



Thinking Simply About Addiction: A Handbook for Recovery

Richard Sandor

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This profound yet practical guide by a veteran recovery professional goes further than any other book in pinpointing why addictions are so tenacious, how we all suffer from them to a greater or lesser extent, and the true, time-tested steps toward freeing yourself.

No social problem today causes greater confusion than addiction. Whatever form it takes—alcohol, heroin, cocaine, nicotine, etc.—it tears apart homes and relationships, destroys careers and futures, and leaves loved ones asking: Why couldn't he stop once and for all? Or "get better"? Or control himself?

Despite everything that's been said and written, many people remain deeply confounded about these problems. The addiction-treatment field itself is in a state of civil war because there is no consensus on what addiction is, much less what to do about it.

Based on years of hard-won experience by a preeminent specialist in addictive behavior, *Thinking Simply About Addiction* explains the core truth of addiction: It is not a neurosis, a physical malady, a behavioral choice, or, in the narrowest sense, a moral failure. It is an "automatism"—an involuntary, non-stoppable behavior that once triggered leaves the addict powerless. It is a human problem and a part of human nature. As such, it is something that we *all* experience.

In four to-the-point chapters, *Thinking Simply About Addiction* rises above the noise level and provides real-world help and new ways of thinking for addicts and those who care for them. Its insights are so profoundly clear and sensible that many readers will be able to say: *Finally, someone gets it.*

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