



# **The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks)**

*By Suzette Glasner-Edwards PhD*

[Download now](#)

[Read Online](#) 

**The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks)** By Suzette Glasner-Edwards PhD

**Is your addiction taking control of your life? This book provides an integrative, seven-step program to help you finally overcome drug and alcohol addiction, once and for all. Winner of the 4Th International Beverly Hills Book Awards in the category of Addiction & Recovery!**

If you struggle with addiction, seeking treatment is a powerful, positive first step toward eventual recovery. But gaining an understanding of the causes of addiction—such as feelings of helplessness or loss of control—is also crucial for recovery. In this book, addiction expert Suzette Glasner-Edwards offers evidence-based techniques fusing cognitive behavioral therapy (CBT), motivational interviewing, and mindfulness-based relapse prevention to help you move past your addictive behaviors.

On the long road to addiction recovery, you need as many tools as possible to help you stay sober and reach your destination. That's why this is the first book to combine research-proven motivational techniques, CBT, and mindfulness-based strategies to help you create your own unique recovery plan. The book can be used on its own or as an adjunct to rehab or therapy. It also makes a wonderful resource for loved ones and professionals treating addiction.

If you're ready to take that important first step toward recovery, this book can help you beat your addiction and get back to living a full, meaningful life.



[Download The Addiction Recovery Skills Workbook: Changing A](#)

[...pdf](#)

 [\*\*Read Online\*\*](#) [\*\*The Addiction Recovery Skills Workbook: Changing\*\*](#)  
[...pdf](#)

# **The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks)**

*By Suzette Glasner-Edwards PhD*

**The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks)** By Suzette Glasner-Edwards PhD

**Is your addiction taking control of your life? This book provides an integrative, seven-step program to help you finally overcome drug and alcohol addiction, once and for all. Winner of the 4Th International Beverly Hills Book Awards in the category of Addiction & Recovery!**

If you struggle with addiction, seeking treatment is a powerful, positive first step toward eventual recovery. But gaining an understanding of the causes of addiction—such as feelings of helplessness or loss of control—is also crucial for recovery. In this book, addiction expert Suzette Glasner-Edwards offers evidence-based techniques fusing cognitive behavioral therapy (CBT), motivational interviewing, and mindfulness-based relapse prevention to help you move past your addictive behaviors.

On the long road to addiction recovery, you need as many tools as possible to help you stay sober and reach your destination. That's why this is the first book to combine research-proven motivational techniques, CBT, and mindfulness-based strategies to help you create your own unique recovery plan. The book can be used on its own or as an adjunct to rehab or therapy. It also makes a wonderful resource for loved ones and professionals treating addiction.

If you're ready to take that important first step toward recovery, this book can help you beat your addiction and get back to living a full, meaningful life.

**The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks)** By Suzette Glasner-Edwards PhD **Bibliography**

- Sales Rank: #8487 in Books
- Brand: New Harbinger Publications
- Published on: 2015-12-01
- Original language: English
- Number of items: 1
- Dimensions: 10.98" h x .55" w x 6.85" l, .0 pounds
- Binding: Paperback
- 224 pages

 [\*\*Download\*\* The Addiction Recovery Skills Workbook: Changing A ...pdf](#)

 [\*\*Read Online\*\* The Addiction Recovery Skills Workbook: Changing ...pdf](#)

**Download and Read Free Online The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks) By Suzette Glasner-Edwards PhD**

---

## **Editorial Review**

### Review

“A cutting-edge, comprehensive, and interactive approach to the science of addiction recovery, written with great respect and compassion for the reader. Anyone struggling with the demons of addiction will find real help here, and hope.”

—**Terri Cheney**, author of the *New York Times* bestseller *Manic*

“*The Addiction Recovery Skills Workbook* is an excellent translation of modern science into practical skills development. From explaining the basic brain changes associated with the development of addiction to laying out a systematic path to behavioral change and recovery, Glasner-Edwards has taken the very best of addiction science and turned it into common sense and step-by-step instructions. I think this workbook will be as important for families and friends of addicted individuals as for those affected directly. Either way, this is a powerful and practical tool to aid recovery.”

