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**SELF-HELP
FOR WOMEN**

JEAN KIRKPATRICK, Ph.D.
Founder of Women for Sobriety, Inc.

Goodbye Hangovers Hello Life Self Help For Women

Mark Steyvers



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Control of Your Drinking Michael S. Levy,2021-01-12 Accepting that there is no one size fits all approach to controlling drinking the latest edition of this bestselling book will help you assess your drinking and determine whether moderation or abstinence is the best path for you For decades the standard treatment for people struggling with alcohol consumption has focused on convincing them to admit that they are an alcoholic to stop drinking entirely and to enter into a program most commonly Alcoholics Anonymous But in his more than thirty five year career as an addiction specialist working with people who want to change their drinking habits Michael S Levy has found that the routes to behavioral change actually vary And although abstinence is the successful route for many people others can moderate their drinking on their own or with professional help In this practical effective and compassionate book Levy helps people take control of their alcohol problem by teaching them how to think about and address their drinking habits Beginning with a set of self assessments that reveal whether the reader s use of alcohol is creating problems Levy explains the causes of problem drinking discusses the growing recognition of the various ways an alcohol use disorder can show itself and talks about why it is so difficult to change Offering advice for choosing between moderating your drinking or abstaining altogether he also touches on coping with slipups fighting helplessness and the fear of failure and knowing when moderation is not achievable The book is unique in that instead of telling people what they need to do it meets people at their stage of change and level of readiness to change and helps them decide for themselves what they need to do Drawing on the latest scientific evidence this new edition includes a chapter on the concept of self medication a useful but at times overused idea a chapter on the concurrent use of drugs particularly cannabis during recovery an exploration of modern strategies for dealing with drinking including technology apps that count drinks for example and medications that curb alcohol consumption reflections on the use of stigma communication strategies for individuals seeking to share their struggle with others an exploration of common triggers additional worksheets and tips to achieve success further material about self help programs and insights about the dark side of addiction treatment Ultimately Take Control of Your Drinking empowers people to tackle their drinking problem and gives them the freedom to do so in a way that fits with their own lifestyle and values This book is useful for anyone who may find that they are drinking too much for the loved ones of such people and for clinicians who want to broaden their skills when working with people who struggle with alcohol

How to Quit Drugs for Good Jerry Dorsman,2009-02-04 Free Yourself from Addiction Quitting drugs may be the best thing you can do for yourself and your loved ones But it can also be the toughest challenge of your life This book can help Jerry Dorsman author of the acclaimed How to Quit Drinking Without AA and a respected therapist who specializes in addiction recovery has helped thousands of people quit drugs and get on

with their lives In How to Quit Drugs for Good Dorsman helps you find the best approach to beating any drug habit from barbiturates and prescription drugs to marijuana cocaine and heroin Through a series of self discovery exercises worksheets and checklists you will learn how to Determine if you have a drug problem Examine your individual reasons for using drugs Decide when and how you want to quit Develop your own treatment plan Choose the techniques that will work for you Create your own success And much much more My Mama's Waltz Eleanor Agnew, Sharon Robideaux, 1999-03 Emotional support for those wishing to overcome an alcoholic mother s destructive influences and create a happy fulfilled life Women in Narcotics Anonymous: Overcoming Stigma and Shame J. Sanders, 2014-03-05 This book looks at a sample of female drug addicts seeking recovery in Narcotics Anonymous NA Through working the Twelve Steps and by attending women only groups these women are able to confront the double standard that makes recovery from addiction especially difficult

Understanding the Alcoholic's Mind Arnold M. Ludwig, 1989-06-08 In this groundbreaking book Arnold M Ludwig a doctor with over twenty five years of experience working with alcoholics penetrates the minds of alcoholics in order to explain the behaviors and thought processes they use to get and stay sober He has worked with over one thousand alcoholics from all walks of life and within many different settings including hospital clinics Alcoholics Anonymous meetings detoxification centers and private homes Using clinical vignettes research findings and personal anecdotes he documents the basic principles necessary for conquering craving and achieving recovery **Tales from the Trenches** Diane Kravetz, 2004 Tales from the Trenches Politics and Practice in Feminist Service Organizations examines the political visions and experiences of women who created five feminist service organizations in the 1970s The organizations include a shelter for battered women a rape crisis center a rape prevention ride service a residential facility for female offenders and a statewide organization for chemically dependent women Based primarily on interviews with 57 founders staff volunteers and or board members the book traces into the mid 1980s how women translated their understandings of radical feminist ideology into goals social change strategies services and organizational structures Tales from the Trenches explores how members dealt with the problems created by antifeminist resistance as well as the dilemmas that characterized many feminist efforts in the early years of the women s movement The extensive use of direct quotations in the book along with women s detailed accounts provide valuable examples of feminist practice based on thoughtful applications of feminist principles to specific circumstances rather than remaining within the confines of conventional assumptions or prescriptive politics

