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Addictive Thinking
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Edition Abraham J.
Twerski, M.D. with a
foreword by John

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If you are an addictive
thinker or know

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someone who is I highly recommend this book, "Addictive Thinking, Understanding Self-Deception." The author Abraham J. Twerski explains the meaning of the title in a non-clinically clinical way that helped me look at myself a little closer and other addicted souls in a less judgmental way.

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"Addictive Thinking: Understanding Self-Deception" is an in-depth explanation of what transpires in the mind of the addict. There is also a chapter that thoroughly explains co-dependency, so this book is a must-read for the family members of addicts also.

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the relationship
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With Addictive Thinking, both addicts and loved ones familiarize themselves with these addictive signatures and more, and begin the fight for recovery. With more than 200,000 copies of Addictive Thinking sold worldwide, the eminent Abraham Twerski, M.D., outlines the destructive and terrifying illogic that

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marries a person with a substance use disorder to his addiction.

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