



# **The Heart of Addiction: A New Approach to Understanding and Managing Alcoholism and Other Addictive Behaviors**

*Lance M., M.D. Dodes*

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**Nobody has had an answer for why people with addictions continue to repeat them -- until now.**

For more than twenty years, distinguished psychiatrist Dr. Lance Dodes has been successfully helping people master their addictions -- alcoholism, compulsive gambling, smoking, sexual addiction, and more with a radical approach. Dr. Dodes describes how all addictions have, at their heart, unrecognized emotional factors that explain:

- Why we feel the impulse
- Why we feel it when we do
- What alternatives (really) work in that critical moment

In this refreshing book filled with compelling case studies, Dr. Dodes debunks several such widely accepted myths as:

- Addictions are fundamentally a physical problem.
- People with addictions are different from other people.
- You have to hit bottom before you can get well.
- You are wasting your time if you ask "why" you have an addiction.

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**Jesus Curry:**

In this particular era which is the greater man or who has ability in doing something more are more important than other. Do you want to become certainly one of it? It is just simple method to have that. What you should do is just spending your time very little but quite enough to experience a look at some books. One of the books in the top listing in your reading list will be *The Heart of Addiction: A New Approach to Understanding and Managing Alcoholism and Other Addictive Behaviors*. This book and that is qualified as *The Hungry Slopes* can get you closer in growing to be precious person. By looking way up and review this book you can get many advantages.

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