

**"The best book on the subject that I have ever read."
Linus Pauling**

The Hidden Addiction and How to Get Free

**Recognizing
and
breaking
the habits
that
control
your life**

**Janice Keller Phelps, M.D.
Alan E. Nourse, M.D.**

The Hidden Addiction And How To Get Free

Lingsheng Yao



The Hidden Addiction And How To Get Free:

Hidden Addiction and How to Get Free, The - Volume I Janice Keller Phelps, Alan Nourse, 1986-04-30 The startling news of the Hidden Addiction is that all addictions are rooted in the same genetic flaw in your body Dr Phelps explains that addiction does not result primarily from emotional stress lack of willpower or some other psychological factor It is a concrete physiological condition that can be addressed and a detailed treatment program is provided in this book **The Hidden**

Addiction Janice Keller Phelps, Alan Edward Nourse, 1986-01-01 The authors argue that 4 out of 10 addictions are the result of a concrete physiological condition that is metabolic and genetic in origin and offer these people a practical program for overcoming any addiction *Cracking the Code: Breaking Free from Hidden Addictions* Pasquale De Marco, 2025-07-08 Hidden addictions are a pervasive problem that affects millions of people worldwide often going unnoticed and untreated This book sheds light on this epidemic providing readers with the knowledge and tools they need to recognize understand and overcome these destructive behaviors Through a comprehensive exploration of hidden addictions we delve into their neurochemical basis uncover their various forms and examine their impact on individuals families and society We provide practical guidance on breaking free from their chains offering evidence based strategies for recovery and relapse prevention This book is a guide for those seeking recovery a resource for those supporting loved ones who struggle and a tool for educators policymakers and community leaders committed to addressing this critical issue It raises awareness breaks the stigma and empowers individuals to seek help By understanding the hidden nature of these addictions we can create a more supportive environment for those who are struggling We can empower them to break the silence reclaim their lives and live free from the grip of addiction Key Features Comprehensive overview of hidden addictions including substance abuse compulsive behaviors and process addictions Exploration of the neurochemistry of addiction and its impact on the brain and body Practical strategies for breaking free from addictive patterns and preventing relapse Examination of the role of faith family and community in supporting recovery Guidance for educators policymakers and community leaders on addressing hidden addictions Benefits Gain a deeper understanding of hidden addictions and their impact Learn practical tools and strategies for overcoming these challenges Find support and guidance for those seeking recovery or supporting loved ones Contribute to creating a more supportive and addiction free society Empower individuals to take control of their lives and live free from addiction s grip If you like this book write a review on google books **The Natural Medicine Guide to**

Addiction Stephanie Marohn, 2025-09-12 Medical journalist Stephanie Marohn eases the pain and trauma of addiction recovery in this guide one in a series dealing with ailments such as anxiety and depression In layman s terms she discusses how chemical imbalances in the brain create addiction and withdrawal symptoms and how they can be restored Suggestions include amino acid supplements to regulate sugar levels herbs such as chamomile valerian root to relax the nervous system acupuncture aromatherapy candle therapy and so on Marohn s view of addiction is clear enough to see the big picture which

encompasses everything from crippling drug addiction to minor apparently harmless habits such as compulsive shopping According to Marohn addiction is a problem that effects over 100 million people every year and needn't be seen as either freakish or a sign of weakness Furthermore there is a way to recover that does not compromise a holistic lifestyle through pharmaceutical medicines should one choose this path

Addiction to Love Susan Peabody, 2011-04-13 Love addiction manifests in many forms from Fatal Attraction type obsessive lust to less extreme but nonetheless psychologically and emotionally harmful forms The most common of these is staying in a bad relationship because of a fear of being alone the I hate you but don't leave me relationship In ADDICTION TO LOVE recovering love addict Susan Peabody explains the variety of ways this disorder plays out from the obsessively doting love addict to the addict who can't disentangle from an unfulfilling dead end relationship Peabody provides an in depth and easy to follow recovery program for those suffering from this unhealthy and often dangerous addiction and explains how to create a loving safe and fulfilling relationship A seminal work on unhealthy and obsessive behaviors in love and how to change behavior to have a positive relationship This third edition includes a new introduction and revisions to the text throughout Some symptoms of love addiction include love at first sight excessive fantasizing abnormal jealousy nagging and accepting dishonesty Even relationships with parents children siblings or friends may be addictive dependency is not always related to romantic love Previous editions have sold more than 40 000 copies Love addiction is a three headed serpent that Susan Peabody adeptly slays This is the quintessential book for any love addict or counselor needing to fully understand this highly prevalent and complex disorder Susan detects and dissects aspects of this condition not comprehended in other books of its kind Recovery is possible This book makes it possible to take the succinct steps necessary toward a loving and reciprocal long term intimate relationship Sudi Scull M F T C N psychotherapist and nutritionist

Problem-Free Diabetes Frank Suarez, 2016-09-14 Practical recommendations for improving diabetes and its related conditions Includes information on how candida albicans a yeast can affect diabetics the 3x1 Diet for diabetics how to find aggressor foods that can spike up blood glucose levels how to read tricky labels the truth about cholesterol what to do when blood glucose levels are resistive and won't go down natural supplements that can help a diabetic the sleep patterns that affect diabetes foods that benefit a diabetic condition and more This book has hundreds of pages on the subject of diabetes and what practical recommendations you can start applying immediately to improve your condition and get it under control The intent of the book is to explain in simple terms what most medical or technical books detail in a confusing or incomprehensible way It emphasizes the metabolism as the principle factor to address and improve in order to improve diabetes The premise of the book is PRACTICALITY things to DO and IMPLEMENT immediately to start seeing results and measuring more desirable glucose levels immediately

