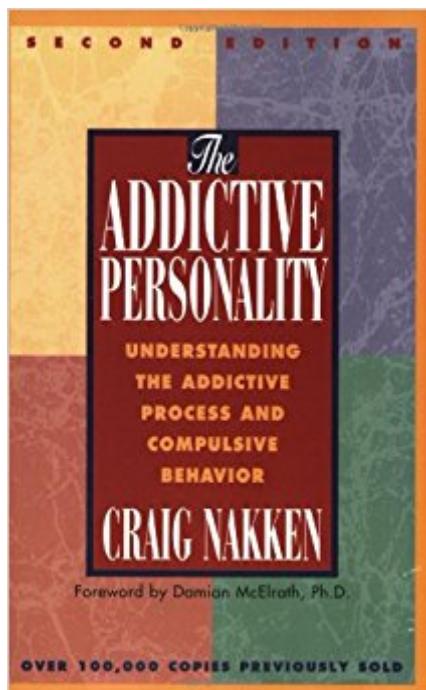


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# The Addictive Personality: Understanding The Addictive Process And Compulsive Behavior



## **Synopsis**

Craig Nakken brings new depth and dimension to our understanding of how an individual becomes an addict. Second Edition Since its publication in 1988, *The Addictive Personality* has helped people understand the process of addiction. Now, through this second edition, author Craig Nakken brings new depth and dimension to our understanding of how an individual becomes an addict. Going beyond the definition that limits dependency to the realm of alcohol and other drugs, Nakken uncovers the common denominator of all addiction and describes how the process is progressive. Through research and practical experience, Nakken sheds new light on: Genetic factors tied to addiction Cultural influences on addictive behavior The progressive nature of the disease Steps to a successful recovery The author examines how addictions start, how society pushes people toward addiction, and what happens inside those who become addicted. This new edition will help anyone seeking a better understanding of the addictive process and its impact on our lives.

## **Book Information**

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## **Customer Reviews**

For nearly a decade, *The Addictive Personality* has helped people understand the process of addiction. Now, through this second edition, author Craig Nakken brings new depth and dimension to our understanding of how an individual becomes an addict. Going beyond the definition that limits dependency to the realm of alcohol and other drugs, Nakken uncovers the common denominator of all addiction and describes how the process is progressive. Through research and practical

experience, Nakken sheds new light on: Genetic factors tied to addiction Cultural influences on addictive behaviors The progressive nature of the disease Steps to a successful recovery The author examines how addictions start, how society pushes people toward addiction, and what happens inside those who become addicted. This new edition will help anyone seeking a better understanding of the addictive process and its impact on our lives.

Craig Nakken, MSW a certified chemical dependency practitioner, is a lecturer at the Rutgers School of Alcohol Studies and the Florida School of Addictions. A worker in the field of addictions for more than 25 years, Nakken has a private practice in St. Paul, Minnesota and lectures nationally and internationally on topics related to addiction studies.

This is THE BEST BOOK about addiction next to the Big Book. Someone Wikipedia savvy please do an entry for "addictive personality" outlining this concept. It is what the term should always refer to. This wonderful little gem explains exactly what happens to EVERY individual's personality as they descend into addiction.....and maps exactly the way out. Meet addiction through any of three points.....1) this personality angle.....2) the psychosocial perspective of the Twelve Step programs.....or 3) the neurobiology of addiction. You will come to the heart of the problem and find the solution. Again.....this book is not about the type of person who becomes an addict....there is no such thing. All kinds of people become addicts. This book is about WHAT HAPPENS TO THE PERSONALITY AS A RESULT OF ADDICTION. Someone PLEASE put it on Wikipedia :) !

This book is one of the best descriptions and explanations of how the addictive personality and addictive thinking and addictive emotions work and play out. Very helpful book for helping to understand why the addicted person does what they do. The addictive person has a thought process and an emotional process that is playing out in their behavior. To a loved one addictive behavior often seems incomprehensible. This book clearly lays out why addicts do and act and feel and say what they do. Highly recommended.

The first few chapters of this book are outstanding. It clarifies so much about the process of addiction forming and identifies a way of examining the addiction without bias. I would recommend Nakken's work to any person identifying as, or dealing with an addict. Great book.

great

Good book

I've always had an interest in reading anything related to health. This book is very easy to understand. I am only half way through the book but I would consider it invaluable reading for anyone who has a relative or friend with an addictive personality. It covers multiple addiction topics from alcohol addiction to sex addiction and everything in between. It explains why addictions exist and what to expect. As soon as I am finished reading this book, I will have more to say on the subject. I will say this much for right now, I highly recommend it.

Definitive insight into the source of the addiction! Multiple addictions become much more understandable and also why the addict can shift from one drug of choice to another with relative ease. A timely primer on a growing problem of enormous proportions.

An extreme helpful book. I order them by the dozens and give them to my patients. It is intelligent and well organized. Virginia Blatchley, PhD.

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