

Addictive Thinking Understanding Self Deception

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Addictive Thinking Understanding Self Deception

"Addictive Thinking: Understanding Self-Deception" is an in-depth explanation of what transpires in the mind of the addict. There is also a chapter that thoroughly explains co-dependency, so this book is a must-read for the family members of addicts also. David Allan Reeves Author of "Running Away From Me"

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Excuses, self-deception and addictive logic can harm your recovery and relationships. Don't let it. In addiction, a person with a substance use disorder undergoes a negative change in

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thinking and behavioral patterns. A person's character is overthrown by addictive thinking: displacement, projection, shame, and hypersensitivity are addiction's survival mechanisms.

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reveals how self-deceptive thought can undermine self-esteem and threaten the sobriety of a recovering individuals and offers hope to those seeking a healthy and rewarding recovery.

About For Books Addictive Thinking: Understanding Self

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Addictive thought is inherently self-deceptive, yet offers a superficial logic that can be misleading to the addict as well as to the addict's family members. Abnormal thinking in addiction was originally recognized by members of Alcoholics Anonymous, who coined the term "stinking thinking."

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Abraham J. Twerski, M.D. with a foreword by John Wallace, Ph.D.,
CAC Contents Foreword by John Wallace, Ph.D., CAC Chapter 1

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