Truth About Addiction and Recovery Stanton Peele, 2014-06-30 A radical new approach to recovery using methods proven more effective than medical treatment or twelve step programs Drawing on the latest research and detailed case studies the authors expose the best kept secrets in the

recovery field Addictions whether to food cigarettes sex alcohol or drugs are not diseases and they re not necessarily lifelong problems Many more people give up addictions on their own than are helped by medical treatment or twelve step programs Developing values skills and life resources enables people to quit addictions and to shed the addict identity altogether In their revolutionary Life Process Program for overcoming all kinds of addictions the authors emphasize self help and treatment through coping with stress and achieving one s goals As helpful as it is controversial The Truth About Addiction and Recovery will forever change the way we view and treat addiction A classic John Norcross PhD ABPP Distinguished Professor of Psychology at the University of Scranton and author of Changing for Good *Impact of Addictive Substances and Behaviours on Individual and Societal Well-being* Peter Anderson,Jürgen Rehm,Robin Room,2015-02-12 Impact of Addictive Substances and Behaviours on Individual and Societal Well being outlines an innovative and fascinating new framework for understanding the harm that addictive substances and behaviours can cause Taking a holistic approach and with well being as a central tenet it demonstrates how using different methods can lead to a more just and evidence based approach to dealing with addictions Presenting the latest and most comprehensive research the expert team of authors examines the harm caused by addictive substances and behaviour factors that contribute to addictions and current European approaches to governing addictive substances and behaviours It is both legal and illegal drugs and behaviour that cause harm For the world as a whole cigarettes were the second largest cause of ill health and early death in 2010 alcohol the fifth and illegal drugs the eighteenth Regular and sustained heavy engagement in addictive substances and behaviour also impacts on quality of life and material living conditions The well being framework outlined here for understanding this impact places particular emphasis on the reciprocal relationship between well being and drug use well being can be a driver of the heavy use of addictive substances and behaviours and also compounds the harm done Furthermore the response of society can increase the harm caused by drug use and stigma social exclusion and the actions of the criminal justice system can impair individual and societal well being considerably Impact of Addictive Substances and Behaviours on Individual and Societal Well being is based on the research from ALICE RAP a multidisciplinary European study of addictive substances and behaviours in contemporary society A timely addition to the field this book is essential reading for those wanting to make a real impact in the field of addiction prevention policy including public managers practitioners public health professionals and stakeholders influencing policy for addictive substances and behaviours as well as academics *Social Work Diagnosis in Contemporary Practice* Francis J. Turner,2005-02-10 The unifying theme of this broad reaching volume is that responsible ethical and effective social work practice rests on the diagnostic skills of the practitioner Social work diagnosis refers to the conscious formulation of an ongoing set of decisions about the client and his or her situation which serve as the basis for intervention decisions for which the practitioner must be prepared to take responsibility Diagnostic skill development is an ongoing process principally enhanced by a continuous commitment to remain at the cutting edge of the profession s body of

knowledge but one of the challenges for today's practitioner is keeping abreast of the rapidly expanding body of knowledge contained in some 200 important social work periodicals in circulation Francis J Turner a preeminent clinical scholar brings together in one volume some of the best work published since 2000 each reflecting new insights into understanding psychosocial situations and innovative methods of applying knowledge and skills in an increasingly effective manner Each of the 78 articles in this volume highlights some of the critical dimensions of contemporary social work practice guiding clinicians to address four key aspects in order to craft an accurate diagnosis The first section presents articles covering the developmental spectrum each of which fully explains various ages and stages of development The second section focuses on a range of specific situations helping practitioners and students enrich their understanding of different types of problems they meet in contemporary practice whether they are based in mental illness psychosocial issues or physical ailments The third section addresses the crucial component of diversity demonstrating the complexity and critical importance of truly understanding clients and their lives The last section of the book discusses innovative approaches to practice selected to offer practitioners easy access to the latest interventions for a host of contemporary challenges facing clients and their therapists Broad in scope and tightly focused on the goal of providing the most up to date information necessary for accuracy in the diagnostic process this volume represents some of the best research available to today's social workers

Alternative Medicine, Second Edition Larry Trivieri, John W. Anderson, 2013-03-27 The Bible of Alternative Medicine Learn the health secrets that millions of readers have discovered in the book that is revolutionizing health care in the United States Alternative Medicine The Definitive Guide is packed with lifesaving information and alternative treatments from 400 of the world's leading alternative physicians Our contributors M D s Ph D s Naturopaths Doctors of Oriental Medicine and Osteopaths offer the safest most affordable and most effective remedies for over 200 serious health conditions from cancer to obesity heart disease to PMS This guide is easy enough to understand to make it perfect for home reference while it would also make a fine resource for health care providers interested in learning more about alternative medicine 70% of Americans currently use some form of alternative medicine This 1 136 page encyclopedia puts all the schools of alternative medicine 50 different therapies under one roof Highlights dozens of actual patient stories and physician treatments

Enjoying the Beat of Expression: An Emotional Symphony within **The Hidden Addiction And How To Get Free**

In a global eaten by screens and the ceaseless chatter of fast communication, the melodic beauty and mental symphony developed by the written term frequently diminish into the background, eclipsed by the persistent sound and interruptions that permeate our lives. But, situated within the pages of **The Hidden Addiction And How To Get Free** a charming fictional treasure overflowing with fresh thoughts, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, that interesting masterpiece conducts readers on an emotional trip, skillfully unraveling the concealed melodies and profound impact resonating within each carefully constructed phrase. Within the depths of this touching review, we can examine the book is key harmonies, analyze its enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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