

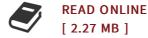
## **DOWNLOAD**



## White Knuckles and Wishful Thinking: How to Learn from the Moment of Relapse (2nd Revised edition)

By George DuWors

Hogrefe Publishing. Paperback. Book Condition: new. BRAND NEW, White Knuckles and Wishful Thinking: How to Learn from the Moment of Relapse (2nd Revised edition), George DuWors, This book aims to explain the moment of relapse, and to provide practical help for counsellors and clients struggling to avoid relapse. The ideas and techniques are compatible with the Alcoholics Anonymous and other 12-Step programmes. DuWors explores the one relentless empirical fact about addictive relapse: at the moment of picking up the first drink/drug we all say one of two things - either "One won't hurt" (or a handful of "wishful" variations) or "Who cares?" (or a smaller, less frequent list of "white knuckle" variations). What does this mean? Why is it that so many different people different addictions, different stages of the illness, different educational and cultural backgrounds - all say the same thing at this critical moment? After all, this is the very moment that treatment and recovery strive to prevent. And if we could understand it, might we not help more people not have to repeat it? This book comes to the conclusion we have to try and enter the psychic world of the person living it, as well...



## Reviews

The ebook is straightforward in go through preferable to recognize. It typically does not charge too much. Its been designed in an exceptionally straightforward way and it is just following i finished reading this book where basically altered me, affect the way i really believe.

-- Dr. Reta Murphy

It becomes an amazing pdf which i actually have at any time read through. This can be for all those who statte there had not been a worthy of reading through. You wont sense monotony at anytime of your own time (that's what catalogues are for relating to should you check with me).

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