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# **Addiction And Recovery: How To Overcome Alcohol, Gambling, Drug, Sex, Food, And Technology Addictions (Addiction, Substance Abuse, Addiction And Recovery, Alcohol Addiction)**





## Synopsis

Addiction and Recovery – How to Overcome Alcohol addiction, Smoking addiction, Gambling addiction, Drug addiction, Sex addiction, Food addiction, and Technology Addiction Are you worried that you’re suffering from an addiction? Do you know someone who probably needs to learn about the different recovery options and addiction counseling available to them? Well, no matter the addiction at hand, this book should help with understanding the different aspects of addiction – from its causes to its solutions and recovery. Unlike most other resources on the topic, this addiction handbook doesn’t focus on a single variant of the dilemma. It contains six of the most common forms of addictions in one place to help you or your loved one or someone you care about out. By buying this addiction book, you can expect to learn about addiction and recovery related to: Alcohol addiction, gambling addiction, drug and opioid addiction, sex addiction, food addiction, and technology addiction. The things that cause, worsen, and prolong these addictions and stages of addiction. The signs and symptoms that could be used to identify its presence and how to seek recovery from them. Practical tips on drug and alcohol detox, drug abuse help, treatment for alcoholism, and etc. Practical tips on way to beat any of these addictions through treatments and live a more productive and addiction-free life. AND MUCH MORE. This book will serve as your complete addiction guide as you begin to make positive changes in your life (or in someone else’s or your loved one dealing with any of these addictions). You’re just a click away to get a copy of this handy guide today and discover to deal with addiction and recovery! Download today!

## Book Information

File Size: 195 KB

Print Length: 43 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 15, 2016

Sold by: A Digital Services LLC

Language: English

ASIN: B01M0S1Q4S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #740,436 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #37

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Gambling

#65 in Books > Health, Fitness & Dieting > Addiction & Recovery > Gambling #136

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Addiction

## Customer Reviews

I'm almost sure that overwhelming majority of people has some addiction. What about me? Most likely, this is my tendency to sit at the computer and work. My wife, for example, doesn't imagine her life without watching her lovely soap operas and detectives. Unfortunately, some people have addictions that can destroy their life and life of their family. Usually, to overcome them is damn hard. Moreover, treatment that works for one may not work for another. The purpose of this book is to help you in getting motivated, planning, and fulfilling all needed steps for quitting. The author analyzes different types of addiction and describes in detail what is waiting for you and what you have to do for successful outcome. I think, this is done in not bad manner, and result really can be positive! Only don't forget about necessity of professional treatment for some cases.

If an addicted person is still sane enough to read and follow instructions, this book is good. It is basically directed to the reader who is presumably looking for ways to conquer addiction. The advice given are also great for those who are living with persons suffering from addiction, given if they really want to help him or her recover. It takes more than just advice, though. But reading this will be a good start towards recovery. It's just the tip of the iceberg.

This book was a good read. It really gets in to some good info on reasons and motivations for wanting to lead a life of sobriety and free yourself of your addiction. Covers several topics such as alcohol addiction, drug addiction, gambling addiction, and even food addiction.

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Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling

Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Gambling:Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction,Gambling,Compulsive Gambling,Roulette,Gambling Systems) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) The Gambling Addiction Recovery Workbook: Written by a Former Gambler (Gambling Addiction Cure, Compulsive Gambling, Problem Gambling, Gambling Stories) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Sex: Sex Guide: The Perfect Sex Guide For Unbelievable Sex (Sex, Sex Guide, Sex Positions, Sex Addiction, Seduction, Sex Stories, Sex Books, Foreplay, Alpha Male, Relationships, Marriage) Hypnotically Enhanced Treatment for Addictions: Alcohol Abuse, Drug Abuse, Gambling, Weight Control and Smoking Cessation 7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love The Ultimate Gambling Addiction Help Guide: How to Overcome a Gambling Addiction and Problem Gambling Once and for All Gambling Addiction Cure: How to Overcome Gambling Addiction and Stop Compulsive Gambling for Life Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Seeking Safety: A Treatment Manual for PTSD and Substance Abuse (The Guilford Substance Abuse Series) Fundamentals of Substance Abuse Practice (SAB 110 Substance Abuse Overview) Gambling:Just Stop Pressing The Button: The Truth Behind our Gambling Addiction - What Most People Do Not Understand And How You Stop Gambling Away Your Life Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer, Sex positions, Sex Tips, Sex Guide) Alcohol Information For Teens: Health Tips About Alcohol And Alcoholism, Including Facts About Underage Drinking, Preventing Teen Alcohol Use, Alcohol's ... On The Brain And The (Teen Health Series) GAMBLING ADDICTION: Overcome Gambling Compulsion Today! Understand and Overcome Gambling Addiction (Understand & Overcome)

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