



The Anatomy of Addiction: Overcoming the Triggers That Stand in the Way of Recovery

By Morteza Khaleghi, Karen Khaleghi



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The relapse rate for addicts in conventional treatment programs is a shocking 70-90%, despite the best efforts of family members, doctors, and the addicts themselves. Drawing on the latest addiction research, Creative Care founders Morteza and Karen Khaleghi argue that the reason so many addicts fail to make headway is because, too often, they focus on the addiction only, and not the many factors that contribute to it.

Readers will learn how to:

- * recognize what people and situations drive their addiction
- * peel back the layers of their life to understand the roots of helplessness and dependency
- * rewrite family dynamics and end the cycle of addiction.

This is an eye-opening look for addicts and family members that will show them how to discover the heart of problem, and overcome it.

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Editorial Review

Review

“Dr. Morteza Khaleghi is one of America's leading experts on addiction and a beacon of hope to addicts everywhere. A trusted advisor on the Dr. Phil Show, he has successfully helped countless individuals quit drugs and alcohol by confronting the underlying emotional issues as well as tackling the addiction itself.”

?Dr. Phil McGraw

“*Anatomy of Addiction* is a resource for those willing to go to any lengths to maintain their recovery. For those of us who know what is possible in recovery and understand our responsibility to continue our care, this book is a necessity.” ?Christopher Kennedy Lawford, author of *Symptoms of Withdrawl*

“It is rare that a book can successfully create a tone that is supportive while also being informative, friendly while also being directive, and engaging while also being based on sound research. Drs. Morteza and Karen Khaleghi accomplish just this in *The Anatomy of Addiction*. If you are new to recovery, this book will give you direction. If you have struggled with relapse, this book is, quite simply, a must read.” ?Lee Jampolsky, Ph.D., author of *Healing the Addictive Personality and Smile for No Good Reason*

“Morteza and Karen Khaleghi convincingly demonstrate how psychological issues like depression and trauma can cause relapse. More importantly, they show how to address these issues effectively. Their decades of experience come through brilliantly in this important book.” ?Jeff Jay, coauthor of *Love First: A Family Guide to Intervention*

About the Author

Morteza Khalegi, PhD and **Karen Khaleghi, PhD** are the founders and co-owners of Creative Care, each with over twenty years of experience treating addiction. They have appeared on *Dr. Phil* as well as NPR, WBUR, and CNN radio. They live in Malibu, CA.

Users Review

From reader reviews:

Paul Kline:

This The Anatomy of Addiction: Overcoming the Triggers That Stand in the Way of Recovery book is not really ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is definitely information inside this reserve incredible fresh, you will get facts which is getting deeper an individual read a lot of information you will get. This specific The Anatomy of Addiction: Overcoming the Triggers That Stand in the Way of Recovery without we recognize teach the one who examining it become critical in thinking and analyzing. Don't always be worry The Anatomy of Addiction: Overcoming the Triggers That Stand in the Way of Recovery can bring any time you are and not make your bag space or bookshelves' become full because you can have it with your lovely laptop even cellphone. This The

Anatomy of Addiction: Overcoming the Triggers That Stand in the Way of Recovery having good arrangement in word and layout, so you will not truly feel uninterested in reading.

Patricia Henderson:

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Jacob Brown:

A lot of people always spent their own free time to vacation or maybe go to the outside with them family members or their friend. Did you know? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity here is look different you can read any book. It is really fun in your case. If you enjoy the book that you read you can spent all day long to reading a guide. The book The Anatomy of Addiction: Overcoming the Triggers That Stand in the Way of Recovery it is rather good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to bring this book you can buy the actual e-book. You can mOore effortlessly to read this book from the smart phone. The price is not too expensive but this book has high quality.

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