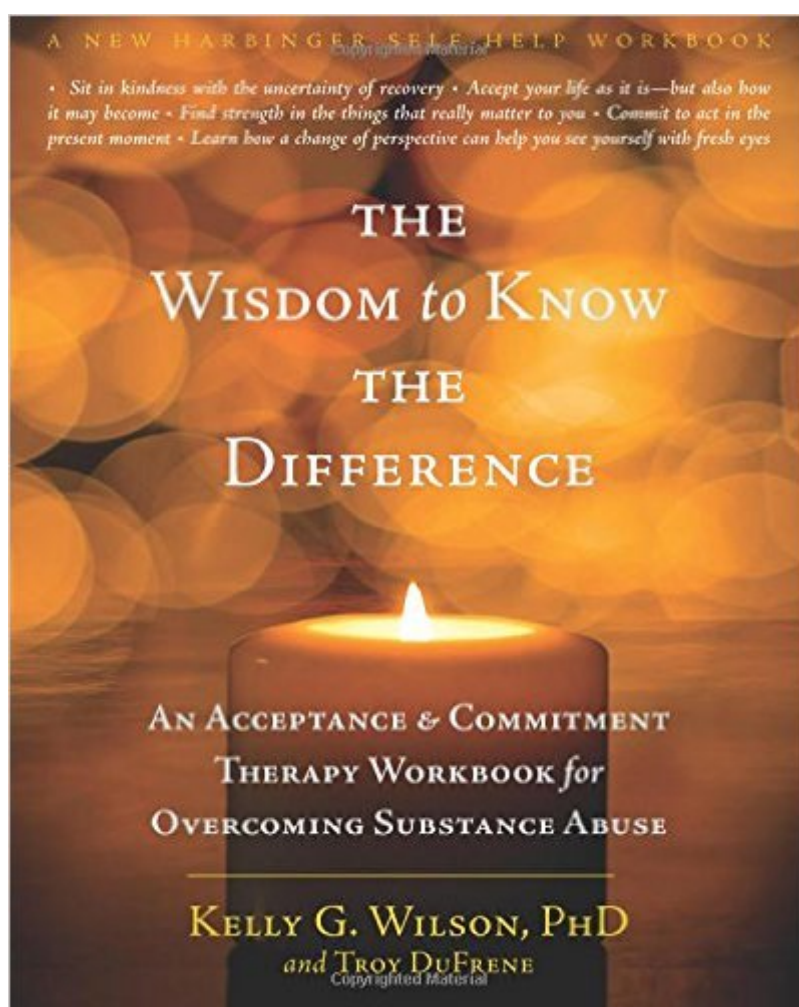


The book was found

The Wisdom To Know The Difference: An Acceptance And Commitment Therapy Workbook For Overcoming Substance Abuse (New Harbinger Self-Help Workbook)



Synopsis

Grant me the serenity to accept the things I can't change, The courage to change the things I can, And the wisdom to know the difference. Maybe you've just started on the road to recovering from addiction. Or you've tried to stop abusing alcohol or drugs before, but haven't been successful. Perhaps you're making progress in a support group or 12-step program, but want to add an approach grounded in science. No matter how far you've come, how far you still have left to go, or which path you've chosen, this book can help you end your struggle with addiction. The Wisdom to Know the Difference is an addiction recovery workbook based in acceptance and commitment therapy, or ACT. Research shows that ACT is a powerful treatment for alcoholism, drug addiction, depression, and other issues, and it can be used alone or in combination with any 12-step program. On this particular path, you'll learn to accept what you can't change about yourself and your past and commit to changing the things you can. You'll overcome your addiction by focusing on what you value most, like your talents, friends, career, relationships, and family. There's no need to wait any longer. This book will help you find the serenity, courage, and wisdom it takes to leave substance abuse behind for good.

Book Information

Series: New Harbinger Self-Help Workbook

Paperback: 184 pages

Publisher: New Harbinger Publications; 1 edition (February 2, 2012)

Language: English

ISBN-10: 1572249285

ISBN-13: 978-1572249288

Product Dimensions: 8 x 0.5 x 9.9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (23 customer reviews)

Best Sellers Rank: #195,193 in Books (See Top 100 in Books) #174 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency](#) #331 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#) #18163 in [Books > Self-Help](#)

Customer Reviews

The title may lead you to believe this is a spiritual book or an AA book - it isn't, but contains spiritual wisdom and has principles based in a well researched type of therapy, Acceptance and Commitment Therapy as part of your decision to embark on a journey of recovery (and if you are

open to it, also guides the reader with some ways to about incorporate ACT with 12 step philosophy and programs - since they both share similarities). The authors' humility and compassion comes across, with Dr. Kelly G. Wilson being the primary voice, who guides us with humility, while sharing pearls of wisdom which come from what ACT and from his own experiences. He encourages the reader to accept both the "sad and the sweet", to commit to live healthy and fully be in the present. You may not be impressed with this book if you are a strict AA preacher - who has trouble with ideas like self-discovery (i.e. if you think you can control your use, there is no mandate in this book from the author that you must not think that way, nor is there is confrontation). Although Dr. Wilson is very supportive of AA, he doesn't mandate that it is the only way. In addition, if you believe that you must believe in God to get sober, this may not be the book for you - although the book does not impose atheism or any religion for that matter. With Dr. Kelly G Wilson being a cofounder of Acceptance and Commitment Therapy, a recovering person, and scholar, one might expect that he take a one-up and lecture us or take the high pedestal, but instead, true to his character, and like other remarkable individuals, he humbly shares some of his regrets and helps us get in touch with our own mistakes.

[Download to continue reading...](#)

The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse (New Harbinger Self-Help Workbook) Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy (A New Harbinger Self-Help Workbook) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) Seeking Safety: A Treatment Manual for PTSD and Substance Abuse (Guilford Substance Abuse) The Mild Traumatic Brain Injury Workbook: Your Program for Regaining Cognitive Function and Overcoming Emotional Pain (New Harbinger Self-Help Workbook) How to Help an Alcoholic: Coping with Alcoholism and Substance Abuse (Help an Alcoholic Spouse, Alcoholic Family Member, Friend or Addict) (Coping with ... Husband, Dependence, Domestic Abuse) The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help

Workbook) *The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships* (New Harbinger Self-Help Workbook) *The Thriving Adolescent: Using Acceptance and Commitment Therapy and Positive Psychology to Help Teens Manage Emotions, Achieve Goals, and Build Connection* *The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger* (New Harbinger Self-Help Workbooks) *ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger* *Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control* (New Harbinger Self-Help Workbook) *Coping With An Addict: How to deal with drug addicts, substance abusers using pot, prescription pills, cocaine or methamphetamines* (*Coping With Alcoholism and Substance Abuse* Book 5) *Clinical Work with Substance-Abusing Clients, Third Edition* (Guilford Substance Abuse Series) *The Qigong Workbook for Anxiety: Powerful Energy Practices to Rebalance Your Nervous System and Free Yourself from Fear* (New Harbinger Self-Help Workbook) *Acceptance and Commitment Therapy, Second Edition: The Process and Practice of Mindful Change* *Acceptance and Commitment Therapy for Couples: Using Mindfulness, Values, and Schema Awareness to Rebuild Relationships*

[Dmca](#)