

I Shall Be Clean: Self Help Book for Addiction (Paperback)



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Reviews

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(Shaun Bernier II)

I SHALL BE CLEAN: SELF HELP BOOK FOR ADDICTION (PAPERBACK)



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Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.I have worked in the substance misuse field as a therapist, couples counsellor and family behavioural therapist for ten years and I feel that I have learned a lot about this client group and addictions, both from my colleagues and from my clients. It s very easy to get involved with drugs in this day and age, there is likely to be a dealer within a mile of anyone s home. No matter what type of area you come from drugs are not defined by class. It is extremely hard to come off drugs, once you are entrenched in them, by yourself. It takes motivation, willpower and it needs to be because you want to stop, not other people wanting you to stop. Some people would define substance misuse as an illness, for me that is difficult to accept. Illnesses are things that happen to us that are out of our control. For example illnesses like diabetes, colds and flu, thyroid disorders and cancer. We don t ask for these illnesses, they just come. Whereas substance misuse is self inflicted, we choose to take drugs, we don t choose to get cancer. So maybe we could call it a self inflicted illness. I do believe however that what maintains people s use is ill health i.e. emotional or psychological ill health and/or mental illness. Either due to life events/experiences, issues caused by their drug use or issues that were pre existing their drug use therefore they self medicate. People take illicit drugs for all sorts of reasons, some of which I will be exploring in this book, but what I have learned most from my work with substance...



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