



7 Tools to Beat Addiction

Stanton Peele

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DO YOU WANT A LIFE WITHOUT ADDICTION?

Whether you are battling drugs, nicotine, alcohol, food, shopping, sex, or gambling, **7 Tools to Beat Addiction** is a hands-on, practical guide to overcoming addiction of any kind. If you or a loved one are struggling with addiction but do not find that twelve-step or other treatment programs work for you, this book can help.

In , internationally recognized expert Dr. Stanton Peele presents a program for addiction recovery based on research and clinical study and grounded in science. His program utilizes proven methods that people actually use to overcome addiction, with or without treatment. **7 Tools to Beat Addiction** offers in-depth, interactive exercises that show you how to outgrow destructive habits by putting together the building blocks for a balanced, fulfilling, responsible life. Dr. Peele's approach is founded on the following tools:

- Values
- Motivation
- Rewards
- Resources
- Support
- Maturity
- Higher Goals

This no-nonsense guide will put you in charge of your own recovery.

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