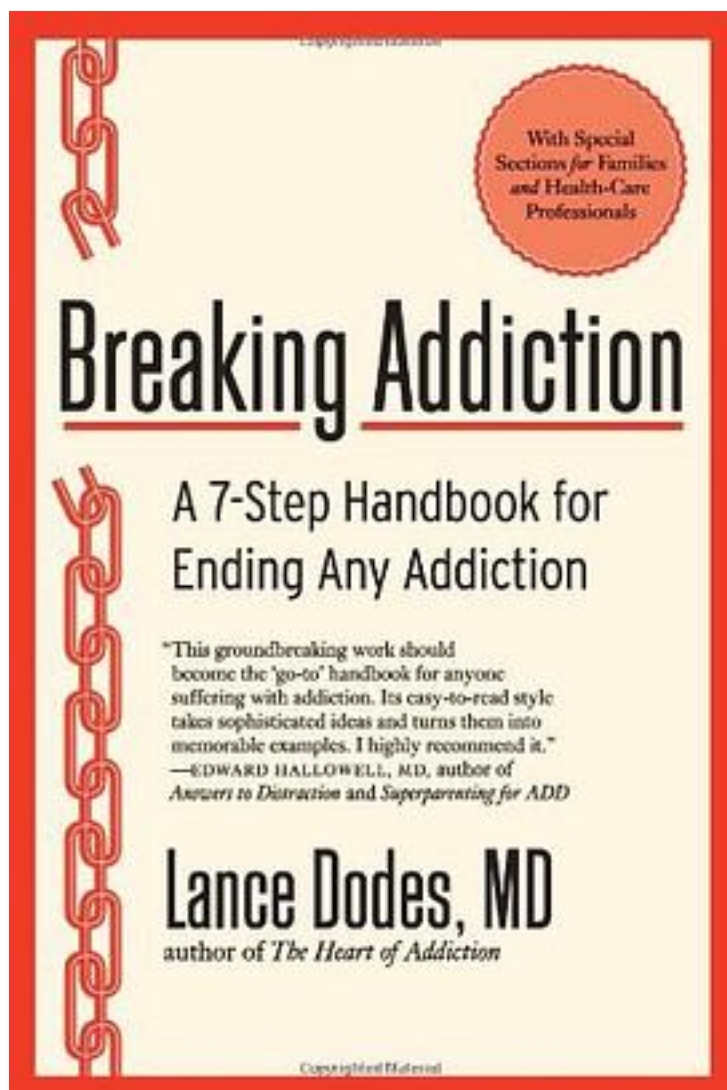


# Breaking Addiction



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In his ground-breaking book "The Heart of Addiction", Dr. Lance Dodes rejected pat explanations of alcoholism as a disease and explored the underlying emotions that drive addictive behaviors-be they drinking, gambling, obsessive sex, or otherwise. In his practice and research, Dodes has found that virtually every addictive act is preceded by a feeling of helplessness or powerlessness-deeply routed in the past-which addictive behavior functions to repair. Now, in "Breaking Addiction", Dodes presents a comprehensive guide outlining seven critical steps to overcome addiction, based on these theories. In his straightforward style, Dodes incorporates case stories to illustrate the common emotional factors underlying all addictions, and the process of self-examination that allows you to recognize these factors at work in yourself. When you learn how addiction works, and the emotional purpose your addiction serves, Dodes shows you can take back control of your life.

作者介绍:

目录:

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## 标签

心理学

学霸

专业II心理

## 评论

只看了前半部分，感觉还是挺有帮助的。其实，不止是瘾君子，普通人在陷入困境（helplessness trap）时，也会做出奇怪的事情（replacement）。作者一再强调自省的重要性（be an expert of yourself），并且介绍了很多实用的技巧和常见的心理困境，总体还是很受用的。

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读了前两章，很有用

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书评

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