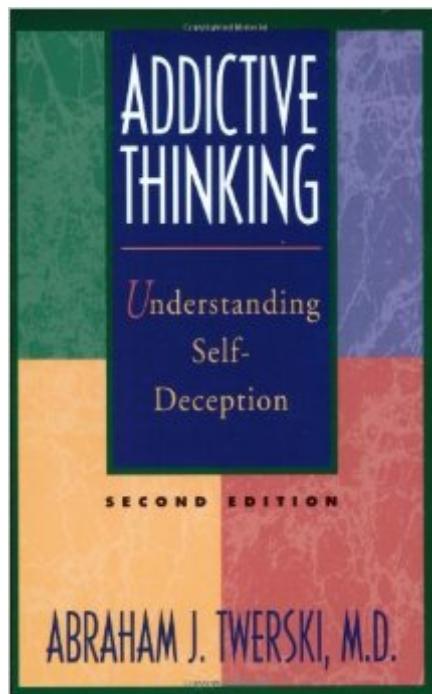


The book was found

Addictive Thinking: Understanding Self-Deception



Synopsis

Abnormal thinking in addiction was originally recognized by members of Alcoholics Anonymous, who coined the term "stinking thinking." Addictive thinking often appears rational superficially, hence addicts as well as their family members are easily seduced by the attendant--and erroneous--reasoning process it can foster. In *Addictive Thinking*, author Abraham Twerski reveals how self-deceptive thought can undermine self-esteem and threaten the sobriety of a recovering individual. This timely revision of the original classic includes updated information and research on depression and affective disorders, the relationship between addictive thinking and relapse, and the origins of addictive thought. Ultimately, *Addictive Thinking* offers hope to those seeking a healthy and rewarding life recovery.

Book Information

Paperback: 156 pages

Publisher: Hazelden; Second Edition edition (April 30, 1997)

Language: English

ISBN-10: 1568381387

ISBN-13: 978-1568381381

Product Dimensions: 0.5 x 5.5 x 8.5 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (119 customer reviews)

Best Sellers Rank: #28,892 in Books (See Top 100 in Books) #58 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #110 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #996 inÂ Books > Self-Help > Personal Transformation

Customer Reviews

I've read a lot of books about addiction, but "Addictive Thinking: Understanding Self-Deception" by Abraham J. Twerski is the only one that describes me to a tee. Addicts are malfunctioning human beings whose thinking and concept of reality are severely distorted. Addictive diseases resemble schizophrenia in many ways. The addict may suffer from delusions, hallucinations, inappropriate moods, and abnormal behavior. I one point in my addiction, I thought that I was schizophrenic. I knew that something was horribly wrong with me, but it couldn't have anything to do with the massive amounts of drugs I was ingesting. According to Twerski, addicts have a distorted self-image and they all have extremely low self-esteem. Even though they may have many

life-accomplishments and every reason to think highly of themselves, they still feel inferior. Addicts are also hypersensitive. They are emotionally sensitive to their environment the way a sunburn victim is sensitive to touch. Drugs and alcohol offer immense relief from this hypersensitivity, numbing the emotions that bring such discomfort. Twerski has also given me a better understanding of what is really happening when an addict reaches "rock bottom." Rock bottom is not necessarily an event, but a change of perception where sobriety is finally seen as more rewarding than continued use. This explains why I continued to use after my rock bottom experience. It took a while for my perceptions to change. Another new revelation for me was that many recovering addicts relapse because they mistakenly believe that life will be rosy once they've recovered. But life is a succession of peaks and valleys, a series of hurdles to overcome. I held this false belief until I read this.

I picked this book up off my colleague's desk in the counseling office, realized I shouldn't take it without asking permission, and made my amends right away. With permission, then, I read with some shame, and also guilt, about self-deception. The crux: distorted thinking is not just manufactured for others, but something that inhabits the inner person. As a result, we can see it, explore it, recognize it in others, and still struggle to make lasting changes in our own thinking. Twerski writes after 18 years running a clinic, and he has lots of the simple examples and plain talk that cut through the haze. He is a fan of AA's 12 steps and he believes low self-esteem haunts many an addicts' inner child. He has a website with a recent 40 minute reflection on his own struggle with self-esteem. He's now almost 80. As some other reviewers note, after the first couple chapters introducing and defining the distorted thinking he calls "addictive thinking," the chapters get short, like meditations, and topical, covering aspects such as distorted time, reason, and perspective, hypersensitivity, shame versus guilt, and admitting error. I think the point we could make is that this book seeks to identify and describe the distorted thinking common in chemical dependents. Believe me, I don't have to be chemically dependent to see myself in these vignettes and struggles. The reason for such a book is that we all need to pierce our own isolation and denial about our self-deception. Let me put it this way. If I don't deceive myself too much, it should be easier for me to admit that. If I deceive myself a lot, I just might find a way to distance myself from a book like this, maybe by putting myself above it or pointing it at someone else.

[Download to continue reading...](#)

Addictive Thinking: Understanding Self-Deception The Addictive Personality: Understanding the Addictive Process and Compulsive Behavior, Second Edition Positive Thinking: How to Eliminate

Negative Thinking and Gain Success, Health and Happiness Through Positive Thinking and Self-empowering Affirmations (Positive Thinking Everyday Book 1) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Cyber Denial, Deception and Counter Deception: A Framework for Supporting Active Cyber Defense (Advances in Information Security) Mind Control Mastery 4th Edition: Successful Guide to Human Psychology and Manipulation, Persuasion and Deception! (Mind Control, Manipulation, Deception, ... Psychology, Intuition, Manifestation,) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Gestalt Therapy for Addictive and Self-Medication Behaviors Positive Thinking: How to Rewire Your Brain with Positive Thinking and Self-Empowering Affirmations to Finally Achieve Success and Freedom NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists) Understanding Bergson, Understanding Modernism (Understanding Philosophy, Understanding Modernism) The Folly of Fools: The Logic of Deceit and Self-Deception in Human Life ADHD Medication Abuse: RitalinÃ® , AdderallÃ® , & Other Addictive Stimulants Prescription Painkillers: Oxycontin, Percocet, Vicodin, & Other Addictive Analgesics (Downside of Drugs) Prescription Narcotics: The Addictive Painkillers (Encyclopedia of Psychoactive Drugs. Series 1)

[Dmca](#)