

Addictive Thinking Understanding Selfdeception

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Addictive Thinking: Understanding Self-deception - How the Lies We Tell Ourselves and Others Perpetuate Our Addictions by Twerski, Abraham J. at AbeBooks.co.uk - ISBN 10: 1568381387 - ISBN 13: 9781568381381 - Hazelden Trade - 2018 - Softcover

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Addictive Thinking Understanding Self-Deception Second Edition Abraham J. Twerski, M.D. with a foreword by John Wallace, Ph.D., CAC Contents Foreword by John Wallace, Ph.D., CAC Chapter 1 What Is Addictive Thinking?

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"Addictive Thinking: Understanding Self-Deception" is an in-depth explanation of what transpires in the mind of the addict. There is also a chapter that thoroughly explains co-dependency, so this book is a must-read for the family members of addicts also.

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