have control over a relapse If you answered yes then this book is absolutely for you This book is for you because the answer to this question is an emphatic NO Why is the answer no Addiction like any other disease follows a natural process Once it starts this process will continue its natural course that will eventually lead a person to a more deteriorated condition certain pain and suffering or even worse death There are no exceptions to this natural process unless of course this process is interrupted The more important question that needs to be asked is Does a person have control over their recovery The answer to this question is an emphatic YES The intent of this book is not so much to focus on the science of addiction although this will be addressed as much as it is on the science of recovery Although the reader will better understand some of the basic neurobiological processes underlying addiction It is just not genetics alone the reader will also explore how these same neurobiological processes are essential to recovery The contention here is that if there is a science of addiction there must be a science of recovery This book will explore the many facets of healing within the recovery process with particular emphasis on examining the role of our neurobiology and behavior More importantly it will give readers whether a person suffering from an addiction a distraught loved one or a frustrated professional insight and a blueprint as to what needs to be done for a successful recovery regardless of the disorder Is relapse a part of recovery Absolutely Not *Beyond Addiction: Moving Past the Stigma* William Moyers,2015-10-27 William Moyers is a nationally syndicated lifestyle columnist for Creators Syndicate This is a collection of the very best of *Beyond Addiction* from 2014 *Beyond Addiction* Ray Geide,1991-01-01 **Recovery - Twelve Simple Steps to a Life Beyond Addiction** Lynden Finlay,2015-01-08 Are you sick and tired of being addicted Do you want to recover but think the 12 Step programme is not for you because you don't believe in God This book presents a new version of the Steps which is simple and doable by everyone whether they have a particular faith or not Research now proves beyond doubt that the 12 Step programme is a way to long term recovery so if you are suffering from addiction or are a GP who knows your addicted patient needs more support than you can provide this book is for you Lynden Finlay has over twenty years experience both in addictions counselling and personally recovering from addictions herself working closely with the Twelve Steps programme during that time Over the years she has seen many residents benefit from this version which has at its heart not a focus on God but on the healing power of one addict helping another *Stage II Recovery* Earnie Larsen,2013-03-26 Sustained abstinence from an addiction is only the first stage of recovery real recovery begins with Stage II the rebuilding of the life that was saved in Stage I *Beyond Addiction* Ndabezinhle Mabuya,2021 **Beyond Addiction** Jase Johnson,2024-12-25 **BEYOND/BEYOND Addiction Part 2** Grace C. Node,2023 *Stage II Recovery* Earnest Larsen,1985 *Beyond Addiction* Nora C Williams,2024-01-13 It is imperative to understand a problem one has before devising a means of breaking free This book presents a comprehensive and simple to understand concept of addiction

encompassing overall knowledge of addiction types treatment modes and processes It guides readers on how to become better individuals by letting go of the past and embracing a new beginning The book also addresses various questions readers may have regarding addictions and liberation Furthermore it explains certain behaviors that might not be considered pathological but actually are As the author I personally urge readers to draw insight from my life s worth of experience in this profession and strive to become better versions of themselves People often underestimate that their addictions can jeopardize not only their present life but also the future in all aspects physically psychologically economically and romantically In a final note I beseech readers especially parents and guardians to make use of the chapters written seeking their indulgence and making adequate use of the presented knowledge Here s to the best life has to offer

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Table of Contents Beyond Addiction Beyond Addiction

1. Understanding the eBook Beyond Addiction Beyond Addiction
 - The Rise of Digital Reading Beyond Addiction Beyond Addiction
 - Advantages of eBooks Over Traditional Books
2. Identifying Beyond Addiction Beyond Addiction
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Beyond Addiction Beyond Addiction
 - User-Friendly Interface
4. Exploring eBook Recommendations from Beyond Addiction Beyond Addiction
 - Personalized Recommendations
 - Beyond Addiction Beyond Addiction User Reviews and Ratings
 - Beyond Addiction Beyond Addiction and Bestseller Lists
5. Accessing Beyond Addiction Beyond Addiction Free and Paid eBooks
 - Beyond Addiction Beyond Addiction Public Domain eBooks
 - Beyond Addiction Beyond Addiction eBook Subscription Services
 - Beyond Addiction Beyond Addiction Budget-Friendly Options

6. Navigating Beyond Addiction Beyond Addiction eBook Formats
 - ePub, PDF, MOBI, and More
 - Beyond Addiction Beyond Addiction Compatibility with Devices
 - Beyond Addiction Beyond Addiction Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Beyond Addiction Beyond Addiction
 - Highlighting and Note-Taking Beyond Addiction Beyond Addiction
 - Interactive Elements Beyond Addiction Beyond Addiction
8. Staying Engaged with Beyond Addiction Beyond Addiction
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Beyond Addiction Beyond Addiction
9. Balancing eBooks and Physical Books Beyond Addiction Beyond Addiction
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Beyond Addiction Beyond Addiction
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Beyond Addiction Beyond Addiction
 - Setting Reading Goals Beyond Addiction Beyond Addiction
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Beyond Addiction Beyond Addiction
 - Fact-Checking eBook Content of Beyond Addiction Beyond Addiction
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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