



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...



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Reviews

The book is great and fantastic. it had been writtern extremely perfectly and valuable. I am very happy to let you know that here is the finest pdf i have read through within my own life and can be he very best book for actually.

-- **Miss Rossie Fay**

Basicly no words to explain. I actually have study and that i am sure that i will gonna read once more again down the road. You are going to like just how the blogger publish this pdf.

-- **Ms. Tamara Hackett DVM**