



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

A. Thomas Horvath

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There is an alternative to 12-step! You can reduce almost any type of addictive behavior -- from drinking to sex, eating, and the Internet -- with this practical and effective workbook. Treats addictive behaviors in general, not one at a time -- because if you're prone to addictions, you've probably got more than one. Addictive behavior can result from the use of almost any substance, or involvement in almost any activity. The harm that results from the addictive behavior, and the individual's difficulty in controlling it, is what matters. Supported by scientific research, Dr. Horvath approaches addiction as a bad habit, not a disease. He emphasizes taking responsibility, without requiring an allegiance to a "higher power," and teaches general principles of addictive behavior change, so readers can apply them as often as they need. Horvath teaches the consequences (and even possible benefits) of addictive behavior, alternative coping methods, choice, understanding and dealing with urges, building a new lifestyle, preventing relapse. Includes dozens of exercises, self-study questions, guidelines for individual change plans.

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