

"This is the most important new resource for the millions of families struggling with drug and alcohol problems."

—TOM HEDRICK, Founding Member, The Partnership at Drugfree.org

*A GUIDE for FAMILIES*

# Beyond Addiction

HOW SCIENCE AND KINDNESS  
HELP PEOPLE CHANGE



JEFFREY FOOTE, PHD, CARRIE WILKENS, PHD,  
AND NICOLE KOSANKE, PHD, WITH STEPHANIE HIGGS

WINNER OF A BOOKS FOR A BETTER LIFE AWARD



Jeffrey Foote and

Beyond Addiction: How Science and Kindness Help People Change



[continue reading](#)

The groundbreaking method that upends current treatment models and “presents collective hope to families of substance abusers” This new approach isn't only less daunting for both chemical abuser and his family, but works more effectively aswell.from the leaders in progressive addiction treatment in america.Beyond Addiction goes beyond the theatrics of interventions and tough love to show friends and family how they can make use of kindness, positive reinforcement, and motivational and behavioral ways of help someone change. Learn how to utilize the transformative power of interactions for positive transformation, guided by exercises and good examples. Delivered with warmth, optimism, and humor, Beyond Addiction defines a fresh, empowered role for family and friends and a paradigm change for the field. (Kirkus Reviews), helping family members conquer addiction and compulsion problems through positive reinforcement and kindness— Drawing on forty collective years of study and decades of clinical knowledge, the authors present the very best practical advice science has to offer. And have hope: this lead is a existence raft for parents, family members, and friends— Practice what does work in therapy and in everyday existence, and discover many different treatment plans along with guidelines for navigating the system.offering “reminders that although no-one can make another person change, there is much that you can do to make transformation seem appealing and possible” (Publishers Weekly).



[continue reading](#)

A Fascinating New Publication on Addiction and Treatment As the daddy of an addict in recovery, I have read a large number of books on addiction, treatment, and self-help.. Written by people at the Center for Motivation and Change (CMC), Beyond Addiction is a unique guide for family members who are dealing with a treasured one's material use concern. This book is not another "old school" book on addiction that tells families they have to force their loved one into rehab and totally detach from their website. Knowing this book which information is in the world actually makes me pleased to be alive today. 2. Yes, it is possible to \*help\* your loved one get better by using CRAFT (Community Reinforcement and Family members Teaching): "a scientifically supported, evidence-based, clinically proven method of helping families of compound abusers. Its a long tough fight. And the authors explain the idea very thoroughly. Instead it teaches you ways to play an active, important function in affecting change in your beloved.) to teach you skills you can use to help your loved one change; Some of the various other chapters are just as helpful: Start WHAT YOUR LOCATION IS, Self-Treatment, Have Your Limits, Start Where They Are, Goals, Reinforcement: The Driver of Modification, and Consequences. A few of the strategies in Beyond Addiction will come as a shock for you if you're used to reading and hearing about the older school methods to addiction, which regularly tell us that we are helpless when it comes to assisting a loved one."I will not lie for you.) to reduce substance make use of, period, whether your beloved gets formal treatment or not. The book's subtitle itself--"How Science and Kindness Help People Change"--should offer you a clue that book is quite different. Using kindness to help a substance user switch? Seriously?? This publication has given me some good insights and how to approach my love one and where you can turn to.) to teach you skills to take care of yourself; Beyond Addiction actually teaches family members and friends how to be empowered and make a huge difference in a compound user's life, using a genuine plan. We love this approach! How to Cope;) I want this publication was around a couple of years ago when we were first coping with our son's addiction. and LIVE LIFE. I wish everyone could read the concise and powerful chapter on Positive Conversation -- I really believe it has the potential to revolutionize our human relationships. There are also interesting sidebars entitled "VERY GOOD NEWS" and "What's Hard CONCERNING THIS." (I especially valued the "What's Hard CONCERNING THIS" explanations, which have become clear, concise, and useful.) This positive, science-based guidebook to helping someone you care about was fascinating if you ask me. I struggled with th "touch love" mentally. (Note: CRAFT can also be used to motivate and reinforce change in other behaviors, as well. How to Help; It would've been fabulous to have been able to try the plan comprehensive in Beyond Addiction. We are moving in a more positive direction since I examine this book. In case you have a loved one who is struggling with addiction or other compulsive behaviors, I highly recommend picking this book up. Since it says inside flap, "This guidebook is designed not only to greatly help someone transformation, but to help someone \*want\* to change. 'This book is different' and it could change your life and your relationships, I wish everyone could read it 'This book is different'." It's also full of wish, and that's an excellent thing. Therefore begins the Launch to this important publication, and it's true. If you would like to improve your own life or figure out how to help someone you love who struggles with behaviors or chemicals, I cannot recommend this publication highly enough. Nearly every page is full of very practical guidance predicated on the technology of change created with compassion and infused with optimism and wish. This is the info I required as a young wife and mother and have been looking for since. Do you wonder Why Do People Change? JUST HOW DO People Change? and 3. You can choose to learn the book in order

