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## Sex, Drugs, Gambling Chocolate: A Workbook for Overcoming Addictions

By A. Thomas Horvath

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Paperback. 240 pages. Dimensions: 10.9in. x 8.4in. x 0.5in. There is an alternative to 12-step! Eliminate or reduce any type of addictive behavior with this practical and effective workbook. Treats addictions as a whole, rather than dealing separately with each issue (e. g. , drinking, smoking, overeating, gambling. . . ). Dr. Horvath's rational approach is based on scientifically validated methods and emphasizes taking responsibility for your actions, without requiring an allegiance to a higher power. Teaches readers about consequences (and even possible benefits) of addictive behavior, alternative coping methods, choice, understanding and coping with urges, building a new lifestyle, preventing relapse. Includes dozens of exercises, self-study questions, guidelines for individual change plans. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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