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# Behavioral Addictions: A New Solution to Very Old Problems

*Stephen Rich Merriman*

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# Behavioral Addictions: A New Solution to Very Old Problems

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**Behavioral Addictions: A New Solution to Very Old Problems** Stephen Rich Merriman
Behavioral Addictions: A New Solution to Very Old Problems is a pioneering work. It expands the whole arena of how addiction is regarded and the extensive ground addictions can cover. The book honors early self-help pioneers who noticed certain hallmarks of addiction in behaviors far-removed from their prior drug- and alcohol-based addiction histories. What they noticed is now codified as the Five Diagnostic Criteria for diagnosing addiction-all addictions. The Five Diagnostic Criteria, because they are derived directly from the world of alcoholism and drug addiction, are especially important and useful. Showing up, as they do, in non-substance-based behaviors, the Five Diagnostic Criteria provide the bridge that conclusively proves the existence of Behavioral Addictions, and establishes the foundation for their correct diagnosis and treatment. With this bridge between substance-based and non-substance-based addictions firmly established, addiction, as a concept, can no longer be peremptorily minimized to simply having an "addiction" to some particular drug or some specific behavior. Rather, the underlying reality is an energy-ADDICTION ENERGY-that transcends both substances and non-substance-based behaviors. This Energy can use any outlet, either substance-based, purely behavioral, or both, to work its destructive ways. Behavioral Addictions: A New Solution to Very Old Problems takes a close look at Addiction Energy, fathoming its qualities and characteristics both in their destructive aspects, and drawing from each quality certain hints regarding various healing possibilities. Behavioral Addictions: A New Solution to Very Old Problems also includes a thoughtful description of a range of specific behavioral addictions, and numerous perspectives regarding their correct diagnosis (including self-diagnosis) and treatment (including self-help). The book offers a vision of extended healing possibilities. Finally, Behavioral Addictions: A New Solution to Very Old Problems sends forth a call to the professional field of addictions treatment to, at long last, welcome, and claim, Behavioral Addictions as a rightful part of the field's responsibility and mission.

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A lot of people always spent their free time to vacation or go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or playing video games all day long. In order to try to find a new activity here is look different you can read any book. It is really fun for you. If you enjoy the book that you read you can spent the whole day to reading a publication. The book Behavioral Addictions: A New Solution to Very Old Problems it is rather good to read. There are a lot of people that recommended this book. These were enjoying reading this book. In the event you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore easily to read this book out of your smart phone. The price is not very costly but this book features high quality.

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