



Addicted?: Recognizing Destructive Behaviors Before It's Too Late

Marilyn Freimuth

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Addicted? presents different ways to recognize the early and often subtle signs of addiction—much in the same way we learn to detect the early signs of cancer. But, unlike cancer, where people rush to get treatment as soon as they recognize the signs, an addiction typically is faced with great guilt and ambivalence.

Addicted? provides questionnaires that screen for a wide array of chemical and behavioral addictions at all stages of development, and ends with a step-by-step guide for how to prepare oneself or someone else to overcome addiction.

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