



WHY CAN'T THEY JUST STOP?

# Addiction

NEW KNOWLEDGE. NEW TREATMENTS. NEW HOPE.

Edited by John Hoffman and Susan Froemke

Based on the **HBO** series

Produced in Association with the Robert Wood Johnson Foundation, the National Institute on Drug Abuse,  
and the National Institute on Alcohol Abuse and Alcoholism

# Addiction Why Cant They Just Stop

**Michael Brody-Waite**



## **Addiction Why Cant They Just Stop:**

Why Don't They JUST QUIT? Joe Herzanek, Judy Herzanek, Karen Steenekamp/Open Design, 2016-01-28 Updated Edition Contains new chapters and info on Heroin Shame inspiring This book is for people like me someone with chemically addicted people in their life a must read for the addicted and those who care about them Donna Schwartz MFT CAC III Valley Hope Treatment Services in Colorado former Family Program Therapist of Parker Valley Hope Treatment Center This book was a Godsend I have struggled as a parent of an addict for years and now I am finally able to see that it is not in my ability to heal him This book was life changing LIFE CHANGING I can now begin to recover myself even if my child doesn't Thank you Joe for writing this book Shelley K parent Joe's book helps us to understand the addiction and recovery process He combines a lifetime of personal and professional experience dealing with this issue in a practical and highly personal overview The book is excellent I wish I had read it a year ago Sheriff Joe Pelle Boulder County Colorado As a Mother I found this book to be full of empathy tough love and practical information I especially appreciate that Joe included the spiritual part of recovery which other resources often avoid Vicki Beatty Celebrate Recovery Leader Covenant Chapel Leawood Kansas This book will be valued by many many people A very meaningful gift of God's grace to families who need sanity in the middle of their runaway insanity Mike Richards Jr Director of Recovery Ministries International Bible Society Houston Texas Many of you reading this book are facing the battle of your life Alcohol and drugs consumed my daughter's life I can't put into words the anguish of attending my daughter's funeral I wish I would have had this book long ago Maybe Mia would still be here I didn't know how to help her This book is full of answers I could have used Pam M Mia's Mom Niwot Colorado Seasons of the Heart: A Collection of Poetry Barbara Godin, 2023-11-01 Seasons of the Heart A Collection of Poetry is a soul stirring collection of intimate poems addressing matters of abandonment abuse rejection and loss These writings are relatable and will touch your heart leaving you feeling inspired In this book you'll find Poems that will lift your spirits and bring beauty to your life Heart warming and emotional stories of family love loss and death that will make you feel deeply Insightful and meaningful words that will help you to find peace and strength Every poem is written from the heart and will make you feel like you are experiencing the words firsthand Inside Dope Rufus Davis, 2019-06-21 Have you ever had an in depth talk with someone who has been addicted to drugs Listened to them talk about the utterly inescapable irresistible need to use drugs no matter what the consequences Heard the depravity and self loathing they felt while committing acts of an immoral and often violent nature in pursuit of the drugs they can't resist Inside Dope Surviving Addiction is author Rufus J Davis Jr's searingly honest look at the world of drug addiction It weaves a myriad of subjects related to addiction recovery and life together while methodically walking you through the entire cycle of addiction and recovery Inside Dope is the story of the struggles of one addict and the people he met during his labyrinthine journeys on the roller coaster of addiction It reveals how the families and loved ones of those at various stages of addiction and recovery are also impacted and Davis does not shrink from

providing a crystal clear picture of what can happen to the lives of those the addict loves the most Yet ultimately Inside Dope is an inspiring beacon of encouragement beckoning through the fog to offer hope and a blueprint for recovery from the pernicious blight of addiction Rufus J Davis Jr was born in 1948 on the west side of Chicago Illinois and currently resides on the east coast He finished high school and attended college in Chicago before entering the US Air Force as a Titan II nuclear missile launch crew member for four years before being honorably discharged in 1973 He went on to sell life insurance and own a liquor store and nightclub and an auto repair business He retired from his full time job as a supervisor for a national passenger railroad in 2015

*A Father Losing His Daughter to Addiction* Anthony M. Varone,2023-06-21 About the Book This story recounts the painful struggles of a daughter s addiction told through her father s eyes It takes the reader on a journey in living and dealing with her addiction This is a story similar to many addicts A Father Losing His Daughter to Addiction will hopefully not only help those struggling with addiction but also help to educate family members and give them hope and ways to cope during the struggle The author hopes the reader can really see the pain his daughter lived with as well as any addict and how this disease destroys lives and families About the Author Anthony M Varone explains My daughter meant everything to me and was my life I loved taking care of her the day she was born Life today is very difficult for me without her I always loved being active and riding my bike or playing golf as well as working out but today that is hard to enjoy because of how lost I find myself I m searching for my way back from her death By going to meetings with my daughter when she was alive and my meetings of Nar non it has opened my mind to see both sides that exist for the addict and their family It has educated me about her life as well as my life

