

🖶 Get Print Book

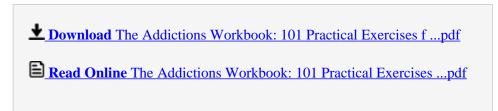
The Addictions Workbook: 101 Practical **Exercises for Individuals and Groups**

By James E. Phelan



The Addictions Workbook: 101 Practical Exercises for Individuals and Groups By James E. Phelan

FINALLY, A RECOVERY WORKBOOK FOR ALL! This practical workbook is designed to be used to accompany a person or group in their addiction recovery process. Therefore, it is also recommended for counselors, clergy, sponsors, or anyone else serious about helping others. The workbook is unique in that it can be applied to any addiction, whether it be chemical dependency, sex, eating, spending, working, or gambling, just to name a few. It contains over 101 practical exercises and leaves no stone unturned in helping the workbook user uncover and deal with the issues they encounter while in recovery.



The Addictions Workbook: 101 Practical Exercises for Individuals and Groups

By James E. Phelan

The Addictions Workbook: 101 Practical Exercises for Individuals and Groups By James E. Phelan

FINALLY, A RECOVERY WORKBOOK FOR ALL! This practical workbook is designed to be used to accompany a person or group in their addiction recovery process. Therefore, it is also recommended for counselors, clergy, sponsors, or anyone else serious about helping others. The workbook is unique in that it can be applied to any addiction, whether it be chemical dependency, sex, eating, spending, working, or gambling, just to name a few. It contains over 101 practical exercises and leaves no stone unturned in helping the workbook user uncover and deal with the issues they encounter while in recovery.

The Addictions Workbook: 101 Practical Exercises for Individuals and Groups By James E. Phelan Bibliography

Sales Rank: #91420 in BooksPublished on: 2007-08-01Original language: English

• Dimensions: 10.00" h x .37" w x 8.00" l, .74 pounds

• Binding: Paperback

• 158 pages

Download The Addictions Workbook: 101 Practical Exercises f ...pdf

Read Online The Addictions Workbook: 101 Practical Exercises ...pdf

Download and Read Free Online The Addictions Workbook: 101 Practical Exercises for Individuals and Groups By James E. Phelan

Editorial Review

Review

This book is a wonderful hands-on approach to recovery from any addiction. It is full of incisive exercises by a professional who knows what he is talking about. Each exercise is designed to deal with one of the problems that are bound to come up for people going through recovery. A much-needed resource! --Gerald Schoenewolf, Ph.D, Author, 101 Therapeutic Successes and 111 Therapeutic Blunders

A workbook for the individual or group treatment of addictions containing numerous exercises that help the person see who they are and what their addiction problem involves. I recommend it highly. --Russell Eisenman, Ph.D, Assistant Professor of Psychology, University of Texas-Pan American

About the Author

James E. (Jim) Phelan received his doctorate degree in Psychology (Psy.D) from the Southern California University for Professional Studies and his master s degree in Social Work (MSW) from Marywood University. Jim is a Board Certified Diplomate in Clinical Social Work (BCD) and an Internationally Certified Alcohol and Drug Abuse Counselor (ICADC). He is a Psychotherapist Associate to the American Psychoanalytic Association and Mental Health Affiliate to the National Association for the Advancement of Psychoanalysis. He is also a military veteran having served in both the U.S. Army and the U.S. Air Force.

Users Review

From reader reviews:

Debbie Luken:

What do you ponder on book? It is just for students because they are still students or the idea for all people in the world, what best subject for that? Just simply you can be answered for that issue above. Every person has diverse personality and hobby for every single other. Don't to be pressured someone or something that they don't need do that. You must know how great and important the book The Addictions Workbook: 101 Practical Exercises for Individuals and Groups. All type of book would you see on many methods. You can look for the internet sources or other social media.

Gary Sandler:

Here thing why this particular The Addictions Workbook: 101 Practical Exercises for Individuals and Groups are different and reliable to be yours. First of all reading a book is good nevertheless it depends in the content than it which is the content is as yummy as food or not. The Addictions Workbook: 101 Practical Exercises for Individuals and Groups giving you information deeper as different ways, you can find any publication out there but there is no e-book that similar with The Addictions Workbook: 101 Practical Exercises for Individuals and Groups. It gives you thrill reading journey, its open up your own eyes about the thing that happened in the world which is possibly can be happened around you. It is easy to bring everywhere like in playground, café, or even in your approach home by train. For anyone who is having difficulties in bringing the imprinted book maybe the form of The Addictions Workbook: 101 Practical Exercises for Individuals and Groups in e-book can be your alternative.

Keith Dunn:

Playing with family within a park, coming to see the water world or hanging out with buddies is thing that usually you will have done when you have spare time, then why you don't try point that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love The Addictions Workbook: 101 Practical Exercises for Individuals and Groups, you could enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh come on its mind hangout folks. What? Still don't have it, oh come on its named reading friends.

Maryellen Tilley:

Don't be worry if you are afraid that this book may filled the space in your house, you will get it in e-book means, more simple and reachable. That The Addictions Workbook: 101 Practical Exercises for Individuals and Groups can give you a lot of friends because by you looking at this one book you have matter that they don't and make you more like an interesting person. This particular book can be one of one step for you to get success. This reserve offer you information that possibly your friend doesn't learn, by knowing more than additional make you to be great individuals. So , why hesitate? Let's have The Addictions Workbook: 101 Practical Exercises for Individuals and Groups.

Download and Read Online The Addictions Workbook: 101 Practical Exercises for Individuals and Groups By James E. Phelan #JZKDIAX5RON

Read The Addictions Workbook: 101 Practical Exercises for Individuals and Groups By James E. Phelan for online ebook

The Addictions Workbook: 101 Practical Exercises for Individuals and Groups By James E. Phelan Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Addictions Workbook: 101 Practical Exercises for Individuals and Groups By James E. Phelan books to read online.

Online The Addictions Workbook: 101 Practical Exercises for Individuals and Groups By James E. Phelan ebook PDF download

The Addictions Workbook: 101 Practical Exercises for Individuals and Groups By James E. Phelan Doc

The Addictions Workbook: 101 Practical Exercises for Individuals and Groups By James E. Phelan Mobipocket

The Addictions Workbook: 101 Practical Exercises for Individuals and Groups By James E. Phelan EPub