

The Addiction Spectrum

A Compassionate, Holistic
Approach to Recovery

PAUL THOMAS, MD
and
JENNIFER MARGULIS, PhD

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(pdf) Paul Thomas**

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Synopsis book

"If anyone you know is struggling with addiction or if you think you might have a problem you want to read this book. GARTH STEIN, bestselling author of *The Art of Racing in the Rain*" a proven, comprehensive program that compassionately guides the reader to a place of resolution" DAVID PERLMUTTER, MD, #1 New York Times bestselling author of *Grain Brain*, and, *Brain Maker*" a massive achievement and a giant step forward for addiction medicine" ANNIE GRACE, author of *This Naked Mind* Drug overdose is now the leading cause of death for Americans under fifty. Even as opiate addiction skyrockets, more people than ever before are hooked on alcohol, sedatives, cigarettes, and even screens. The face and prevalence of addiction has changed and evolved, but our solutions to addiction are stuck in the past. We've been treating addiction as a black or white issue, a disease you either suffer from or will never suffer from. The problem with this model is that it doesn't account for the incredible

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