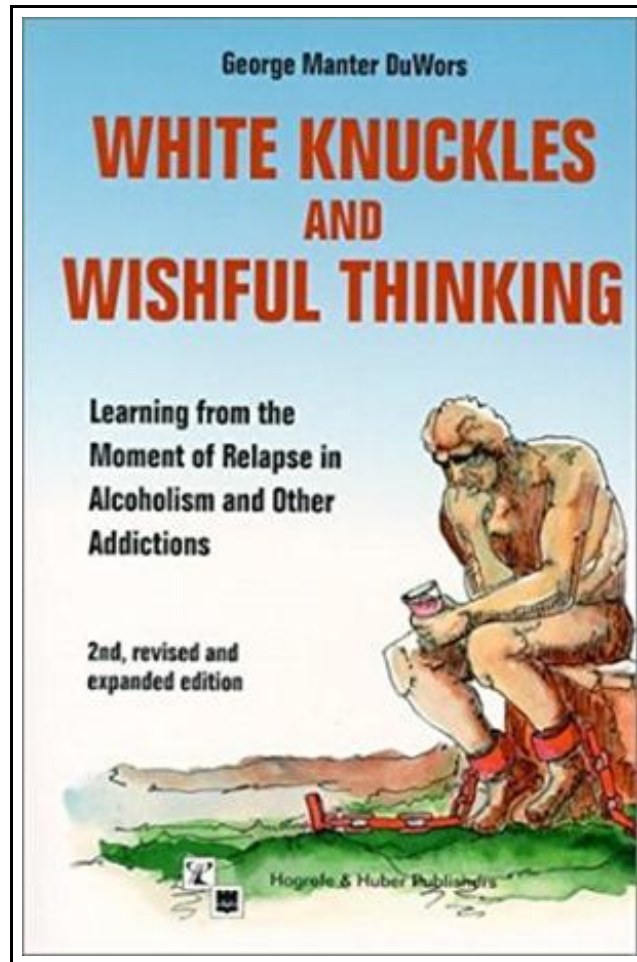


## White Knuckles and Wishful Thinking: How to Learn from the Moment of Relapse (2nd Revised edition)



Filesize: 1.39 MB

### ***Reviews***

*Here is the greatest publication i have study till now. I was able to comprehended every thing using this written e pdf. I am pleased to explain how here is the greatest pdf i have study within my own lifestyle and might be he best pdf for ever.*

***(Leopold Moore)***

## WHITE KNUCKLES AND WISHFUL THINKING: HOW TO LEARN FROM THE MOMENT OF RELAPSE (2ND REVISED EDITION)

[DOWNLOAD](#)

Hogrefe Publishing. Paperback. Book Condition: new. BRAND NEW, White Knuckles and Wishful Thinking: How to Learn from the Moment of Relapse (2nd Revised edition), George DuWors, This book aims to explain the moment of relapse, and to provide practical help for counsellors and clients struggling to avoid relapse. The ideas and techniques are compatible with the Alcoholics Anonymous and other 12-Step programmes. DuWors explores the one relentless empirical fact about addictive relapse: at the moment of picking up the first drink/drug we all say one of two things - either "One won't hurt" (or a handful of "wishful" variations) or "Who cares?" (or a smaller, less frequent list of "white knuckle" variations). What does this mean? Why is it that so many different people - different addictions, different stages of the illness, different educational and cultural backgrounds - all say the same thing at this critical moment? After all, this is the very moment that treatment and recovery strive to prevent. And if we could understand it, might we not help more people not have to repeat it? This book comes to the conclusion we have to try and enter the psychic world of the person living it, as well as the perspective of the would-be helper. Like the author, we must sift through psychological and biological theory. But the theories mean nothing if they do not connect with human experience. The book is written for three main groups: (1) professionals and others fighting on the chemical dependency front; (2) trainees seeking to join the fray and their teachers; and (3) clients whose counsellors recommend it. Two specific relapse experiences are the main focus of this approach: (1) exactly how to deal with the actual moment and process of relapse itself; and (2) how the addict looks at himself before...



[Read White Knuckles and Wishful Thinking: How to Learn from the Moment of Relapse \(2nd Revised edition\) Online](#)



[Download PDF White Knuckles and Wishful Thinking: How to Learn from the Moment of Relapse \(2nd Revised edition\)](#)

## You May Also Like



### **You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most**

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

[Save PDF »](#)



### **Giraffes Can't Dance**

Hachette Children's Group. Paperback. Book Condition: new. BRAND NEW, Giraffes Can't Dance, Giles Andreae, Guy Parker-Rees, Number One bestseller Giraffes Can't Dance from author Giles Andreae has been delighting children for over 15 years. Gerald...

[Save PDF »](#)



### **Should I Keep My Baby Caring Practical Help for Teenage Girls Facing Pregnancy Alone by Martha Zimmerman 1997 Paperback**

Book Condition: Brand New. Book Condition: Brand New.

[Save PDF »](#)



### **Why Is Dad So Mad?**

Tall Tale Press, United States, 2015. Paperback. Book Condition: New. Karissa Gonzalez-Othon (illustrator). 211 x 211 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The children s issues picture book Why Is...

[Save PDF »](#)



### **Why Is Mom So Mad?: A Book about Ptsd and Military Families**

Tall Tale Press, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The children s issues picture book Why Is Mom So Mad?...

[Save PDF »](#)

**Joey Green's Rainy Day Magic: 1258 Fun, Simple Projects to Do with Kids Using Brand-name Products**

Fair Winds Press, 2006. Paperback. Book Condition: New. Brand new books and maps available immediately from a reputable and well rated UK bookseller - not sent from the USA; despatched promptly and reliably worldwide by

[Download PDF »](#)

**Read Write Inc. Phonics: Purple Set 2 Non-Fiction 4 What is it?**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 215 x 108 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books

[Download PDF »](#)

**Friendfluence: The Surprising Ways Friends Make Us Who We Are**

Doubleday, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Intriguing.A convincing case for nurturing friendships in many of the same ways we nurture relationships with partners and other

[Download PDF »](#)

**Sly Fox and Red Hen - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 148 mm. Language: N/A. Brand New Book. Sly Fox is hungry and he wants to catch and eat Red Hen. Armed with his

[Download PDF »](#)

**Chicken Licken - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he

[Download PDF »](#)