



# **Beyond Addiction: How Science and Kindness Help People Change**

*Jeffrey Foote, Carrie Wilkens, Nicole Kosanke, Stephanie Higgs*

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The groundbreaking method that upends current treatment models and “offers collective hope to families of substance abusers” (*Kirkus Reviews*), helping loved ones conquer addiction and compulsion problems through positive reinforcement and kindness—from the leaders in progressive addiction treatment in the US.

*Beyond Addiction* goes beyond the theatrics of interventions and tough love to show family and friends how they can use kindness, positive reinforcement, and motivational and behavioral strategies to help someone change. Drawing on forty collective years of research and decades of clinical experience, the authors present the best practical advice science has to offer.

Delivered with warmth, optimism, and humor, *Beyond Addiction* defines a new, empowered role for friends and family and a paradigm shift for the field. This new approach is not only less daunting for both the substance abuser and his family, but is more effective as well. Learn how to use the transformative power of relationships for positive change, guided by exercises and examples. Practice what really works in therapy and in everyday life, and discover many different treatment options along with tips for navigating the system. And have hope: this guide is a life raft for parents, family, and friends—offering “reminders that although no one can make another person change, there is much that can be done to make change seem appealing and possible” (*Publishers Weekly*).

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