



The Addictions Workbook: 101 Practical Exercises for Individuals and Groups

By James E. Phelan



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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.



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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.

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