*The Complete Family Guide to Addiction* Thomas F. Harrison,Hilary S. Connery,2019-05-03 If you are struggling to help a loved one recover from addiction and to cope with the devastating impact on the whole family you are not alone But until now there has been no single book that gives the millions of families like yours the comprehensive unbiased information you need This expertly written guide addresses the painful questions that spouses parents and grown children face every day Why do addicts make such bad choices How can you find and afford treatment that works and convince your loved one to try it Can relapse be prevented When does being supportive cross the line to enabling Providing science based answers and resources the authors cover crucial emotional financial and legal issues that simply aren t discussed in other books The more your family knows about the myths and realities of addiction the better equipped you will be to overcome it

*Nothing Changes* Lexi Clyne,2024-11-20 This book is a collection of experiences that I have had working in the mental health and addiction field and also being a sister to someone who has struggled with both It s a therapist s and sister s perspective on how we treat mental health and addiction in America There s lots of colorful language emotions and pain in here and what mental health treatment looks like today Splashed in is how to read FDA labels for medications theories on addiction mental health what involuntary hospitalizations actually look like what me and my family went through with my sister s challenges what it really looks like to work in this field what detox looks like

and hopefully some food for thought for the future therapists of this world      **Redemption from Addiction** Gerard Jerry Egan, 2011-12-27 There are awesome and powerful creative forces that can be fully tapped that will absolutely unleash our dreams and hopes transforming them into a desired reality or these very same forces will send us into the deepest darkest Hell we have ever known If a person fails to understand that they have a huge responsibility to take full possession and control of this great creative power then that failure to take this responsibility will always lead to these forces taking control of the person in an undesirable destructive and potentially deadly manner In other words opportunities and temptations to use drugs or alcohol will present themselves as a direct result of failing to take control of these forces or misusing their power All addictions are a manifestation caused by the poor or improper use of these forces and powers The very Powers that govern the ability for anyone to accomplish anything in their lives for their good are the very same powers that can and will undermine and destroy those efforts This book will give you the essential Eleven Powers and Eleven Arts that will enable you to change your life The use of these Powers and Arts will enable you to take full control of not only your addiction but provide endless opportunities to create and design an entire new Destiny Addicts and alcoholics have inadvertently mastered the principles of success and use those very same concepts to assure their own failure and destruction By forcing yourself to do what you don't want to do enables you to gain hold of and grasp these powerful forces and turn them in the direction of success instead of failure Teach yourself and learn to direct the awesome creative forces within you and learn to turn your Possibilities into Probabilities      *Addiction* John Hoffman, Susan Froemke, 2007-03-06 One question that anyone who has witnessed addiction up close inevitably asks is Why can't they just stop For decades the question has confounded addicts their families and the doctors and specialists trying to help them Now it can finally be answered Thanks to major leaps in the scientific understanding of addiction an entirely new portrait of this frightening disease has come into focus The new science tells us that addicts in part are unable to quit using drugs or alcohol because chemical changes in their brains prevent them from doing so In this penetrating look at how addiction works editors John Hoffman and Susan Froemke producers of the HBO documentary series ADDICTION have turned more than two years of research and reporting into a vitally important guide for any family faced with the disease New imaging technology has enabled scientists to peer inside the addicted brain and observe in real time what craving for drugs and alcohol looks like chemically It is now possible to literally see the ways that substances like cocaine heroin and alcohol alter the brain's Stop and Go decision making processes Better scientific understanding has yielded innovations in behavioral therapies while new medications that can be prescribed by family doctors have been clinically proven to reduce craving in alcoholics and opiate addicts The result As *Addiction Why Can't They Just Stop* reports in riveting detail there is new hope for anyone struggling with addiction The stories about scientists doctors researchers and families that face addiction gathered in this book testify to the fact that the tide has turned Yes recovery remains an imperfect process It must be tailored to the needs of the individual it may take years to achieve remission But

