

The Power of Choice: A Guide to Addiction Recovery Through Choice Theory Psychology

Addiction is a complex and devastating disease that affects millions of people worldwide. It can rob individuals of their health, relationships, and livelihoods, and can ultimately lead to death. Traditional approaches to addiction treatment often focus on abstinence and relapse prevention, but these methods have often proven to be ineffective in the long term.



A Choice Theory Psychology Guide to Addictions: Ways to Overcome Substance Dependence and Other Compulsive Behaviors (The Choice Theory in Action Series Book 2) by William D. Crano

★★★★★ 5 out of 5

Language : English
File size : 1054 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Lending : Enabled
Screen Reader : Supported
Print length : 106 pages



Choice Theory Psychology (CTP), developed by renowned psychiatrist William Glasser, offers a revolutionary approach to addiction recovery. CTP is based on the premise that all human behavior is driven by the need to satisfy five basic needs: survival, love and belonging, power, freedom, and

fun. When these needs are not met in a healthy way, individuals may turn to addictive behaviors as a means of coping.

CTP focuses on helping individuals understand the root causes of their addiction and develop effective strategies for meeting their needs in a healthy way. This involves identifying the specific choices that lead to addictive behaviors and replacing them with more positive and productive choices.

The Choice Theory Psychology Guide to Addictions is a comprehensive guide to the principles and practices of CTP. This book provides a detailed overview of the theory, as well as practical exercises and worksheets to help individuals apply CTP to their own recovery.

Benefits of Choice Theory Psychology for Addiction Recovery

- Helps individuals understand the root causes of their addiction
- Provides effective strategies for meeting needs in a healthy way
- Empowers individuals to take responsibility for their own recovery
- Promotes lasting recovery and relapse prevention

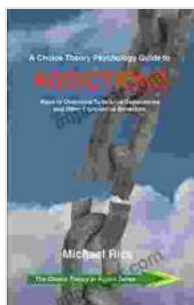
Who can benefit from the Choice Theory Psychology Guide to Addictions?

- Individuals struggling with addiction
- Family members and friends of individuals with addiction
- Addiction treatment professionals

- Anyone interested in learning more about the transformative power of Choice Theory Psychology

If you are struggling with addiction, or if you know someone who is, the Choice Theory Psychology Guide to Addictions is an essential resource. This book provides the tools and insights you need to overcome addiction and achieve lasting recovery.

To learn more about Choice Theory Psychology and its applications to addiction recovery, visit the website of the William Glasser Institute:
<https://www.wglasser.com/>



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