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R E C O V E R Y

*"[The Small Book] can lead to sobriety without AA."  
—Detroit Free Press*

# A REVOLUTIONARY ALTERNATIVE FOR OVERCOMING ALCOHOL AND DRUG DEPENDENCE

# The small book

**Jack Trimpey**  
with an introduction by  
**Albert Ellis, Ph.D.**

# Small A Revolutionary Alternative For Overcoming Alcohol And Drug Dependence

**Lingjun Ying**



## **Small A Revolutionary Alternative For Overcoming Alcohol And Drug Dependence:**

**The Small Book** Jack Trimpey,1995-12-02 Offering an alternative to twelve step programs a supportive guide explains how to identify the impulse to use intoxicants learn self control value sobriety and replace addiction with self supportive behaviors

**Managing Your Drug Or Alcohol Problem** Dennis C. Daley,G. Alan Marlatt,1997 Section 1 Overview of Substance Use Problems and Self Assessment Chapter 1 Introduction and Plan for Workbook Chapter 2 Recognizing Your Substance Use Problem Chapter 3 Recognizing Consequences of Your Substance Use Section 2 Change Issues and Strategies Chapter 4 Treatment Settings for Substance Use Problems Chapter 5 Stages of Change Ch 6 How to Use Therapy or Counseling Ch 7 Overview of Goal Planning Ch 8 Managing Cravings and Urges to Use Substances Ch 9 Managing Thoughts of Using Substances Ch 9 Dealing With Upsetting Emotions Ch 11 Refusing Offers to Use Substances Ch 12 Dealing With Family and Interpersonal Problems Ch 13 Building a Recovery Support System Ch 14 Self Help Programs and Recovery Clubs Ch 15 Medications for Substance Use Problems Section 3 Relapse Prevention and Progress Measurement Ch 16 Relapse Prevention Reducing the Risk of Relapse Ch 17 Relapse Management Ch 18 Strategies for Balanced Living Ch 19 Measuring Your Progress

**Substance and Behavioral Addictions** Steve Sussman,2017-02-06 Substance and Behavioral Addictions Concepts Causes and Cures presents the concepts etiology assessment prevention and cessation of substance tobacco alcohol other drugs and food and behavioral gambling Internet shopping love sex exercise and work addictions The text provides a novel and integrative appetitive motivation framework of addiction while acknowledging and referencing multi level influences on addiction such as neurobiological cognitive and micro social and macro social physical environmental The book discusses concurrent and substitute addiction and offers prevention and treatment solutions which are presented from a more integrative perspective than traditional presentations This is an ideal text for upper level undergraduates and graduate students practitioners and researchers

*Traditional Family Values and Substance Abuse* Mary Cuadrado,Louis Lieberman,2012-12-06 Based on findings from a sample of nearly 1 100 Puerto Ricans living in the New York area this book posits that adhering to traditional cultural values for example the family has the socially desirable consequence of discouraging such deviant behaviors as substance abuse The authors conclude that promoting specific values will not prevent certain individual and social ills rather promoting a sense of tradition itself is needed

**Drug-impaired Professionals** Robert H. Coombs,1997 Drawing on more than 120 personal interviews with addicted physicians dentists nurses pharmacists attorneys and airline pilots and those who treat them Professor of Biobehavioral Sciences Robert Coombs gives us a startling picture of drug abuse among pedestal professionals unveiling a problem that affects nearly every family in America

**New Hope for People with Borderline Personality Disorder** Neil R. Bockian, Ph.D.,Nora Elizabeth Villagran,Valerie Ma Porr,2011-11-23 Discover Exciting New Treatments for Borderline Personality Disorder Now you can overcome the symptoms of borderline personality disorder BPD and develop a more positive outlook on life starting today

Inside is a compassionate and complete look at the most up to date information on managing the symptoms of BPD as well as coping strategies for you your friends and your loved ones This thoughtful book will teach you how to manage your moods develop lasting and meaningful relationships and create a fulfilling happier state of mind Your new world of hope starts now as you uncover Effective methods for building self esteem and minimizing negative thoughts Early intervention for children with BPD symptoms Information on how psychotherapy can help modify and enhance coping abilities Cutting edge alternative and complementary therapies And much more

