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What Addicts Know: 10 Lessons from Recovery to Benefit Everyone

By Christopher Kennedy Lawford, Drew Pinsky

BenBella Books. Paperback. Book Condition: new. BRAND NEW, What Addicts Know: 10 Lessons from Recovery to Benefit Everyone, Christopher Kennedy Lawford, Drew Pinsky, New York Times bestselling author Christopher Kennedy Lawford revisits addiction in his latest book, What Addicts Know, this time framing the discussion in an entirely new way--the lessons addiction and recovery offer to those of us who haven't battled addiction. For too long, society has considered addicts as an unfortunate group that faces incredible and unique challenges. The reality is that the challenges of the addict are faced--to a greater or lesser extent--by all of us. In a "more is better" society, it's indisputable that we've all experienced cravings and denied the truth about our destructive behaviors--traits shared by addicts who've successfully overcome them. What Addicts Know offers the coping and wellness skills necessary to overcome life's obstacles and self-improvement tips for everything from conquering an unhealthy consumption of junk food, to overcoming toxic relationships. These techniques are not just for addicts; they are for all of us. No one until now has related the lessons and life skills that can be drawn from the collective experience of people in recovery from addiction, particularly the ways those...



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Reviews

This book is indeed gripping and interesting. It really is rally exciting throgh studying period. Its been written in an extremely easy way and is particularly merely soon after i finished reading this book through which in fact changed me, affect the way i think.

-- Aisha Lemke

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