Understanding the Alcoholic's Mind : The Nature of Craving and How to Control It Arnold M. Ludwig Evalyn A. Edwards Professor of Psychiatry University of Kentucky School of Medicine, 1987-11-26 Despite the immense obstacles they face many alcoholics do manage to recover The question is how In this groundbreaking book a doctor with over 25 years experience working with alcoholics gets inside their minds and explains the behaviors and thought processes they use to get sober and stay sober In most instances Arnold Ludwig has found that a lasting recovery can only begin after certain crucial attitude

changes Regardless of the motivation of alcoholics powerful forces lure them back to drink To remain sober alcoholics must recognize these forces and the dangerous frame of mind that fuels them Then they must use a variety of techniques that have been demonstrated to be effective for resisting temptation particularly during the early phases of recovery In time individuals will need to develop a set of attitudes values and behaviors which the author describes in detail that perpetuate and strengthen their sobriety Being sober is far more than simply not drinking it is a new way of life Over the years the author has worked with over 1000 alcoholics from all walks of life and within many different settings hospital clinics Alcoholics Anonymous meetings detoxification centers and private homes about one fourth of whom had quit drinking for significant periods of time Incorporating the findings of other researchers into his own and including many clinical vignettes and personal anecdotes he explores the basic principles necessary for achieving a successful recovery Ludwig has especially concerned himself with the nature of alcoholic craving and loss of control and describes the techniques that can help individuals to conquer their urges and also to lessen the chances of relapse This book does not use the word treatment Instead it talks about what is really at the heart of the matter sobriety and how to achieve it It will give new hope and insight not only to the recovering alcoholic but also to their families counselors and doctors [How to Change Your Drinking](#) Kenneth Anderson,2010 Preface by Alan Marlatt introduction by Patt Denning Cover **Feminism and Addiction** Claudia Bepko,2014-02-25 Feminism is a beneficial force in addictions therapy as they have the same goals mending imbalances of power A variety of important topics related to addictions treatment are addressed in this timely volume accompanied by concrete clinical solutions for therapists and counselors to use in their own practice Feminism and Addiction demonstrates the positive impact feminism can have on addictions treatment Addictions treatment methods that have been developed primarily based on research with men are examined and questioned to determine what changes need to be made to meet the needs of women The applicability of twelve step treatment programs for example is investigated as to whether its required adoption of belief in powerlessness is concurrent with feminism s battle with female subjugation This thought provoking volume contains the most current theoretical social and clinical issues enmeshed in the debates between men s experiences and women s experiences of addiction Critical issues addressed include advice for how to deal with issues of codependency how to treat clients faced with physical or sexual abuse in addition to addiction how to integrate cultural differences into treatment and how to face the particular difficulties of gay and lesbian clients in addictions treatment This valuable book will help you apply constructivist approaches to build therapy methods which are collaborative internal and organic thus more appropriate to treating women s experience with addiction Feminism and Addiction helps family therapists who work with women and their families strike a unique balance between the principles of feminism and family therapy s goal of repairing and healing relationships between men and women **The Language of the Heart** Trysh Travis,2010-01-01 In The Language of the Heart Trysh Travis explores the rich cultural history of Alcoholics Anonymous AA and its offshoots and the

larger recovery movement that has grown out of them Moving from AA s beginnings in the mid 1930s as a men s fellowship that met in church basements to the thoroughly commercialized addiction treatment centers of today Travis chronicles the development of recovery and examines its relationship to the broad American tradition of self help highlighting the roles that gender mysticism and bibliotherapy have played in that development **Drugs in American Society** Nancy E.

