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Addictive Thinking Understanding Self Deception

In Addictive Thinking, author Abraham Twerski reveals how self-deceptive thought can undermine self-esteem and threaten the sobriety of a recovering individual. This timely revision of the original classic includes updated information and research on depression and affective disorders, the relationship between addictive thinking and relapse, and the origins of addictive thought. Ultimately, Addictive Thinking offers hope to those seeking a healthy and rewarding life recovery.

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Addictive thought is inherently self-deceptive, yet offers a superficial logic that can be misleading to the addict as well as to the addict's family members. Abnormal thinking in addiction was originally recognized by members of Alcoholics Anonymous, who coined the term "stinking thinking." Addictive thinking often appears rational, but only on a superficial level.

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Obsessions and Compulsions in Addiction and Codependency The treachery of self-deceptive thinking may infect codependent family members as well as the chemically dependent person. Who is codependent? Various definitions and descriptions of codependency exist, but the one that seems most comprehensive is

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