

The Truth about Addiction and Recovery

"A calm, reasoned, and highly effective alternative to the disease model of addiction and other bad habits. Electrifying and profoundly helpful."

Carol Tavris, author of
Anger: The Misunderstood Emotion

THE TRUTH ABOUT ADDICTION AND RECOVERY

- Why alcoholism, drug abuse, smoking, overeating, and other addictions are not diseases
- Why 12-step programs are not the only answer
- How you can recover without treatment

Stanton Peele, Ph.D., and
Archie Brodsky

Authors of *Love and Addiction* with MARY ARNOLD

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In this revolutionary analysis of addiction, Peele and Brodsky draw on years of research to refute the contention that addictions are biologically based diseases that last a lifetime. Examining addiction within the context of people's lives, they show that addictive behavior is a way of coping with situational stress--and that it can be overcome without medical treatment or 12-step groups.

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