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Nota di contenuto	Cover -- Series Page -- Title Page -- Copyright Page -- Dedication -- About the Author -- Contents -- Foreword -- Acknowledgments -- Prologue -- Introduction: Remembering Addiction -- PART I. WRITING FOR OUR LIVES -- Chapter One. A Sobriety of Literary Merit -- Chapter Two. Letters of Invitation and Dismissal -- Chapter Three. Bargaining: Controlled Drinking and Other Negotiated Settlements -- Chapter Four. Telegrams from God: Reauthoring Spirituality -- Chapter Five.

Epilogues: Letting Go -- PART II. DETOXING THE THEORY -- Chapter Six. Becoming 12-Step Literate -- PART III. STORIES FOR OUR TIMES -- Chapter Seven. Trauma and Recovery -- Chapter Eight. Reality Bytes: Narrating Food Addictions -- Chapter Nine. Writing Home: Applications to Family Therapy -- Chapter Ten. Sobering Up Ophelia: Therapy with Children and Adolescents -- Chapter Eleven. Narrating Our Own Stories: Therapists in Recovery -- PART IV. NO CONCLUSIONS -- Chapter Twelve. A Less Convenient Fiction -- Postscript: Muddling Through -- Notes -- References and Selected Bibliography -- Index -- About Guilford Publications -- Discover More Guilford Titles.

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#### Sommario/riassunto

Working with clients who abuse drugs or alcohol poses formidable challenges to the clinician. Addicted persons are often confronting multiple, complex problems, from the denial of the addiction itself, to legacies of early trauma or abuse, to histories of broken relationships with parents, spouses, and children. Making matters more confusing, the treatment field is too often splintered into different approaches, each with its own competing claims. This eloquently written book proposes a narrative approach that builds a much-needed bridge between family therapy, psychodynamic therapy, and addictions counseling. Demonstrated are innovative, flexible ways to help clients form new understandings of what has happened in their lives, explore their relationships to drugs and alcohol, and develop new stories to guide and nourish their recovery.

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