armed with the new science based understanding of the disease experts have created treatments that are ever more precise and effective making recovery a realistic goal for all addicts The evidence is in The battle against the addiction epidemic can and should be won *Going Straight* Angela Devlin,Bob Turney,1999-04-30 A collection of short biographical accounts by people who have given up crime to lead a law abiding life including the international film actor Stephen Fry and former public enemy No 1 and Great Train Robber Bruce Reynolds **Everyone Has A song Inside Of Them (They Just Need To Sing It)** Keith Guthmiller, In a world where we re made to feel bad about ourselves we don t have to do that and you re not as powerless as you think you are You have the power to take control of your life and start living the life you should be living **Encyclopedia of Addictions** Kathryn H. Hollen,2008-12-30 This two volume set contains frank and factual information about symptoms causes effects prevention and treatment of substance abuse alcohol nicotine and drugs and of behavioral addictions such as eating disorders pathological gambling and compulsive sexual activity Including the most up to date research the addiction entries are based largely on criteria established by the American Psychiatric Association in its Diagnostic and Statistical Manual of Mental Disorders Tracing the history of the debate over whether addiction is a choice or a disease the volumes explain how genetic and biological findings support the disease concept while lifestyle choices affect the course of the disease Graphics and discussions of the brain structures that support this self reinforcing mechanism illustrate why treatments that obstruct the pathway are showing such promise **Don't Give Up On Me: Shedding Light on Addiction with Darryl Strawberry** Shawn Powell,2017-10-16 Major League Baseball All Star Darryl Strawberry has triumphed not only on the baseball diamond but in life Don t Give Up on Me skillfully weaves Darryl s story of childhood abuse anxiety drug and alcohol addiction and ultimately recovery with easy to understand explanations of addiction from trained professionals Presented through the eyes of a psychoanalyst neuropsychiatrist licensed clinical social worker and addiction specialist this book offers hope and a path to healing By shedding the light on addiction Don t Give Up on Me speaks to all people from those who are still trapped in the depths of addiction to those who are currently in recovery to caregivers parents friends and therapists This book also stresses the importance of good parenting feelings of low self esteem low self worth bullying as well as emotional and physical pain can sow the seeds of substance abuse at an early age Whether the addiction is to alcohol heroin or other opiates gambling food or sex this book shares the hard truths and hopeful messages for anyone impacted by this deadly dilemma **Lifestyles for Learning** Susan Crowther,2015-08-04 College is risky business Life is hurled into never before imagined freedom independence and choice For many students college brings challenges and changes in nearly every area of life physical physiological emotional social residential financial spiritual and sexual College may well be the most volatile time in a person s life Attending college is bad for your health Statistically young adults face more depression anxiety eating disorders and drug addiction than in any other time in their lives Schizophrenia emerges most often during this time Suicide rate is highest between 16 21 years A college student s lifestyle is a potential

threat to their successful academic performance The good news is that with the right tools students can create a college experience that is healthy successful and fits their own unique selves Lifestyles for Learning explores the direct relationship between academic performance and key lifestyle factors food sleep stress movement creativity connection addiction and giving It further discusses how lifestyle factors are challenged by learning disabilities and other co occurring diagnoses such as ADHD and behavioral disorders Lifestyles for Learning offers guidance to prepare every college student for success Peppered with humorous anecdotes and warm hearted wisdom this is important reading for students entering college as well as for parents educators counselors doctors psychologists and educational consultants It is also designed for supplemental reading in college and high school courses *Living with Substance Addiction* Melissa Higgins, 2012-01-01 Living with Substance Addiction features fictional narratives paired with firsthand advice from a medical expert to help preteens and teenagers feel prepared for dealing with substance addiction during adolescence Topics include complications of substance addiction getting help and detox rehab and aftercare triggers and relapse Throughout the book Ask Yourself This questions encourage discussion Features include a selected bibliography further readings Just the Facts summary of medical facts about addiction Where to Turn summary of key advice that includes contact information for helpful organizations a glossary source notes and an index Aligned to Common Core Standards and correlated to state standards Essential Library is an imprint of Abdo Publishing a division of ABDO **Addiction Trajectories** Eugene Raikhel, William Garriott, 2013-04-18 Bringing anthropological perspectives to bear on addiction the contributors to this important collection highlight the contingency of addiction as a category of human knowledge and experience Based on ethnographic research conducted in sites from alcohol treatment clinics in Russia to Pentecostal addiction ministries in Puerto Rico the essays are linked by the contributors attention to the dynamics including the cultural scientific legal religious personal and social that shape the meaning of addiction in particular settings They examine how it is understood and experienced among professionals working in the criminal justice system of a rural West Virginia community Hispano residents of New Mexico s Espanola Valley where the rate of heroin overdose is among the highest in the United States homeless women participating in an outpatient addiction therapy program in the Midwest machine gaming addicts in Las Vegas and many others The collection s editors suggest addiction trajectories as a useful rubric for analyzing the changing meanings of addiction across time place institutions and individual lives Pursuing three primary trajectories the contributors show how addiction comes into being as an object of knowledge a site of therapeutic intervention and a source of subjective experience Contributors Nancy D Campbell E Summerson Carr Angela Garcia William Garriott Helena Hansen Anne M Lovell Emily Martin Todd Meyers Eugene Raikhel A Jamie Saris Natasha Dow Sch ll Great Leaders Live Like Drug Addicts Michael Brody-Waite, 2020-05-26 What if you learned that to lead well you d need to live like a drug addict During treatment for drug addiction Michael Brody Waite learned three principles that became the difference between life and death Practice rigorous authenticity Surrender