or skip around, based on what parts you think are most important to you at any moment. I've memorized the Seven Components of Positive Communication and make an effort to review them daily and whenever I'm having a 'higher stakes' discussion. With these communication abilities, Personally i think calmer and even more empowered and it is better to listen and actually make an effort to understand the other person. I have given a copy of the book to nearly every member of my family and asked them to start out simply by reading the chapter on Positive Conversation, explaining that although this publication has the term 'addiction' in the title, it certainly has something for all those who want to learn to change our own bad behaviors and habits and learn how to connect with and motivate others to create positive changes for themselves. It isn't another "tough love" reserve. Great reserve with a sane prescription on how to be supportive and maintain your own reassurance I read a lot of books when I started internet dating someone alcoholic to determine how I needed to approach things. Phil and thinking you arguing with your loved one means and providing them with ultimatums means you get ... I'm on chapter 3 and this book is conserving my sanity. As a member of family of a very high working addict who makes everything a joke and gets the "oh don't be therefore dramatic" attitude, this publication is giving me the tools I need to know how my previous behaviors have NOT been helping. Quit viewing Dr. Phil and considering you arguing with your cherished one means and giving them ultimatums means you get yourself a gold star because you're not an "enabler." There's a balance. Thankful because of this book. EASILY could, I would buy a duplicate for every person who is hurting and say, there is expect change -- hope for yourself, and for all your family members. This publication, and the harm decrease book Under the Influence, were the very best guides of all. They gave me suggestions for the way to handle everything that happens in a proactive way to make sure my partner's basic safety and that treatment ideas are on his radar, while also keeping my very own spirits up rather than annoying my partner an excessive amount of. Really good book. Our tradition is so steeped in AA/Alanon that a lot of people you talk with about what you are going through as somebody will solution with an AA/Alanon framework. The SMART Friends and Family group seems to use more of a CRAFT framework. Truthfully the hardest thing for me about being a partner of someone alcoholic has been living beneath the watchful eye of our AA/Alanon culture where I feel like people are ready to drop on me if I lift a finger to greatly help my partner or try to do anything. Alanon isn't even research-based and this is, and this approach is shown to work better. Beyond the impossible difficult like message of AA True help for addiction! This book is for everybody who includes a loved on fighting addiction This book is for everybody who includes a loved on fighting addiction. Inspiring and practical Inspiring and practical. Helpful Taught me to communicate with my heroin addict boyfriend so much more effectively. Helped me understand how to deal with a loved one Dealing with a loved one who has an concern with addiction offers been the hardest issue I ever experienced. Yes!" According to the publication, "CRAFT provides three goals: 1. Lots of great information. Probably the most helpful addiction recovery books out now there. I'm sure most of the verbal battles we had with our son back then could have been avoided. Horrible, stupid, badly written, personal aggrandizing, and patronizing screed. These writers get an F simply by Freshman English standards--they can't construct a straightforward declarative sentence, and their "research" isn't backed up by any actual data--only their very own assertions. They easily dismiss any contrary results by other research scientists, and take a patronizing tone with their visitors that seems to assume they've by no means read another publication or studied any additional theory of addiction illness. Don't purchase this book--it can be a waste of money.

AA/twelve step/Alanon has a very strong grip on our culture and both patients and loved ones can come under criticism when planning on taking other (often far better and science-backed) techniques. It was incredibly refreshing to read an optimistic and compassionate method of addiction treatment. This idea so far is operating great up to now. I think in the future I'll keep it more to myself that I'm doing this approach with anyone who hasn't read the book. Beyond the impossible tough love message of AA. The reserve is broken down into four parts: What to Know; New ideas I have not previously thought . An excellent reference to help family members feel less helpless. Something I would caution though, in the event that you go through this awesome reserve, is that other folks might not understand the CRAFT model. I have recommended this reserve to many customers and families and always hear positive responses.. Believe me when I state that book is unlike the others I've read. Really good book. New ideas I have not previously considered before



[continue reading](#)

download Beyond Addiction: How Science and Kindness Help People Change e-book

download Beyond Addiction: How Science and Kindness Help People Change fb2

[download Safe Kids, Smart Parents: What Parents Need to Know to Keep Their Children Safe e-book](#)

[download free Playdate Busy Book \(Busy Books Series\) txt](#)

[download free The Wonder of Aging: A New Approach to Embracing Life After Fifty pdf](#)