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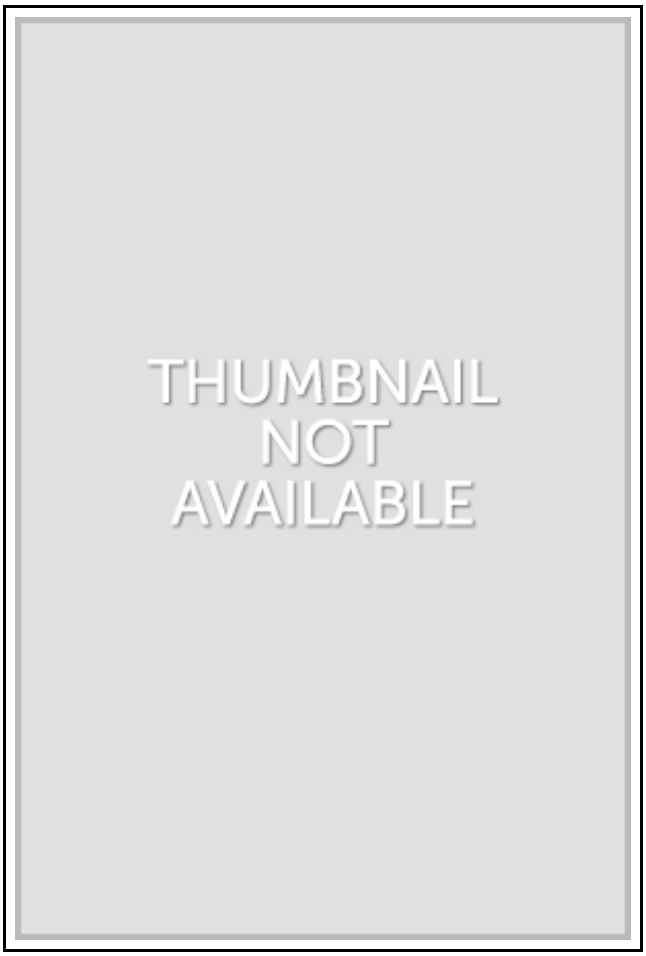

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Createspace, United States, 2011. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The foreword to this book is written by Dr William Glasser. This book is for both professionals in the field of substance abuse as well as those who may live with or love an addicted individual. It contains techniques, directives, ideas, and explanations for those who may be addicted to prescription meds, street drugs or alcohol. Also included are several exercises that Mike has developed over the years in working with groups that he has combined along with the work of Dr. William Glasser, M. D., the creator of Reality Therapy and most recently, Choice Theory. Not all of the information is user-friendly for the non-professional because a close friend or family member will never be able to establish a clinical relationship with the addict. The non-professional will always be recognized by the addict as Mom, Dad, Friend, Wife, Husband, etc which will inhibit the addict from taking them as someone who might understand and be able to help them. However, there are many other things in the book that the non-professional will be able to utilize that will make their personal life better by knowing what they can control and what they can t control with their loved one. Mike applies Choice Theory, the new Reality Therapy, by allowing the client to create their own personal treatment plan and not one that is necessarily designed by the therapist or agency. This allows for the client to feel s/he has control and choices rather than being coerced or forced to do something they don t want to do because someone else said they had to do it. People eventually learn that the drug or alcohol that they are...

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