

*"Educational... eye-opening... transformational  
for anyone struggling with addiction."*

— Annie Grace, author of *This Naked Mind*

# THE

A NEW APPROACH FOR

# ABSTINENCE

OVERCOMING ADDICTION WITHOUT

# MYTH

SHAME, JUDGMENT, OR RULES

ADI JAFFE, PHD

AN INTRODUCTION TO **IGNTD** RECOVERY

Adi Jaffe PhD

## The Abstinence Myth: A New Approach for Overcoming Addiction Without Shame, Judgment, Or Rules



[continue reading](#)

Breaking free of outdated explanations and rigid "rules" intended for recovery, The Abstinence Myth provides a hopeful, research-centered framework for transformation simply by an addiction expert and renowned TEDx speaker who overcame his have addiction and has guided hundreds of clients in to lives of joy and purpose. It's time to throw out the "rulebook". The Abstinence Myth introduces the IGNTD RECOVERY METHOD, including: - Information on Adi's dramatic and inspiring personal story. - Why shame can keep keeping you back--and locating the way to avoid it. - Why the idea of "abstinence" is often a barrier to improve and is not necessary for everyone forever. Whether you're searching for help for yourself, a loved one, or anyone you could be guiding through an individual transformation, The Abstinence Myth changes lives. - The Mythology of Addiction and how it gets in our method with spiritual, biological, emotional, and environmental assumptions that are, actually, only true a few of the time for some people. - A conclusion of the 3 IGNTD principles and the 9 methods to personalize your unique recovery path. In this simple however radical new book, Adi Jaffe, PhD, draws on his own life experience, cutting-edge study, and work with a huge selection of clients and households to offer a new perspective on addiction and a new pathway out of its grasp. You can get over the hopelessness, the question, and progress. You can develop a life you're proud of. - Important research that may shift your thinking, sense of hope, and success.



[continue reading](#)

I came across Dr. When I encountered Dr. Great introduction to non-12 step addiction recovery Almost all addiction recovery out there is founded on the 12 steps of Alcoholics Anonymous, which uses strict rules and harmful labels to shame people into feeling powerless over their substance use... and the unbearable pain. Jaffe's own journey along with others. The alcohol had not been THE PROBLEM. A Must read not only for addicts but anyone who knows someone with an dependence on anything! And while getting rid of the alcohol would without doubt help, an abstinence based approach was unrealistic for me personally. It blends shifting accounts of real people who have all of the medical, clinical, statistical, and most importantly PERSONAL information that Dr. PB Disappointing I was extremely disappointed in this publication. Unlike the majority of the recovery field - Dr. He has bad generic tips. The one drawback: the reserve is a little brief. My relationship to alcohol has changed completely as time passes - thanks to Dr. That is where Dr.) is NOT necessarily the only way to creating a healthy relationship to that chemical or behavior. I also recommend Dr. Jaffe's plan IGNTD to everyone I encounter who needs a new method of addressing addiction. No matter whether the compulsive habitual behavior is usually food, drugs, or a process addiction, this book contains evidence based tools for addressing the underlying factors behind anxiety/shame which are at the root of the destructive behaviors. He speaks from encounter and an abundance of understanding.. Dr. Jaffe provides amassed over his lifetime - building a foundation upon which anybody at all can begin to rebuild themselves without the nonsensical 12-step focus on total abstinence.) as many lives as those that read it. It is a breath of oxygen and will no doubt dramatically improve (and potentially SAVE! Can't suggest it highly enough. A light in the dark A refreshing look at the struggle of addiction & the way the current system is failing, while providing a new street to recovery without shame & without labels. Being a previous addict himself, Dr. Jaffe has been able to create a recovery system (Igntd) that functions because he actually understands what its like. But a lot more than that, reading this publication INSPIRES & gives true Desire to addicts who didn't believe they could overcome, that is PRICELESS. The life I experienced build for myself was the problem. Dr. Jaffe brings an important viewpoint! Dr. Jaffe puts forth an alternative way to look at addiction. Dr. Even though you are resistant to anything "Not 12 step", I would recommend reading this reserve with an open brain since it just may save you or someone you love! Five Stars Dr. Jaffe is certainly flipping the script on addiction! Everyone should browse this! Dr. Jaffe presents eye-starting perspectives on mental wellness, stigma, and shame. Not scientific. That is a book that would appeal to those who are interested in leaving the black-and-white thinking of abstinence versus non-abstinence, that may hold people back again from getting help. Jaffee does talk about some good tips.The Abstinence Myth shares stories of Dr. As the book factors out there are various paths to recovery. More good paths are constantly welcome. Jaffe pertains to what you are going through.This LOGICAL Method of Addiction Recovery Saved My Life This book, and the ideas contained within it, have literally saved my entire life. I feel like I am on a role thanks to him. Misleading Dr. Unfortunately he finds it essential to talk about misleading and quite frankly incorrect information regarding traditional addiction recovery which has helped millions. I hardly ever identified with the term "alcoholic" as I only drank heavily in periods when life was as well painful to be mindful for - so going to rehab myself (when I was drinking primarily on the addiction of others) seemed unreasonable. He clarifies the procedure of his 9-stage IGNTD Recovery program that is an important piece of the book and offers a more inclusive method to obtain recovery support.That is an excellent book and one that everyone on the recovery path or family members should read. Dr. Excellent Book! I have

