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*"A revelation... indispensable...
a guide to changing lives — and saving them."*
— David Sheff, author of *Beautiful Boy* and *Clean*

Foreword by Alan I. Leshner, PhD

Mastering *the* Addicted Brain

*Building a Sane and
Meaningful Life to Stay Clean*



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Walter Ling MD and

Mastering the Addicted Brain: Building a Sane and Meaningful Life to Stay Clean



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An internationally famous psychiatrist, neurologist, and addiction expert, Dr. This simple however profound guidebook takes you step-by-step through the process of building a life after addiction by adopting fresh behaviors that create lasting change. However, addiction can be managed once its true nature is understood. For anybody trying to overcome an addiction, coping with somebody with an addiction, or supporting somebody with an addiction As most medication and alcoholic beverages addicts eventually realize, great intentions alone aren't enough to break destructive practices. Walter Ling spent some time working with a large number of addicts, their loved ones, and fellow clinicians. His no-nonsense, no-judgment strategy, which he calls the "neuroscience of common sense," advocates holistic solutions to prevent relapse and set up new patterns to create a sustainable, meaningful life.



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Dr. Ling provides sage assistance and insight! It approaches addiction from a physiological stance as well as cultural and spiritual. Becoming around recovery from addiction pertaining to over 30 years, and having read countless books upon this subject, I can honestly say Dr. Nevertheless, the book is meant to be a starting place for further self reflection and improvement. Once you end reading it through one time, tuck it away in your bag or back again pocket to pull out if you are sitting idling somewhere rather than staring blankly at your phone. The writer discusses addiction as a brain disease, and in nonintimidating layman's terms describes the three parts of the mind, how they function individually and collectively, and how they're affected when someone initial chooses to accomplish drugs. Dr. Ling gently encourages the reader to pause and think about developing a sane and meaningful life and will so without having to be overly preachy or denying that relapse prevention or "staying clean" is a constant uphill climb.. Highly recommend, it's superb! Ling's brief publication. 5 years was carrying out heroin. In this book, Dr. To somebody like me, stating "no" is simply a matter of willpower. To somebody like me, taking into consideration whether or not to accomplish drugs involves logically taking into consideration the outcome and potential damage those medicines could do for you, your loved types, and your life as a whole. Whether you are suffering from an addiction, are in recovery from an addiction, or a member of family wondering why an addict/alcoholic functions the way they do, Dr. Not until I browse this reserve. At a very difficult time in my life, this reserve helped give me better understanding and perspective. It had been clear, simple, and kind. It was just what I had a need to help me feel even more compassion and empathy- and much less anger and confusion. The latter 3/4 of the book provides advice to help recovering addicts build and maintain a clean and sober life (or succeed at 'relapse prevention'). The information is solid, a lot of it also for nonaddicts. But mainly because a clean/sober person with a boyfriend deep in the destruction of an addiction, what I found most helpful was the first 1/4 of this book. Re-reading any of the short-chapters will reveal nuggets of wisdom to ponder and consider. That's right - the 1st time is nearly always a choice, even though some people are more likely (for a number of reasons) to create that choice, it can happen to anyone. As soon as that choice is manufactured, the human brain changes - and it's really a very slippery slope from there. I could go on and on - but I will not! I plan to maintain re-reading it as part of my self care. Very helpful in understanding and easy to . It helped me, and I hope it can help you too. The learning y Good book for my profession Good beginning resource This is an excellent beginning resource for individuals who concern themselves with addiction, nonetheless it is limited in scope. Ling provides written an extremely useful and user-friendly publication for everyone on the main topics addiction. Somebody like me didn't understand addition. Ling explains in layman's terms what addiction is focused on, why and how it happens, and how to recover from it. To someone like me, doing drugs is a choice, a decision. I would recommend this as ONE book to learn about alcohol addiction. He clarifies how addiction forms, how it takes over a person's life (most of the time to their total unawareness of it) and just why it is so difficult to "just stop". However, all is not lost. Dr. Ling's tone and presentation are very uplifting and motivational as he explains the procedure of recovery and with each stage of just how, he gives hope and encouragement and displays how it can (and has been) completed. The book reads quickly and can be finished in just a few hours. Ling has completed a great service to the city by demystifying the process and giving desire to addicts and family alike.. This book helped solidify my recovery I have already been clean and sober for approximately 5 months now because of a 12 step system and resources such as this book.. A clearly created, straightforward, and insightful book to assist those facing addiction problems themselves or anyone who has loved ones

battling this brain disease. If you're someone with a substance abuse problem (whether or not you determine as an addict), or simply anyone who has been suffering from addiction, this book is a must-read. Easy reading. However, his tone properly combines gentle authority, common sense, and medical/scientific know-how to help make the reader experience supported in their journey toward better wellness. It helped me understand why 12 step applications function and beyond that, the importance of living a full, balanced life. As a parent of an alcoholic i found this reserve to be very informative. Wonderful book! Ling provides what I consider to be the best, most straight-forward and clear to see description of addiction as a chronic brain disease which makes it unique among other persistent diseases. Good insights from skilled treatment specialist My colleagues in recovery found unique insights in Dr. Helped me understand addiction I never knew very much about addiction - until I found out that my boyfriend of just one 1. One of the few opioid books that recognizes spirituality without the god baggage. I had ordered several books based on evaluations i browse and i was relieved this book was not bogged down with technical conditions and gave some practical useful advice. It's short, simple, humble, and reassuring.. This is a must have resource in your journey of recovery. Wonderful book! Very helpful in understanding and easy to put into practice for recovery. Order right now, don't put it off another day!. Extremely Important and Helpful Book for Everyone Dr. Very great book. Helped me to understand how the addicted . Five Stars Very good book!. Very good book. Helped me to understand the way the addicted brain works.



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