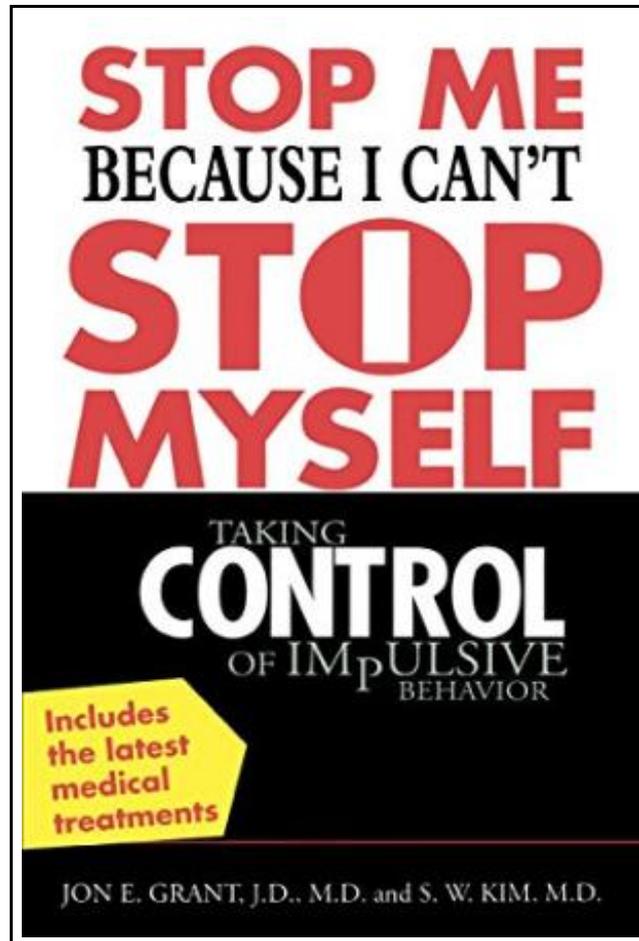


Stop Me Because I Can't Stop Myself: Taking Control of Impulsive Behavior



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Reviews

This written ebook is fantastic. It is probably the most incredible ebook we have read. Its been written in an extremely basic way in fact it is just following i finished reading this publication where basically modified me, affect the way i think.

(Howell Reichel)

STOP ME BECAUSE I CAN'T STOP MYSELF: TAKING CONTROL OF IMPULSIVE BEHAVIOR



McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Stop Me Because I Can't Stop Myself: Taking Control of Impulsive Behavior, Jon E. Grant, S.W. Kim, Gregory Fricchione, This is the first authoritative guide to provide help for impulse control sufferers and those who love them. Most of us have urges to engage in behaviors we know are not good for us, from splurging on gifts we can't afford to gambling. But when these urges become too much to handle, we can suffer intense emotional distress, putting our friendships, relationships, and jobs in jeopardy. Impulse control disorders are often difficult to recognize, even for those who struggle with them, but they are not uncommon. Now, the nation's leading specialists in the field offer a powerful self-help guide for the estimated 35 million sufferers and their loved ones."Stop Me, Because I Can't Stop Myself" tackles the essential questions on the road to healing: how to know if you, or someone you care about, has a problem; how to recognize impulse control problems in children, adolescents, and the elderly; what medical, pharmacological, and therapeutic treatments are available; how impulse control disorders differ from Tourette's syndrome, alcohol addiction, and other substance abuse problems; what family, friends, and patients themselves can do; and, where to find additional help. Also included in this hopeful and encouraging book are compelling first-hand stories of the authors' patients, and invaluable analyses of groundbreaking new treatments.

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