

## Addictive Thinking Understanding Self Deception

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In Addictive Thinking, author Abraham Twerski reveals how self-deceptive thought can undermine self-esteem and threaten the sobriety of a recovering individual. This timely revision of the original classic includes updated information and research on depression and affective disorders, the relationship between addictive thinking and relapse, and the origins of addictive thought. Ultimately, Addictive Thinking offers hope to those seeking a healthy and rewarding life recovery.

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dependency, so this book is a must-read for the family members of addicts also. David Allan Reeves Author of "Running Away From Me"

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