



## Understanding Addictions

*Smita Barooah Sanyal*

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# Understanding Addictions

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## **Understanding Addictions** Smita Barooah Sanyal

A practical guide to accepting and dealing with addiction, Understanding Addictions is a comprehensive study of all aspects of the disease – from identifying the various reasons why people get addicted to not-to-be-missed symptoms, and from complete dependence to recovery and rehabilitation. This book defines addiction and offers solutions in the form of self-assessment tests, spells out common myths and realities, and also emphasizes the role family and friends can play in helping a person deal with the disease. With details of organizations that help one overcome the dependence, this book is a vital tool for anyone dealing with addiction or wanting to help those struggling to come out of this.

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