



# Healing Life's Hidden Addictions : Overcoming the Closet Compulsions That Waste Your Time and Control Your Life

*Archibald D. Hart*

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## **Healing Life's Hidden Addictions : Overcoming the Closet Compulsions That Waste Your Time and Control Your Life** Archibald D. Hart

You don't take drugs, you don't have a drinking problem, you quit smoking years ago. So you don't have to worry about addiction, right? Wrong, says Dr. Archibald Hart in this provocative book. One out of every four Americans exhibits regular compulsive behaviors which can, in turn, predispose them toward hidden addictions--the obsessive desire for food, sex, exercise, entertainment, relationships, shopping, work, and a host of seemingly innocent attachments. Far from innocent, such attachments can become the closet compulsions that rule your life. In HEALING LIFE'S HIDDEN ADDICTIONS, Dr. Hart explores fascinating new research on addictive behaviors and the most effective way to overcome them.

Codependency, perfectionism, denial, cravings, escape from boredom, relief from chaos, the need for control, the avoidance of pain, the pursuit of pleasure--these are just a few of the topics covered. In addition to offering sound medical and psychological insight, Hart probes deeply into the spiritual dynamic at the heart of addiction and points to the path of grace that help you determine whether you are at risk for a hidden addiction. More than that, it offers help to anyone who wants to find a way out of hidden addictions, for themselves or someone they care about.

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