Marion,Willard M. Oliver,2014-12-16 Containing more than 450 entries this easy to read encyclopedia provides concise information about the history of and recent trends in drug use and drug abuse in the United States a societal problem with an estimated cost of 559 billion a year Despite decades of effort and billions of dollars spent to combat the problem illicit drug use in the United States is still rampant and shows no sign of abating Covering illegal drugs ranging from marijuana and LSD to cocaine and crystal meth this authoritative reference work examines patterns of drug use in American history as well as drug control and interdiction efforts from the nineteenth century to the present This encyclopedia provides a multidisciplinary perspective on the various aspects of the American drug problem including the drugs themselves the actions taken in attempts to curb or stop the drug trade the efforts at intervention and treatment of those individuals affected by drug use and the cultural and economic effects of drug use in the United States More than 450 entries descriptively analyze and summarize key terms trends concepts and people that are vital to the study of drugs and drug abuse providing readers of all ages and backgrounds with invaluable information on domestic and international drug trafficking and use The set provides special coverage of shifting societal and legislative perspectives on marijuana as evidenced by Colorado and Washington legalizing marijuana with the 2012 elections **Further Dimensions of Healing Addictions** Andrew

Ramer,Donna Cunningham,2018-07-09 This is one of the few books available that focuses on understanding and treating addiction from a holistic and spiritual perspective Numerous vibrational therapies are suggested a deeper appreciation of the subtle energy bodies and chakras is offered and there is a study of the karma of addiction and relevant past life patterns Specific addictions include coffee tobacco marijuana sugar alcohol cocaine and heroin Encyclopedia of Drug Policy Mark A. R. Kleiman,James E. Hawdon,2011-01-12 Spanning two volumes of approximately 450 entries in an A to Z format this encyclopedia explores the controversial drug war through the lens of varied disciplines A full spectrum of articles explains topics from Colombian cartels and Mexican kingpins to television reportage from just say no advertising to heroin production and from narco terrorism to more than 500 billion in U S government expenditures Key Themes Cases Conferences and Conventions Countries Affecting U S Drug Policy Drug Trade and Trafficking Laws and Policies Organizations and Agencies People Presidential Administrations Treatment and Addiction Types of Drugs **Illinois Schools Journal** ,1987

Recovery Monographs Volume I William L. White,2015-09-16 The addictions treatment field is reaching a tipping point that is revolutionizing the ways that behavioral health leaders think about people with alcohol and other drug problemsand how services and systems are developed Recovery Management Recovery Oriented Systems of Care contains six monographs

by renowned recovery advocate William L While and colleagues These monographs provide insight and analysis of the topics important to today's addiction counselors and recovery coaches recovery oriented systems of care recovery management peer based recovery services and treating addiction as a chronic condition that requires ongoing management

Addiction Is a Choice Jeffrey A. Schaler, 2011-09-30 Politicians and the media tell us that people who take drugs including alcohol or nicotine cannot help themselves They are supposedly victims of the disease of addiction and they need treatment The same goes for sex addicts shopping addicts food addicts gambling addicts or even addicts to abusive relationships This theory which grew out of the Temperance movement and was developed and disseminated by the religious cult known as Alcoholics Anonymous has not been confirmed by any factual research Numerous scientific studies show that addicts are in control of their behavior Contrary to the shrill mindless propaganda of the war on drugs very few of the people who use alcohol marijuana heroin or cocaine will ever become addicted and of those who do become heavy drug users most will mature out of it in time without treatment Research indicates that treatment is completely ineffective an absolute waste of time and money Instead of looking at drug addiction as a disease Dr Schaler proposes that we view it as willful commitment or dedication akin to joining a religion or pursuing a romantic involvement While heavy consumption of drugs is often foolish and self destructive it is a matter of personal choice

Substance Abuse Joyce H. Lowinson, 2005 The premier text on substance abuse and addictive behaviors is now in its updated and expanded Fourth Edition with up to the minute insights from more than 150 experts at the front lines of patient management and research This edition features expanded coverage of the neurobiology of abused substances new pharmacologic therapies for addictions and complete information on club drugs such as Ecstasy New sections focus on addiction in children adolescents adults and the elderly and women's health issues including pregnancy The expanded behavioral addictions section now includes hoarding shopping and computer Internet abuse Includes access to a Companion website that has fully searchable text

Resource Directory of National Alcohol-related Associations, Agencies, and Organizations William Butynski, 1985 Provides an overview of 93 separate national organizations whose primary purpose relates to alcohol its use and or abuse Sources were usually agencies themselves Alphabetical arrangement by agencies Entries give address telephone number contact person date of founding membership staff and narrative description Index by categories of agencies

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