



The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks)

By Suzette Glasner-Edwards PhD

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Is your addiction taking control of your life? This book provides an integrative, seven-step program to help you finally overcome drug and alcohol addiction, once and for all. Winner of the 4Th International Beverly Hills Book Awards in the category of Addiction & Recovery!

If you struggle with addiction, seeking treatment is a powerful, positive first step toward eventual recovery. But gaining an understanding of the causes of addiction—such as feelings of helplessness or loss of control—is also crucial for recovery. In this book, addiction expert Suzette Glasner-Edwards offers evidence-based techniques fusing cognitive behavioral therapy (CBT), motivational interviewing, and mindfulness-based relapse prevention to help you move past your addictive behaviors.

On the long road to addiction recovery, you need as many tools as possible to help you stay sober and reach your destination. That's why this is the first book to combine research-proven motivational techniques, CBT, and mindfulness-based strategies to help you create your own unique recovery plan. The book can be used on its own or as an adjunct to rehab or therapy. It also makes a wonderful resource for loved ones and professionals treating addiction.

If you're ready to take that important first step toward recovery, this book can help you beat your addiction and get back to living a full, meaningful life.



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Editorial Review

Review

“A cutting-edge, comprehensive, and interactive approach to the science of addiction recovery, written with great respect and compassion for the reader. Anyone struggling with the demons of addiction will find real help here, and hope.”

—**Terri Cheney**, author of the *New York Times* bestseller *Manic*

“*The Addiction Recovery Skills Workbook* is an excellent translation of modern science into practical skills development. From explaining the basic brain changes associated with the development of addiction to laying out a systematic path to behavioral change and recovery, Glasner-Edwards has taken the very best of addiction science and turned it into common sense and step-by-step instructions. I think this workbook will be as important for families and friends of addicted individuals as for those affected directly. Either way, this is a powerful and practical tool to aid recovery.”

—**A. Thomas McLellan**, founder and chairman of the board of the Treatment Research Institute, and former deputy director of the White House Office of National Drug Control Policy

“In creating *The Addiction Recovery Skills Workbook*, Glasner-Edwards has developed a resource that is at the cutting edge of recovery from addiction. In a respectful, direct, and clear way, she provides readers with key tools necessary to build the motivation to change, learn the skills needed to change, and apply those skills to achieving and maintaining change. Glasner-Edwards does a wonderful job of integrating the three most critical innovations in evidence-based approaches to treatment in the last fifty years: cognitive behavioral therapy (CBT), motivational enhancement, and mindful observation. There has been excellent research in all three areas demonstrating their value in aiding individuals in achieving their goals to be clean and sober, and Glasner-Edwards has created a resource that will be a wonderful tool for anyone addressing substance use problems. I anticipate this workbook will become a standard in the field.”

—**John R. McQuaid, PhD**, professor of clinical psychology at the University of California, San Francisco; associate chief of mental health for clinical administration at the San Francisco VA Medical Center; and coauthor of *Peaceful Mind*

“As one of America’s most knowledgeable addiction scientists, Suzette Glasner-Edwards writes with clarity and authority about the state of the art of treatment for addiction, a devastating disease that affects millions of people and families. Glasner-Edwards explains the complex science of addiction in terms that everyone can understand. Most important, she provides guidance to help the afflicted overcome this illness. This book will help end the stigma of addiction and it will save lives.”

—**David Sheff**, journalist and *New York Times* best-selling author of *Clean* and the memoir *Beautiful Boy*

“In this self-care book, Glasner-Edwards provides a much-needed addition to the substance abuse treatment field by providing a hopeful and highly accessible workbook for people struggling with substance abuse and addiction. This book explains the mystery of addiction and how to communicate with addiction treatment

providers. It offers a range of interactive evidence-based therapy tools and techniques to achieve self-directed behavioral change. It integrates several important approaches, including cognitive behavioral therapy (CBT), mindfulness, and motivational interviewing, giving individuals powerful tools to tackle this devastating illness.”

—**Karen Miotto, MD**, clinical professor in the department of psychiatry and biobehavioral sciences at the University of California, Los Angeles (UCLA), and director of the UCLA Addiction Medicine Clinic

“I have worked in clinical addictions research for over fifteen years, and I can honestly say that this is no ordinary self-help workbook. Glasner-Edwards has expertly integrated the powerful combination of cognitive behavioral therapy (CBT), motivational enhancement, and mindfulness into an easily digestible treatment package that speaks directly to the person with an addictive disorder. It does more than just present a how-to guide to the implementation of these key, cutting-edge treatment strategies, however. This workbook also contains clear advice as to how, when, and where to ask for help; provides a framework for what is to be expected in the recovery process; and contextualizes the treatment strategies with other traditional addictions programs (12-step, medication, etc.). These particular inclusions mean that the workbook cuts across traditional, well-known barriers people report when considering addictions treatment, such as the stigma and mystery about what might happen, and problems with inconsistent, incoherent care. By integrating solutions that run across a range of lifestyle factors (e.g., exercise, social network enhancement, communication) and common comorbidities (e.g., depression, anxiety), this workbook also stands to be personally relevant to anybody concerned about their substance use, at any stage of severity. By hitting all of these targets sensitively, respectfully, and comprehensively in this workbook, Glasner-Edwards has provided a real service to the addictions community. I am going to recommend this to all of my clinical colleagues!”

—**Frances Kay-Lambkin**, associate professor at the National Drug and Alcohol Research Centre at the University of New South Wales, Australia

“The Addiction Recovery Skills Workbook provides essential knowledge and tools for individuals struggling with addiction and its consequences. Glasner-Edwards, an accomplished clinician and researcher, offers practical skills and strategies to facilitate healthy, self-directed behavior change and sustained recovery. Scientifically based principles of cognitive behavioral therapy, motivational enhancement, and mindfulness are integrated into a digestible, engaging format that empowers the reader to take a more active role in his or her treatment.”

—**Larissa Mooney, MD**, associate professor of psychiatry at the University of California, Los Angeles, and director of the UCLA Addiction Medicine Clinic

About the Author

Suzette Glasner-Edwards, PhD, is associate professor of psychiatry at the University of California, Los Angeles (UCLA). As a principal investigator at the UCLA Integrated Substance Abuse Programs, her NIH-funded research in the area of behavioral treatments for addictions is widely published. She also maintains a private practice where she specializes in the use of cognitive behavioral, motivational, and mindfulness-based techniques to treat addictions and mental health problems.

Foreword writer **Richard A. Rawson, PhD**, is professor in residence in the department of psychiatry at the University of California, Los Angeles (UCLA), and codirector of the UCLA Integrated Substance Abuse Programs. He has worked in the substance abuse field since 1974. Rawson started the Matrix Institute on Addictions and conducts training on topics including basic principles of addiction and addiction treatment for counselors, MFCCs, psychologists, and physicians, and much more.

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