



Why Can't I Stop? (A Johns Hopkins Press Health Book)

Jon E. Grant, Odlaug Brian L., Samuel R. Chamberlain

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At some point in our lives, we all engage in behaviors that are risky, irrational, or unwise. We might find it exciting and temporarily rewarding to gamble on the lottery or impulsively buy an expensive gadget. But just as substances like alcohol and narcotics have the potential to become addictive, so do certain behaviors. A person addicted to gambling, shopping, the internet, food, or picking at their skin may suffer shame in the shadows while their behavior consumes time and energy and disrupts their life. Some people with behavioral addictions lose their family, job, savings, and home. With a physical basis in the brain, behavioral addictions are serious illnesses—but simply willing yourself to stop is usually not enough.

Why Can't I Stop? is for anyone who has a behavioral addiction, as well as their supportive families and friends. Examining seven of the most common and serious addictions—gambling, sex, stealing, internet use, shopping and buying, hair pulling and skin picking, and food—the authors bring together cutting-edge research to describe behavioral addiction, its causes, and how it can be diagnosed and treated.

Featuring patient stories of behavioral addiction and recovery, as well as information about treatment centers, this compassionate guide will help readers better understand the complicated issues surrounding these addictions and teach family members how to help the addicted person while helping themselves.

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From reader reviews:

Donald Link:

This Why Can't I Stop? (A Johns Hopkins Press Health Book) book is just not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book will be information inside this publication incredible fresh, you will get facts which is getting deeper you read a lot of information you will get. This kind of Why Can't I Stop? (A Johns Hopkins Press Health Book) without we understand teach the one who examining it become critical in pondering and analyzing. Don't become worry Why Can't I Stop? (A Johns Hopkins Press Health Book) can bring if you are and not make your carrier space or bookshelves' turn out to be full because you can have it inside your lovely laptop even cellphone. This Why Can't I Stop? (A Johns Hopkins Press Health Book) having good arrangement in word in addition to layout, so you will not experience uninterested in reading.

Ross Adams:

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Jennifer Stephens:

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Desiree Grajeda:

Spent a free time for you to be fun activity to perform! A lot of people spent their leisure time with their family, or all their friends. Usually they carrying out activity like watching television, likely to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Can be reading a book can be option to fill your cost-free

time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to test look for book, may be the publication untitled Why Can't I Stop? (A Johns Hopkins Press Health Book) can be good book to read. May be it could be best activity to you.

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