



# **Beyond Addiction: How Science and Kindness Help People Change**

*Jeffrey Foote, Carrie Wilkens, Nicole Kosanke, Stephanie Higgs*

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The most innovative leaders in progressive addiction treatment in the US offer a groundbreaking, science-based guide to helping loved ones overcome addiction problems and compulsive behaviors.

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*Beyond Addiction* eschews the theatrics of interventions and tough love to show family and friends how they can use kindness, positive reinforcement, and motivational and behavioral strategies to help their loved ones change. Drawing on forty collective years of research and decades of clinical experience, the authors present the best practical advice science has to offer.

Delivered with warmth, optimism, and humor, *Beyond Addiction* defines a new, empowered role for friends and family and a paradigm shift for the field. Learn how to tap the transformative power of relationships for positive change, guided by exercises and examples. Practice what really works in therapy and in everyday life, and discover many different treatment options along with tips for navigating the system.

And have hope: this guide is designed not only to help someone change, but to help someone want to change.

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