



Addiction and Recovery For Dummies

Brian F. Shaw, Paul Ritvo, Jane Irvine

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Evaluate medications and treatment programs

Break free from addictive substances or behaviors and get a fresh start

Think you have an addiction? This compassionate guide helps you identify the problem and work towards a healthy, realistic approach to recovery, explaining the latest clinical and self-help treatments for both adults and teens. This book also offers tips on reducing cravings, handling your relationships, and staying well for the long run.

Discover how to

- * Identify the reasons for addiction
- * Choose the best treatment plan
- * Handle slips and relapses
- * Detect addictions in a loved one
- * Find help and support

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