been dealing with Dr. Not an interesting read what therefore ever. He's so in touch with his individuals and understands deeply how are you affected in peoples' heads and souls and how to go about helping them. He offers me attempting to do the task I am performing. Jaffe's recovery strategy refreshing and so needed. Don't miss his publication, this is a life saving investment. Jaffe's concept of "abstinence sampling" was a refreshing approach to short term goal and establishing brand-new patterns. I heard about it upon this Naked Mnd Podcast and bought it right away. It felt just like a sales page for his very expensive online program right from the start. I really like Annie Grace and This Naked Mind but I'm disappointed in her support of the. Everything he says offers been stated before. Not original. Excellent read. Not well worth your time. Didnt give any new info that hasnt been written before. Hes ego screams through the webpages. Jaffe for many months today and he has done more than I've experienced with others by far. Jaffe's innovative and controversial - but EFFECTIVE - strategy. You should spend your money on good advice from an actual licensed therapist. Id price it a 1 out of 10 easily could. 1 for your time and effort. Jaffe and his approach to addiction, my ex provides slipped into serious IV heroin make use of and I was drinking myself to blackout frequently to deal with the my terror about the future. No wonder 90% of people struggling with addiction never seek treatment for this. Jaffe will come in. Jaffe asserts that total abstinence from the material or behavior you struggle with (which is dark and white considering dripping with shame landmines! Amidst increasing overdose deaths and addiction rates there's clearly a dire need for alternative approaches. Dr. Jaffe draws on extensive research and counseling knowledge, in addition to his own compelling story to chart a fresh way to recovery that inspires rather than disempowers. "The Abstinence Myth" is a good read for people who think they could have a substance issue but haven't sought help for it yet, those sick and tired of the 12 guidelines, and even readers just interested in addiction. This book can be an overdue and resounding counterpoint to all or any of the harmful and inaccurate perspectives on what causes and treatments addictive behaviors. I suppose we'll have to wait for the sequel. Jaffe's composing style is approachable and pulls you through easily and retains your curiosity high.. An interesting Perspective Bold philosophy with personal experience.



[continue reading](#)

download free The Abstinence Myth: A New Approach for Overcoming Addiction Without Shame, Judgment, Or Rules epub

download The Abstinence Myth: A New Approach for Overcoming Addiction Without Shame, Judgment, Or Rules djvu

[download Funster Crossword Puzzle Book for Adults: 101 Large-Print Easy Puzzles ebook](#)

[download free Is Fred in the Refrigerator?: Taming OCD and Reclaiming My Life ebook](#)

[download Self-Care in the City: 100 Ways to Optimize Your Nutrition, Fitness & Wellness in an Urban Environment ebook](#)