



Understanding Addictions

By Smita Barooah Sanyal

Lotus/Roli Books, New Delhi, India. Softcover. Book Condition: New. A practical guide to accepting and dealing with addiction, Understanding Addictions is a comprehensive study of all aspects of the disease from identifying the various reasons why people get addicted to nottobemissed symptoms, and from complete dependence to recovery and rehabilitation. This books defines addiction and offers solutions in the form of selfassessment tests, spells out common myths and realities, and also emphasizes the role family and friends can play in helping a person deal with the disease. With details of organizations that help one overcome the dependence, this book is a vital tool for anyone dealing with addiction or wanting to help those struggling to come out of this.

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