



Do No Harm: Transforming Addictions

Shoshana Kobrin MFT

Download now

[Click here](#) if your download doesn't start automatically

Do No Harm: Transforming Addictions

Shoshana Kobrin MFT

Do No Harm: Transforming Addictions Shoshana Kobrin MFT

"Do No Harm" is for people trapped in an addiction and for those who love them. It's also geared for people in the helping professions. Today so many of us struggle with addictive substances and behaviors: illegal or prescription drugs, alcohol, food, gambling, sex, overspending, nicotine, or caffeine. For instance, one out of eight Americans is a heavy drinker or abuses drugs. With the proliferation of mobile phones, Internet addiction has reached epidemic proportions. "Do No Harm" covers all the major addictions. Our culture fosters addictions. Economics is the mark of human achievement. The word "affluenza" ("affluence" and "influenza") refers to the dramatic increase of stress, overwork, and debt from obsessively pursuing the American Dream. Economic pressure, climate change, wars, shootings, terrorism, and assault erode our sense of security. We're becoming more guarded, more disconnected from our surroundings. We use addictions to calm our fears. Most books on addictions deal only with symptoms. "Do No Harm" explores the underlying causes, aiming at total recovery. Understanding the deeper layers of our struggle is necessary for the addiction to lose its hold. Kobrin's approach is holistic, encompassing our whole self and our relationship to self and the world. Kobrin says, "Addictions are an unconscious effort to survive a lack of meaning in ourselves, others, and our lives. We believe we're undeserving and insignificant. I call this belief system 'the Dark Spiral.' When we're lost in its inner emptiness, our lives feel mundane and useless." The antidote for the Dark Spiral is "the Satisfied Soul" – positive connections with our emotions, body, family, relationships, community, vocation, living situation, and our environment. Connecting with the "Inner Core Self" – our authentic self – and what gives meaning to life is vital. Our Satisfied Soul enables mindfulness of the present moment instead of obsessing on past misfortune or anxiety about the future. To change the dysfunctional pattern of an addiction, we need the power and energy of a Satisfied Soul. "Do No Harm" is user-friendly and designed for a quick start. It's divided into three parts. The first part, Overture, outlines and defines the features of an addiction. It includes an overview of the book's basic ideas and concepts. It surveys the most important points of each type of addiction. The second part, Causes, explores underlying factors causing the addiction. Appreciating how and why the addiction developed is vital for releasing guilt and self-blame. There are clear-cut reasons that brought us to this point. Knowing them frees us from the false belief that we're doomed to struggle with the addiction forever and ever. The third and major part of the book, Solutions, offers new concepts and practical tools for recovery. "Do No Harm" contains useful statistics and research. (Readers wishing to focus on the practical side of healing addictions are free to glide over this.) In the text are two types of boxes. One contains points made by a specialist whom Kobrin has interviewed. Each specialist has considerable expertise with a particular addiction and methodology. The other type of box contains vignettes or case histories – vividly written stories that illustrate the text and powerfully aid the healing journey. "Do No Harm" is for those of us wishing for more gratification in life than a double scotch, a hit of coke or nicotine, frosted pastries, excessive texting, casual sex, multiple casino games, perusing catalogs for the latest toy, or numerous cups of joe to keep us going. It's for those of us longing for something deeply satisfying, nourishing, and fulfilling, for discovering unknown aspects of the self – our hidden potential, talents, gifts, and capabilities. Do No Harm gives us permission to step into rich, joyful, and prosperous living. "You contain within you a multitude of gifts to be unwrapped" – Kobrin

 [Download Do No Harm: Transforming Addictions ...pdf](#)

 [Read Online Do No Harm: Transforming Addictions ...pdf](#)

Download and Read Free Online Do No Harm: Transforming Addictions Shoshana Kobrin MFT

From reader reviews:

Ruth McGrath:

Have you spare time for a day? What do you do when you have a lot more or little spare time? Yeah, you can choose the suitable activity with regard to spend your time. Any person spent their particular spare time to take a move, shopping, or went to typically the Mall. How about open or perhaps read a book called Do No Harm: Transforming Addictions? Maybe it is for being best activity for you. You know beside you can spend your time with your favorite's book, you can better than before. Do you agree with it has the opinion or you have various other opinion?

Guadalupe Marshall:

Do No Harm: Transforming Addictions can be one of your beginner books that are good idea. Many of us recommend that straight away because this book has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but still delivering the information. The copy writer giving his/her effort to get every word into satisfaction arrangement in writing Do No Harm: Transforming Addictions yet doesn't forget the main position, giving the reader the hottest and also based confirm resource facts that maybe you can be considered one of it. This great information can drawn you into new stage of crucial thinking.

Alyson Ward:

In this age globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You can observe that now, a lot of publisher that print many kinds of book. The actual book that recommended to you is Do No Harm: Transforming Addictions this e-book consist a lot of the information of the condition of this world now. This book was represented how does the world has grown up. The language styles that writer make usage of to explain it is easy to understand. The actual writer made some exploration when he makes this book. That's why this book suitable all of you.

Shirley Davenport:

Many people spending their period by playing outside using friends, fun activity with family or just watching TV all day long. You can have new activity to spend your whole day by looking at a book. Ugh, think reading a book can really hard because you have to bring the book everywhere? It okay you can have the e-book, getting everywhere you want in your Smart phone. Like Do No Harm: Transforming Addictions which is obtaining the e-book version. So , try out this book? Let's find.

Download and Read Online Do No Harm: Transforming Addictions
Shoshana Kobrin MFT #GMRB2YE3DOS

Read Do No Harm: Transforming Addictions by Shoshana Kobrin MFT for online ebook

Do No Harm: Transforming Addictions by Shoshana Kobrin MFT Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Do No Harm: Transforming Addictions by Shoshana Kobrin MFT books to read online.

Online Do No Harm: Transforming Addictions by Shoshana Kobrin MFT ebook PDF download

Do No Harm: Transforming Addictions by Shoshana Kobrin MFT Doc

Do No Harm: Transforming Addictions by Shoshana Kobrin MFT Mobipocket

Do No Harm: Transforming Addictions by Shoshana Kobrin MFT EPub