**Becoming an Addictions Counselor** Peter L. Myers, Norman R. Salt, 2012-03-08 Becoming an Addictions Counselor Third Edition provides evidence based findings cutting edge treatment techniques and a focus on critical thinking to show future counselors how to respond to clients needs rather than impose cookie cutter routines Topics explored in depth include Mentally ill chemical abusers Individual group and family counseling skills Clinical treatment issues Each chapter takes an experiential learning approach to these topics and encourages readers to practice individual and group counseling skills through structured activities and exercises With thorough discussions on ethics treatment planning and case management this text prepares readers to become ethical competent counselors **AA**

**Not the Only Way** Melanie Solomon, 2008 A discussion of alternative resources for addiction treatment including a comprehensive directory of licensed professionals and treatment programs **Pathways** William L. White, 1996-04-30 Pathways from the Culture of Addiction to the Culture of Recovery Rational Emotive Behaviour Therapy Integrated Anjali Joshi, K. M. Phadke, 2018-02-12 A comprehensive presentation of Rational Emotive Behavioural Therapy REBT one of the most significant cognitive behavioural approaches to counselling and psychotherapy Managing Addictions F. Michler Bishop, 2001 This volume offers a range of techniques designed to address the complexity of treating addictive disorders Understanding that one form of treatment will not work for all patients Dr Bishop stresses the need for therapists to be flexible and to consider a variety of perspectives *The Quest for the Inner Human* Steven H. Propp, 2013-12-03 Psychology means the study of the soul it is the social science concerned with investigating who we are why we have certain feelings and why we do the things we do Are we no more than a vast assembly of nerve cells and their associated molecules Is biology our genetic inheritance destiny or does social upbringing play a crucial role What are the roles played by Nature and by Nurture Are we purely physical beings or is there an aspect that can be called spiritual This thought provoking novel takes you on a journey of intellectual and emotional exploration considering along the way questions that weve all asked ourselves such as Is it true that we only use 10% of our brains Does playing classical music for infants increase their intelligence Do crime rates go up during a full moon Can hypnosis or post hypnotic suggestions make us do something we wouldnt normally do Does subliminal advertising influence us to buy products Are our memories stored indelibly almost like a tape recorder What causes memory lapses as we age Can repressed traumatic memories be recovered through hypnosis Do some people have multiple personalities How can I tell if someone has a neurosis or a psychosis Do men have an inner feminine side and

women an inner masculine Are there innate psychological differences between males and females The four main characters in this book will guide you through a diverse and sometimes bewildering world of differing approaches to answering such questions such as Freudian Jungian and Adlerian Humanistic Existential and Transpersonal as well as Cognitive Emotive and Behaviorist Along the way you will learn about the developmental stages proposed by psychologists such as Erikson Kohlberg Piaget and Fowler and even explore some of the questions currently being asked by both neuroscientists and philosophers of the mind Start reading to begin your study of our innermost selves

**Recovery Options** Joseph Volpicelli, Maia Szalavitz, 2008-05-02 A clear and compassionate guide to overcoming substance problems A no nonsense state of the art guide Laurie Garrett Pulitzer Prize winning author of The Coming Plague Comprehensive illuminating easy to read William Cope Moyers Vice President of Public Affairs Hazelden Foundation In Recovery Options The Complete Guide Joseph Volpicelli M D Ph D an award winning addiction research pioneer and Maia Szalavitz a Pulitzer Prize nominated journalist and former addict provide frank and impartial appraisals of all the major treatment options including Alcoholics Anonymous Moderate drinking programs Alternative treatments Therapeutic communities Cognitive therapies Other 12 step programs Medications Methadone Harm reduction How families can help In Recovery Options The Complete Guide you will learn what addiction is and what it isn't You will examine both the mechanism of addiction and how you can make the best treatment choices why some people are particularly prone to substance problems and the genetic and learning mechanisms that help create these conditions You'll explore the various types of treatment and the ideas on which they are based and find out how effective each treatment is and which ones are not effective Finally you'll find supportive information on staying clean and sober preventing relapse and minimizing damage caused by slips that may occur Featuring the dramatic real life stories of patients experiences both good and bad with various methods of recovery this warm sympathetic and accessible guide to overcoming alcohol and other drug problems will help you and your loved ones begin the journey away from substance misuse toward a better life

