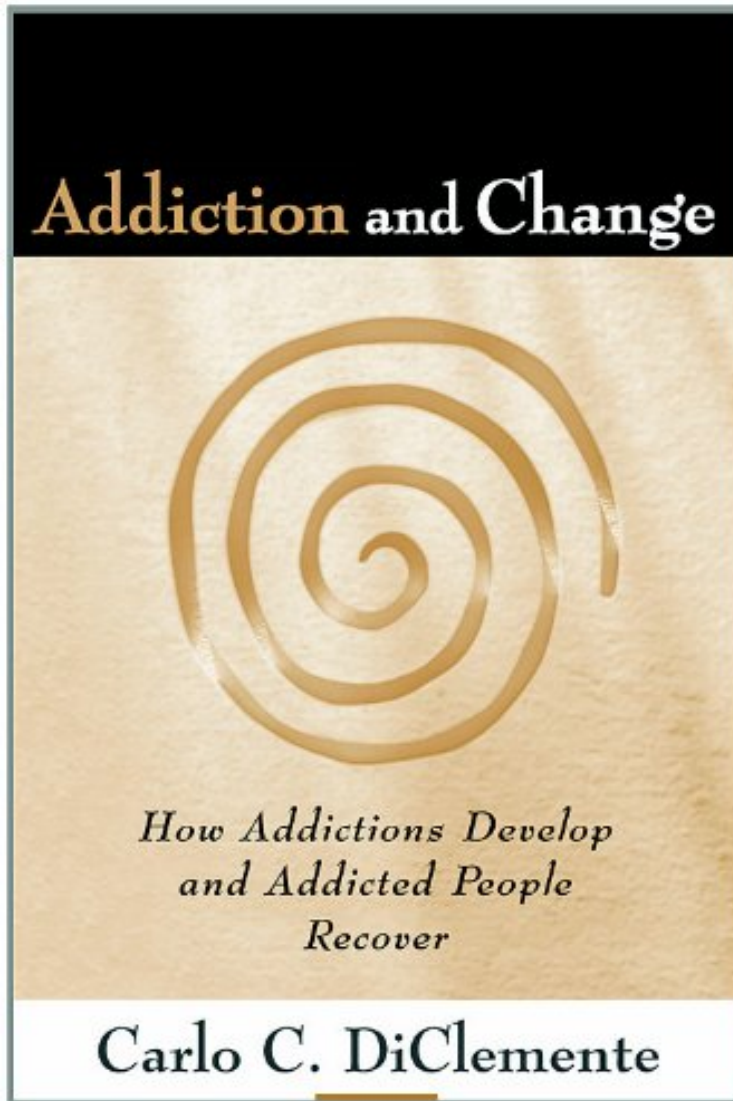


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Addiction and Change: How Addictions Develop and Addicted People Recover



Par Carlo C. DiClemente
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Description : Description du produit While the stages-of-change model is widely known as a framework for understanding recovery, less sustained attention has been given to the stages of becoming addicted. From Carlo DiClemente, codeveloper of the transtheoretical model, this book offers a panoramic view of the entire continuum of addictive behavior change. Illuminated is the common path that individuals travel as they establish and reinforce new patterns of behavior, whether they are developing an addiction or struggling to free themselves from one. Particular attention is given to how issues in multiple areas of life functioning--including relationships, beliefs and attitudes, enduring personal characteristics, and social systems--interact with change processes in addiction and recovery. Offering a unique perspective on the pathways into and out of addiction, the book addresses crucial questions of why, when, and how to intervene to bolster recovery in

those already addicted and reach out effectively to people at risk.

Presentation de l'auteurThe stages-of-change model has become widely known as a framework for conceptualizing recovery. Less well known are the processes that drive movement through the stages or how the stages apply to becoming addicted. From Carlo C. DiClemente, codeveloper of the transtheoretical model, this book offers a panoramic view of the entire continuum of addictive behavior change. The author illuminates the common path that individuals travel as they establish and reinforce new patterns of behavior, whether they are developing an addiction or struggling to free themselves from one, and regardless of the specific addictive behavior. The book addresses crucial questions of why, when, and how to intervene to bolster recovery in those already addicted and reach out effectively to people at risk.