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Addictive Thinking Understanding Self Deception

In Addictive Thinking, author Abraham Twerski reveals how self-deceptive thought can undermine self-esteem and threaten the sobriety of a recovering individual. This timely revision of the original classic includes updated information and research on depression and affective disorders, the relationship between addictive thinking and relapse, and the origins of addictive thought. Ultimately, Addictive Thinking offers hope to those seeking a healthy and rewarding life recovery.

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"Addictive Thinking: Understanding Self-Deception" is an in-depth explanation of what transpires in the mind of the addict. There is also a chapter that thoroughly explains co-dependency, so this book is a must-read for the family members of addicts also. David Allan Reeves Author of "Running Away From Me"

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