**Food Junkies** Vera Tarman, 2019-01-05 A fact filled guide to coping with compulsive overeating problems by an experienced addictions doctor who draws on many patients stories of recovery Overeating binge eating obesity anorexia and bulimia Food Junkies tackles the complex poorly understood issue of food addiction from the perspective of a medical researcher and dozens of survivors What exactly is food addiction Is it possible to draw a hard line between indulging cravings for comfort food and engaging in substance abuse For people struggling with food addictions recognizing their condition remains a frustrating battle This revised second edition contains the latest research as well as practical strategies for people facing the complicated challenges of eating disorders and addictions offering an affirming and manageable path to healthy and sustainable habits

**Developing Moral Imagination** Edward Stevens, 1997-01-01 The issues may change with the passing of the years but the categories of concern change very little sexuality and the sexes medical decision making justice for the poor the powerless the underclass reproductive decision making moral decision making in business and

personal moral choices Stevens attempts to present alternative positions on hotly debated new moral issues from a different standpoint using an ethical pluralism approach In doing this he hopes to help readers arrive at their own non polarized positions by learning from and respecting all parties in the discussion     Motivate Healthy Habits Rick Botelho,2004 Do you think you should change but don t really feel like it To break unhealthy habits for good lower your emotional resistance before developing effective motivation This guidebook will help you go beyond SURFACE CHANGE gaining knowledge declaring good intentions and setting goals to DEEP CHANGE exploring your feelings views motives and values

**Becoming an Addictions Counselor** Peter L. Myers,Norman R. Salt,2018-03-06 Becoming an Addictions Counselor Fourth Edition provides evidence based findings cutting edge treatment techniques and a focus on critical thinking to show future counselors how to respond to clients needs rather than impose cookie cutter routines     **Sobriety Workbook for Women** Jennifer Leupp,2022-03-08 Discover the joy of sober living and take control of your life Changing your relationship with alcohol is no small feat but with the right tools you can curb your drinking habit and thrive The Sobriety Workbook for Women supports your journey to living sober providing a nonjudgemental space to explore your relationship with alcohol and take steps toward healing What sets this self help workbook apart from other sobriety books The science behind drinking Learn all about how alcohol can affect the brain and the body as well as the risk factors for alcoholism and the societal pressures that often drive women to drink Engaging exercises Cultivate greater awareness and understanding of what triggers your drinking through mindfulness exercises self check ins and more Encouraging affirmations Enjoy a dose of positivity and perspective with uplifting affirmations you can turn to when you need a boost Commit to sobriety and find some peace of mind with this thoughtful workbook     Holy Waters Ryan Lemasters,Stephen Covell,2024-07-10 This edited volume brings together scholars from across disciplines to examine the relationship between religion and alcohol It examines the historical social ritual economic political and cultural relationship between religion and alcohol across time periods and around the world Twelve chapters are tied together by two major themes first gender identity and its intersection with religion and alcohol second identity construction in religious communities demonstrating how alcohol can be used as a distinguishing factor for religious ethnic and national identity A key focus of the volume is how alcohol can bridge and divide the point at which the sacred and secular meet With its interdisciplinary approach and engaging style this book is an essential resource for undergraduate and graduate students in religion departments and appeals to scholars of material culture food and alcohol Additionally the book is of interest to professionals in the alcohol industry particularly those involved in microbrewing and winemaking who are interested in understanding the historical and cultural contexts of their craft

Yamantaka: Lighting the Torch in the Three Worlds of Buddhism Ed Russo,2017-12-07 There are ten conditions of life that we experience in our daily lives three of the lower realms are hidden in the dark recesses of our mind causing despair self hatred and reactive behavior beyond normal conscious control Rather than being at the mercy of our surroundings we

can shed light in these blind areas and receive Liberation through the intent of the Wrathful One Yamantaka the lord of death  
This is symbolic of gaining insight in the Intermediate State during the subtlest level of our mind

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