—**A. Thomas McLellan**, founder and chairman of the board of the Treatment Research Institute, and former deputy director of the White House Office of National Drug Control Policy

“In creating *The Addiction Recovery Skills Workbook*, Glasner-Edwards has developed a resource that is at the cutting edge of recovery from addiction. In a respectful, direct, and clear way, she provides readers with key tools necessary to build the motivation to change, learn the skills needed to change, and apply those skills to achieving and maintaining change. Glasner-Edwards does a wonderful job of integrating the three most critical innovations in evidence-based approaches to treatment in the last fifty years: cognitive behavioral therapy (CBT), motivational enhancement, and mindful observation. There has been excellent research in all three areas demonstrating their value in aiding individuals in achieving their goals to be clean and sober, and Glasner-Edwards has created a resource that will be a wonderful tool for anyone addressing substance use problems. I anticipate this workbook will become a standard in the field.”

—**John R. McQuaid, PhD**, professor of clinical psychology at the University of California, San Francisco; associate chief of mental health for clinical administration at the San Francisco VA Medical Center; and coauthor of *Peaceful Mind*

“As one of America’s most knowledgeable addiction scientists, Suzette Glasner-Edwards writes with clarity and authority about the state of the art of treatment for addiction, a devastating disease that affects millions of people and families. Glasner-Edwards explains the complex science of addiction in terms that everyone can understand. Most important, she provides guidance to help the afflicted overcome this illness. This book will help end the stigma of addiction and it will save lives.”

—**David Sheff**, journalist and *New York Times* best-selling author of *Clean* and the memoir *Beautiful Boy*

“In this self-care book, Glasner-Edwards provides a much-needed addition to the substance abuse treatment field by providing a hopeful and highly accessible workbook for people struggling with substance abuse and addiction. This book explains the mystery of addiction and how to communicate with addiction treatment

providers. It offers a range of interactive evidence-based therapy tools and techniques to achieve self-directed behavioral change. It integrates several important approaches, including cognitive behavioral therapy (CBT), mindfulness, and motivational interviewing, giving individuals powerful tools to tackle this devastating illness.”

—**Karen Miotto, MD**, clinical professor in the department of psychiatry and biobehavioral sciences at the University of California, Los Angeles (UCLA), and director of the UCLA Addiction Medicine Clinic

“I have worked in clinical addictions research for over fifteen years, and I can honestly say that this is no ordinary self-help workbook. Glasner-Edwards has expertly integrated the powerful combination of cognitive behavioral therapy (CBT), motivational enhancement, and mindfulness into an easily digestible treatment package that speaks directly to the person with an addictive disorder. It does more than just present a how-to guide to the implementation of these key, cutting-edge treatment strategies, however. This workbook also contains clear advice as to how, when, and where to ask for help; provides a framework for what is to be expected in the recovery process; and contextualizes the treatment strategies with other traditional addictions programs (12-step, medication, etc.). These particular inclusions mean that the workbook cuts across traditional, well-known barriers people report when considering addictions treatment, such as the stigma and mystery about what might happen, and problems with inconsistent, incoherent care. By integrating solutions that run across a range of lifestyle factors (e.g., exercise, social network enhancement, communication) and common comorbidities (e.g., depression, anxiety), this workbook also stands to be personally relevant to anybody concerned about their substance use, at any stage of severity. By hitting all of these targets sensitively, respectfully, and comprehensively in this workbook, Glasner-Edwards has provided a real service to the addictions community. I am going to recommend this to all of my clinical colleagues!”

