

*"Educational... eye-opening... transformational
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— Annie Grace, author of *This Naked Mind*

THE

A NEW APPROACH FOR

ABSTINENCE

OVERCOMING ADDICTION WITHOUT

MYTH

SHAME, JUDGMENT, OR RULES

ADI JAFFE, PHD

AN INTRODUCTION TO **IGNTD** RECOVERY

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Abstinence Myth: A New
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Addiction Without Shame,
Judgment, Or Rules (pdf)
Adi Jaffe**

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Synopsis book

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OVERCOMING ADDICTION WITHOUT

MYTH

SHAME, JUDGMENT, OR RULES

ADI JAFFE, PHD

AN INTRODUCTION TO **IGNTD** RECOVERY

Breaking free of outdated explanations and rigid "rules" for recovery, The Abstinence Myth offers a hopeful, research-based framework for transformation by an addiction expert and renowned TEDx speaker who overcame his own addiction and has guided hundreds of clients into lives of joy and purpose. In this simple yet radical new book, Adi Jaffe, PhD, draws on his own life experience, cutting-edge research, and work with hundreds of clients and families to offer a new perspective on addiction and a new pathway out of its grasp. The Abstinence Myth introduces the IGNTD RECOVERY METHOD, including:- Details of Adi's dramatic and inspiring personal story.- The Mythology of Addiction and how it gets in our way with spiritual, biological, psychological, and environmental assumptions that are, in fact, only true some of the time for some people.- Why the concept of "abstinence" is often a barrier to change and is not necessary for everyone for all time.- Important research that will shift

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Description

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