



# Recover!: An Empowering Program to Help You Stop Thinking Like an Addict and Reclaim Your Life

By Stanton Peele

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World-renowned addiction expert Stanton Peele's groundbreaking program is a self-directed process of making addiction obsolete. Using proven tools and strategies, you will learn how to replace paralyzing beliefs with positive options; change how you respond to addictive urges; lay out clear anti-addiction goals; develop the skills to live fully and prevent relapse; and much more.

"Stanton Peele has helped us understand the most tortuous aspects of addiction and recovery, without ever joining the parade of conventional experts...who happen to be marching the wrong way."

—Marc Lewis, author of *The Biology of Desire: Why Addiction is Not a Disease*; professor of neuroscience, Radboud University Nijmegen

"Dr. Peele's writings and teachings have prompted me to look beyond the flashy headlines and the majority position as being overly simplistic and often wrong. Only in this way can we help drug users, render treatment more effective, and creative positive drug policies."

—Carl Hart, PhD, Columbia University Departments of Psychology and Psychiatry, author of *High Price*

"Stanton Peele is a true pioneer of addiction research and theory. His ideas offer hope to the many millions for whom current approaches are not effective or who simply prefer evidence-based alternatives."

—Maia Szalavitz, author of *Unbroken Chain*; neuroscientist journalist, *Time Magazine*

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### Editorial Review

#### Review

"Stanton Peele is one of the most insightful thinkers about addiction anywhere, ever. A beautiful writer, with so much to teach all of us—this is an absolute must-read."—Johann Hari, author of *Chasing the Scream: The First and Last Days of the War on Drugs*

"Dr. Peele's writings and teachings have prompted me to look beyond the flashy headlines and the majority position as being overly simplistic and often wrong. Only in this way can we help drug users, render treatment more effective, and create positive drug policies."—Carl Hart, Ph.D., Columbia University Departments of Psychology and Psychiatry, author of *High Price*

"Stanton Peele has long been at the forefront of the battle to understand addictions and eliminate the twin myths that addicts are powerless over their addictions and that they have a lifelong 'brain disease.' In *Recover!*, he has taken another crucial step toward freeing us from these prejudicial, disempowering misconceptions while truly helping people suffering with addiction."--Lance Dodes, MD, Assistant Clinical Professor of Psychiatry, Harvard Medical School (retired); coauthor, *The Sober Truth*

"At a time when addiction is being trumpeted as a 'brain disease,' Peele slashes through the hyper-medicalized rhetoric to get to the human core of addiction and recovery. This acutely insightful and compassionate book is required reading for anyone struggling with an overwhelming habit."--Sally Satel, MD, coauthor of *Brainwashed: The Seductive Appeal of Mindless Neuroscience*; lecturer, Yale University School of Medicine

"In *Recover!*, Stanton Peele and Ilse Thompson offer a blueprint to help addicts cope with their triggers, from loneliness and feeling unworthy, anxious, and overwhelmed. *Recover!* focuses on what's *right* in the addict's life, and adding to it. It's a hopeful, tangible set of tools designed to give power back to the addict--not give it up."--Gabrielle Glaser, author of the *New York Times* bestseller *Her Best-Kept Secret: Why Women Drink--And How They Can Regain Control*

"*Recover!*...provides an astonishing array of resources, neatly organized into accessible and sensible tasks, and a final chapter for coping with unexpected problems. In this book you will find guidance on everything you need to address in recovery. Peele writes as if he were a close friend, explaining important concepts carefully and with genuine concern that you truly understand them."--Tom Horvath, Ph.D., ABPP; President, SMART Recovery(R) and Practical Recovery; Past President, American Psychological Association's Division on Addictions

"Probably the world's most notable figure in addiction studies, Stanton Peele has written another great book. *Recover!* really is a self-help book. Unlike most of what you read, it teaches you to help yourself, rather than telling you to rely on a treatment system because helping oneself is impossible. Stanton's work assisted my recovery many years ago, and he can help you now."--Peter Ferentzy, Ph.D., author of *Dealing with an Addict: What You Need to Know if Someone You Care for Has a Drug or Alcohol Problem*

#### About the Author

**Stanton Peele, PhD, JD**, has been a cutting-edge figure in the addiction field for four decades. Since publishing *Love and Addiction* in 1975, Stanton has written 12 books (including *The Meaning of Addiction*, *Diseasing of America*, *The Truth About Addiction and Recovery*, *7 Tools to Beat Addiction*, and *Addiction-Proof Your Child*) and 250 professional articles, won numerous awards (including from the Journal of Studies on Alcohol and Drugs and the Drug Policy Alliance), and created the Life Process Program for addiction treatment, which continues to be utilized worldwide. He lives in Brooklyn.

**Peele.net; Lifeprocessprogram.com**

**Ilse Thompson**, co-founder of the blog Stinkin-Thinkin: Muckraking the 12 Step Treatment Industry, is a writer and editor living in Portland, Oregon.

**stinkin-thinkin.com**

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#### **Judith Mandel:**

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book you will enter the new way of measuring that you ever know before. The author explained their idea in  
the simple way, so all of people can easily to recognise the core of this reserve. This book will give you a  
wide range of information about this world now. So you can see the represented of the world in this book.

#### **Allen Grimm:**

Reading can called mind hangout, why? Because when you find yourself reading a book mainly book  
entitled Recover!:  
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Life the mind will drift away trough every dimension, wandering in every single aspect that maybe  
mysterious for but surely will end up your mind friends. Imaging just about every word written in a reserve  
then become one form conclusion and explanation that will maybe you never get before. The Recover!:  
An Empowering Program to Help You Stop Thinking Like an Addict and Reclaim Your Life giving you a  
different experience more than blown away your mind but also giving you useful details for your better life  
within this era. So now let us explain to you the relaxing pattern this is your body and mind will probably be  
pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary  
paying spare time activity?

#### **Lillian Vaughn:**

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and the knowledge you may got here is fresh from oven so don't possibly be worry if you feel like an

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**Luz Cox:**

What is your hobby? Have you heard that question when you got scholars? We believe that that issue was given by teacher to the students. Many kinds of hobby, Every person has different hobby. And you also know that little person like reading or as reading become their hobby. You need to know that reading is very important along with book as to be the point. Book is important thing to add you knowledge, except your teacher or lecturer. You discover good news or update concerning something by book. A substantial number of sorts of books that can you choose to use be your object. One of them is actually Recover!: An Empowering Program to Help You Stop Thinking Like an Addict and Reclaim Your Life.

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