the outcome Do uncomfortable work Leaving rehab Michael entered the workplace where he was shocked to see most business leaders doing what he had been taught would kill him He began to see striking similarities between drug addiction and what he calls mask addiction Leaders everywhere were hiding their authentic selves in order to get what they wanted They were doing things like Saying yes when they could say no Hiding their weaknesses Avoiding difficult conversations Holding back their unique perspectives Instead of chasing drugs leaders were chasing professional financial and social success from behind a mask to the detriment of themselves and the people around them Thanks to his recovery Michael s three principles gave him an unlikely competitive advantage throughout his career resulting in a level of success unexpected for a drug addict In *Great Leaders Live Like Drug Addicts* Michael explains what drug addicts do to recover and provides a step by step program you can use to break free from your mask addiction to thrive in both work and life He equips you with the tools you need to live and lead mask free tools to enable you to stop following others lead yourself and become one of the dynamic growing authentic leaders this world desperately needs

**Clutter Junkie No More** Barb Rogers,2007-01-01 The author of *Addiction Grief* examines clutter addiction and shows how readers can overcome it Is your landscaping impeccable Are you presentable when you leave the house Would your neighbors ever suspect given outward appearances that inside your house is utter chaos with heaps and heaps of stuff Are you overwhelmed and ashamed by the mess but haven t a clue what to do about it even though you ve tried dozens of times to clean up your act You may be a clutter junkie In an encouraging and honest way Rogers helps readers to identify the symptoms of clutter addiction which is simply a smokescreen for more serious underlying problems and she provides solutions modeled on the twelve steps and traditions that originated with AA *Clutter Junkie No More* takes a serious look at clutter addiction and helps readers to take down the wall bit by bit and day by day to lead happier more productive lives

*This Lifetime on Earth* Sandy Andrew,2005-07-15 After learning about the universe energy and the set of rules called Universal Laws this book teaches the reader about life and a person s spirit Through Universal Learning the journey of growth and development to become more like God each reader will be able to set goals to make his her life much more fulfilling and successful on the inside and outside This is a must read for anyone interested in understanding the purpose of life which makes this extraordinary work a must read for everyone regardless of age nationality or faith By New York Times Best Selling Author Ellen Tanner Marsh

*Thinking Simply About Addiction* Richard Sandor,2009-03-05 A profound yet practical guide to understanding addiction and recovery from an authority on the subject No social problem today causes greater confusion than addiction Whatever form it takes alcohol heroin cocaine nicotine etc it tears apart homes and relationships destroys careers and futures and leaves loved ones asking Why couldn t he stop once and for all Or get better Or control himself Despite everything that s been said and written many people remain deeply confounded about these problems The addiction treatment field itself is in a state of civil war because there is no consensus on what addiction is much less what to do about it Based on years of hard won experience by a



preeminent specialist in addictive behavior Thinking Simply About Addiction explains the core truth of addiction It is not a neurosis a physical malady a behavioral choice or in the narrowest sense a moral failure It is an automatism an involuntary non stoppable behavior that once triggered leaves the addict powerless It is a human problem and a part of human nature As such it is something that we all experience In four to the point chapters Thinking Simply About Addiction rises above the noise level and provides real world help and new ways of thinking for addicts and those who care for them Its insights are so profoundly clear and sensible that many readers will be able to say Finally someone gets it     *Loving the Addict* Carolyn Booker-Pierce,2020-12-01 Loving people that are unstable is not always easy but we love them anyway That love doesn't automatically go away due to an addiction When a family member friend or someone close to us has an addiction how do we love them What does that love look like What are we to do when our loved one is lost and stops taking care of themselves What happens when their compulsive uncontrollable and chronic behaviors tread on our trust A few of the conversations that we'll be having in this book include Self Compassion Setting Healthy Boundaries Knowing When to Say NO And much more

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### **Addiction Why Cant They Just Stop Introduction**

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