

# Breaking Addiction: A 7-Step Handbook for Ending Any Addiction



Finally, a road map to recovery from the nations most original thinker on addiction. In his revolutionary book *The Heart of Addiction*, Dr. Lance Dodes examined the underlying emotions that drive addictive behaviors - whether drinking, gambling, sex, or eating. Now, in *Breaking Addiction*, Dodes presents a comprehensive guide outlining seven critical steps to overcome addiction, based on his findings. Through his practice and research, Dodes has found that virtually every addictive act is preceded by feelings of helplessness. In his refreshingly clear style, Dodes incorporates case histories to illustrate exactly how these feelings set addiction in motion, how to recognize the path toward addiction and then how to take back control. Many people, discouraged by current treatments, have been hungry for an approach that digs addiction up by its roots. Since the publication of *The Heart of Addiction*, Dodes' ideas have been incorporated by therapists and treatment centers around the country, and are taught by universities and training centers for clinicians. With special sections for both families and health-care professionals, *Breaking Addiction* is poised to be the handbook for a new, comprehensive, and in-depth understanding of addiction.

**Breaking Addiction: A 7-Step Handbook for Ending Any Addiction** Editorial Reviews. Review. Without denying the difficulty of the terrain, Dodes' program is a call to a clear-eyed, coherent approach. This groundbreaking work **Lance M. Dodes, M.D. - Welcome** Jul 3, 2014 A great book by Lance Dodes about understanding and overcoming all kinds of addiction, that I would recommend to everyone in this field. **Breaking Addiction: A 7-Step Handbook for Ending - Google Books** Mar 1, 2011 The Paperback of the *Breaking Addiction: A 7-Step Handbook for Ending Any Addiction* by Lance M., M.D. Dodes M.D. at Barnes & Noble. **Listen to Breaking Addiction: A 7-Step Handbook for Ending Any** Mar 7, 2011 Dodes, an eminent researcher of addiction at Harvard Medical School and author of the groundbreaking *The Heart of Addiction*, has hit another **Breaking Addiction : A 7-Step Handbook for Ending Any Addiction** *Breaking Addiction: A 7-Step Handbook for Ending Any Addiction*. Posted in Recent Work. Lance M. Dodes, MD. Harper Perennial, 2011. Finally a road map to **The Heart of Addiction: A New Approach to Understanding and** Like *Breaking Addiction* and *The Heart of Addiction*, *The Sober Truth* makes an Praise for *Breaking Addiction: A 7-Step Handbook for Ending Any Addiction*. **Breaking Addiction by Lance Dodes: My Book Review** His second book, *Breaking Addiction: A 7-Step Handbook for Ending Any Addiction* (HarperCollins, 2011)

won a 2011 Library Journal Best Book award in its **Get Breaking Addiction: A 7-Step Handbook for Ending Any** Episode 7: Dr. Lance Dodes Destroys Conventional Wisdom on the Nature of . Breaking Addiction: A 7-Step Handbook for Ending Any Addiction by Lance M. **Lance M. Dodes, MD - Breaking Addiction: A 7-Step Handbook for** Apr 20, 2015 Ive been reading the book Breaking Addiction: A 7-Step Handbook for Ending Any Addiction by Lance Dodes, MD recently. I have highlighted **Breaking Addiction: A 7-Step Handbook for Ending Any Addiction by** Browse Inside Breaking Addiction: A 7-Step Handbook for Ending Any Addiction, by Lance M. Dodes, M.D., a Trade paperback from Perennial, an imprint of **Breaking Addiction: A 7-Step Handbook for Ending Any Addiction** Breaking Addiction: A 7-Step Handbook for Ending Any Addiction eBook: Lance M., M.D. Dodes: : Kindle Store. **Breaking Addiction: A 7-Step Handbook for Ending Any Addiction in** Listen to Breaking Addiction: A 7-Step Handbook for Ending Any Addiction audiobook by Lance M. Dodes. Stream and download audiobooks to your computer, **Browse Inside Breaking Addiction: A 7-Step Handbook for Ending** The Heart of Addiction: A New Approach to Understanding and Managing Alcoholism and Breaking Addiction: A 7-Step Handbook for Ending Any Addiction. **Breaking Addiction: A 7-Step Handbook for Ending Any Addiction** Dodes, an eminent researcher of addiction at Harvard Medical School and author of the groundbreaking The Heart of Addiction, has hit another home run by **Breaking Addiction: A 7-Step Handbook for Ending Any Addiction** Breaking Addiction has 108 ratings and 19 reviews. Morgan said: According to Dodes: Addictive behavior essentially amounts to indirect (and therefore, **Breaking Addiction: A 7-Step Handbook for Ending Any Addiction by** Dec 11, 2015 - 2 min - Uploaded by Janet NewmanGet Breaking Addiction: A 7-Step Handbook for Ending Any Addiction more information : http **Breaking Addiction: A 7-Step Handbook for Ending Any - Goodreads** Listen to Breaking Addiction: A 7-Step Handbook for Ending Any Addiction audiobook by Lance M. Dodes. Stream and download audiobooks to your computer, **Breaking Addictio: A 7 - Step Handbook for Ending Any Addiction** Lance M., M.D. - Breaking Addiction: A 7-Step Handbook for Ending Any Addiction jetzt kaufen. ISBN: 8601404354953, Fremdsprachige Bucher **Lance Dodes M.D. Psychology Today** Mar 1, 2011 Dr. Dodess approach runs directly counter to the paralyzing, but standard, message of powerlessnessa message that reinforces the sense **Breaking Addiction : A 7-Step Handbook for Ending Any - Target** Find product information, ratings and reviews for Breaking Addiction : A 7-Step Handbook for Ending Any Addiction (Paperback) (M.D. Lance Dodes) online on **Episode 7: Dr. Lance Dodes Destroys Conventional Wisdom on the** Breaking Addiction: A 7-Step Handbook for Ending Any Addiction [Lance M., M.D. Dodes] on . \*FREE\* shipping on qualifying offers. **Lance M. Dodes, M.D. - Purchase My Books** In his revolutionary book The Heart of Addiction, Dr. Lance Dodes examined the underlying emotions that drive addictive behaviorswhether drinking, gambling **Breaking Addiction: A 7-Step Handbook for Ending Any Addiction** Buy Breaking Addiction: A 7-Step Handbook for Ending Any Addiction by Dodes, Lance M., M.D. (2011) Paperback on ? FREE SHIPPING on **Addiction Researcher and Anti-12 Stepper Owned By Harvard** **Breaking Addiction: A 7-Step Handbook for Ending Any Addiction** Lance M. Dodes, MD - Breaking Addiction: A 7-Step Handbook for Ending Any Addiction. With over 30 years of experience in studying and treating addictive **Listen to Breaking Addiction: A 7-Step Handbook for Ending Any** Mar 1, 2011 Dr. Dodess approach runs directly counter to the paralyzing, but standard, message of powerlessnessa message that reinforces the sense **Breaking Addiction: A 7-Step Handbook for Ending Any - +.** Breaking Addiction: A 7-Step Handbook for Ending Any Addiction. +. The Sober Truth: Debunking the Bad Science Behind 12-Step Programs and the Rehab.