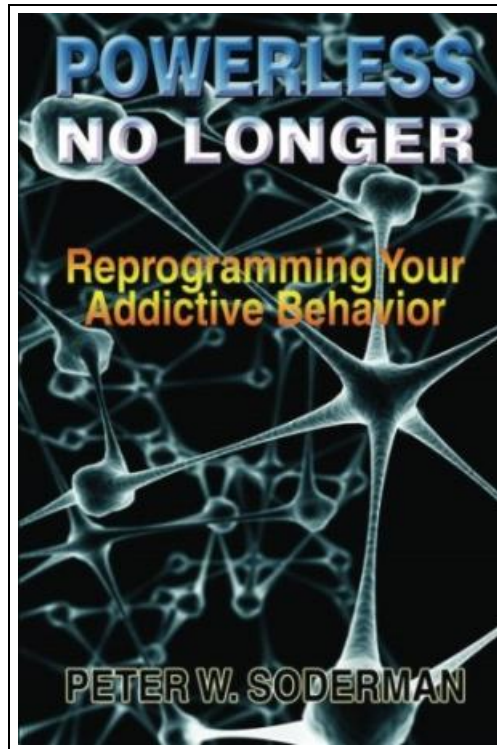


## Powerless No Longer: Reprogramming Your Addictive Behavior



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Createspace, United States, 2013. Paperback. Book Condition: New. 202 x 134 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.We are not powerless over our addictions, nor are we helpless victims of heredity, a disease, a spiritual malady, or a slew of character defects that require the intervention of a higher power, and a lifetime of meetings to control. Studies show that 75 of all addicts recover on their own, without pills, patches, rehabs, or self-help groups. How many people do you know who successfully quit smoking cold turkey, without artificial aids or programs, and nicotine is one of the most addictive substances on earth. People can recover on their own because they find ways of addressing the learned aspects of addiction that are driven by our reward system. Almost any activity we find pleasurable, from eating a chocolate chip cookie to hearing great music or seeing a beautiful face, can activate the reward system. Once aroused, these circuits enable our brains to encode the circumstances that led to the pleasure, so we can repeat the behavior and the reward in the future. Over time, the pleasure becomes misery, but we now have little choice but to continue because the behaviors and belief systems that drive our addiction have become well-learned, deeply ingrained habits. The journey to addiction begins with our receiving positive reinforcement from use of the drug - it makes us feel good, and ends with the gotta have its screaming in our ear. For some, it seems like a hopeless situation, but the vast majority of us find a solution to the problem, and so can you. Just as we learn to become addicted, we can learn to make the necessary changes to our thoughts and beliefs that will relieve us of the burden...



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