

## Life Without A Crutch

Positive encouragement on every page! Provides compelling reasons to confront dependency and overcome self-surrender. An ideal introduction to any recovery or reentry program, no matter what the addiction or treatment method. Motivates the reader to accept and confront the influence of dependency in his or her life.

**69 pages**

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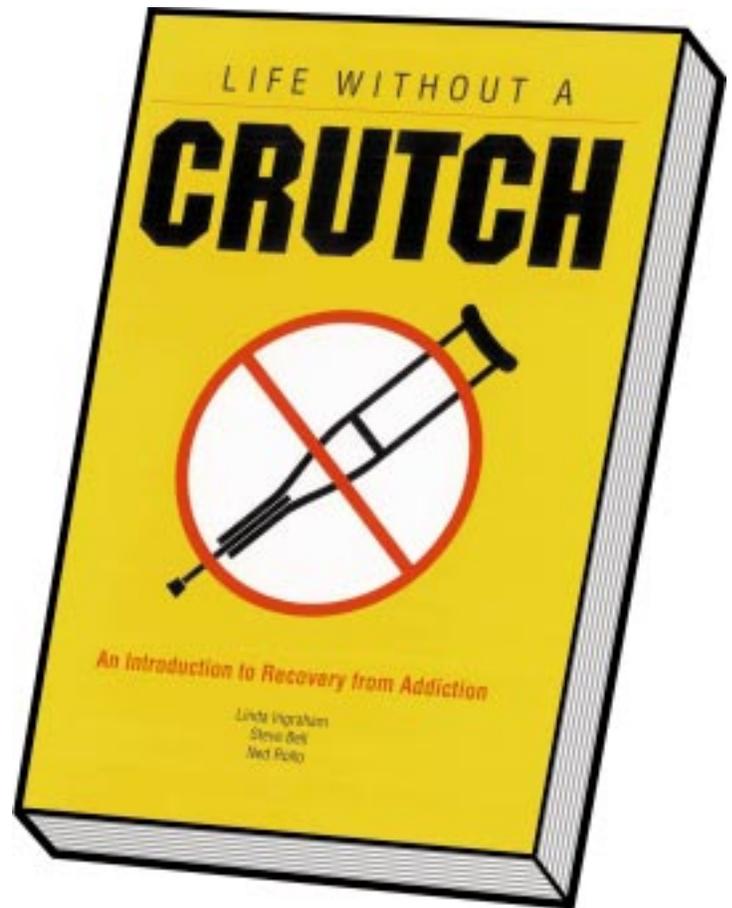
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Federal Correctional Institution,  
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***“Your book has become valued resources to me. It is filled with good advice from someone who has obviously been down the road I’m traveling.”***

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***“In my years of work in the addictions field, I have never found a program so well thought out that engages participants to honestly journey through the events in their past and prepare to make necessary corrections for the future.”***

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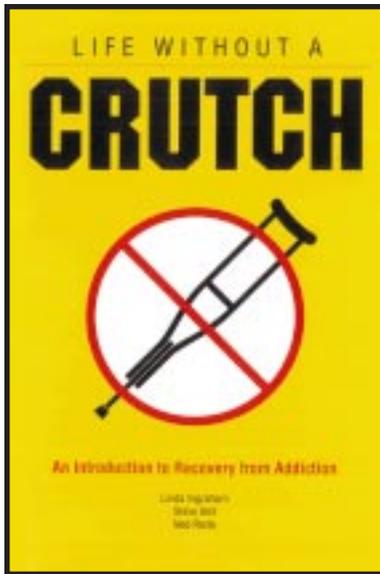
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### **Chapter 1: HOW TO THINK LIKE AN ADDICT**

We like to believe our thoughts and feelings are “special.” It’s a way to see ourselves as unique and valuable. And obviously those of us with an addiction problem are individuals with our own unique ways of doing things. But no matter what our differences, we all wrestle with confused thinking, out-of-control behavior, and the problems that result.

Our first weapon in the fight against addiction is the discovery that addictive thoughts and actions are highly predictable! That is, despite their different addictions and personalities, the behavior of a person with an addiction

often follows a pattern similar to the behavior of other addicts. And these patterns tend to have a negative impact on many other aspects of our lives. By growing ever more aware of these patterns, we can watch ourselves and others dancing the same tired steps over and over.

Many of the following examples may not fit you exactly, but most of the reactions surely will. Middle-class or hard core, you’ll find a lot of yourself here! So as you read, open your mind and heart. Let this be a private moment of truth: ask yourself how much of YOUR thinking is tied up with addiction.

— from *Life Without A Crutch*, Page 5

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