—**Frances Kay-Lambkin**, associate professor at the National Drug and Alcohol Research Centre at the University of New South Wales, Australia

*“The Addiction Recovery Skills Workbook* provides essential knowledge and tools for individuals struggling with addiction and its consequences. Glasner-Edwards, an accomplished clinician and researcher, offers practical skills and strategies to facilitate healthy, self-directed behavior change and sustained recovery. Scientifically based principles of cognitive behavioral therapy, motivational enhancement, and mindfulness are integrated into a digestible, engaging format that empowers the reader to take a more active role in his or her treatment.”

—**Larissa Mooney, MD**, associate professor of psychiatry at the University of California, Los Angeles, and director of the UCLA Addiction Medicine Clinic

#### About the Author

**Suzette Glasner-Edwards, PhD**, is associate professor of psychiatry at the University of California, Los Angeles (UCLA). As a principal investigator at the UCLA Integrated Substance Abuse Programs, her NIH-funded research in the area of behavioral treatments for addictions is widely published. She also maintains a private practice where she specializes in the use of cognitive behavioral, motivational, and mindfulness-based techniques to treat addictions and mental health problems.

Foreword writer **Richard A. Rawson, PhD**, is professor in residence in the department of psychiatry at the University of California, Los Angeles (UCLA), and codirector of the UCLA Integrated Substance Abuse Programs. He has worked in the substance abuse field since 1974. Rawson started the Matrix Institute on Addictions and conducts training on topics including basic principles of addiction and addiction treatment for counselors, MFCCs, psychologists, and physicians, and much more.

## Users Review

### From reader reviews:

#### Justin Price:

Have you spare time to get a day? What do you do when you have considerably more or little spare time? Yes, you can choose the suitable activity intended for spend your time. Any person spent their spare time to take a go walking, shopping, or went to the particular Mall. How about open or read a book eligible The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks)? Maybe it is to get best activity for you. You know beside you can spend your time with the favorite's book, you can smarter than before. Do you agree with it has the opinion or you have some other opinion?

#### Joyce Shryock:

People live in this new morning of lifestyle always try and and must have the free time or they will get lots of stress from both everyday life and work. So , whenever we ask do people have extra time, we will say absolutely indeed. People is human not just a robot. Then we consult again, what kind of activity are there when the spare time coming to you of course your answer will probably unlimited right. Then ever try this one, reading ebooks. It can be your alternative with spending your spare time, the particular book you have read is actually The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks).

#### Gerald Allen:

Your reading 6th sense will not betray anyone, why because this The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks) reserve written by well-known writer who knows well how to make book that can be understand by anyone who also read the book. Written inside good manner for you, dripping every ideas and producing skill only for eliminate your personal hunger then you still doubt The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks) as good book but not only by the cover but also by content. This is one reserve that can break don't assess book by its include, so do you still needing a different sixth sense to pick this kind of!? Oh come on your studying sixth sense already told you so why you have to listening to another sixth sense.

#### Dianne Roy:

In this age globalization it is important to someone to receive information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, newspapers, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. The book that recommended to your account is The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help

Workbooks) this e-book consist a lot of the information in the condition of this world now. This specific book was represented how can the world has grown up. The language styles that writer make usage of to explain it is easy to understand. Typically the writer made some exploration when he makes this book. This is why this book ideal all of you.

**Download and Read Online The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks) By Suzette Glasner-Edwards PhD #4HM6URESOVX**

# **Read The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks) By Suzette Glasner-Edwards PhD for online ebook**

The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks) By Suzette Glasner-Edwards PhD 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 Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks) By Suzette Glasner-Edwards PhD books to read online.

## **Online The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks) By Suzette Glasner-Edwards PhD ebook PDF download**

**The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks) By Suzette Glasner-Edwards PhD Doc**

**The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks) By Suzette Glasner-Edwards PhD MobiPocket**

**The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks) By Suzette Glasner-Edwards PhD EPub**

**4HM6URESOVX: The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks) By Suzette Glasner-Edwards PhD**