

# FREE THE ALCOHOLISM AND ADDICTION CURE: A HOLISTIC APPROACH TO TOTAL RECOVERY PDF



Chris Prentiss | 336 pages | 31 May 2006 | Power Press | 9780943015446 | English | Malibu, United States

## **A Holistic Approach to Alcoholism**

Goodreads helps you keep track of books you want to read. Want to Read saving... Want to Read Currently Reading Read. Other editions. Enlarge cover. Error rating book. Refresh and try again. Open Preview See a The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery Details if other :. Thanks for telling us about the problem. Return to Book Page. The breakthrough three-step program that heals the underlying causes of dependency and ends relapse for alcoholics, addicts, and those with addictive behaviors.

The Alcoholism and Addiction Cure contains the three-step holistic program to total recovery that is the basis of the miraculous success of Passages Malibu Addiction Cure Center in California, one of the world's most successful addiction treatment centers. The breakthrough three-step program that heals the underlying causes of dependency and ends relapse for alcoholics, addicts, and those with addictive behaviors.

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Once the The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery problems are discovered and cured, the need for drugs, alcohol, or addictive behavior will disappear--along with the craving. His son Pax was addicted to heroin, cocaine, and alcohol for ten years. They sought help everywhere, but Pax relapsed again and again. In desperation, they finally created their own holistic, hand-tailored program that was a complete break from all other programs and that combined several effective therapies.

It saved Pax's life. Together, father and son founded Passages Malibu to help others find their own freedom. For decades, we've been hearing that alcoholism and addiction are incurable diseases, but The Alcoholism and Addiction Cure proves that this is a dangerous myth and that the label of "alcoholic" or "addict" destroys the promise of full recovery.

Today, thousands are being freed from the old, limiting paradigms by using the groundbreaking approach spelled out in this book.

As visionaries and innovators, Pax and Chris Prentiss bring new hope to people everywhere who are dependent on drugs, alcohol, or addictive behaviors. Get A Copy. Paperbackpages. Published October 1st by Power Press first published January 1st More Details Original Title. Other Editions Friend Reviews. To see what your friends thought of this book, please sign up. To ask other readers questions about The Alcoholism and Addiction Cureplease sign up. Be the first to ask a question about The Alcoholism and Addiction Cure.

Lists with This Book. This book is not yet featured on Listopia. Community Reviews. Showing Average rating 3. Rating details. More filters. Sort order. Jul 08, Billy rated it liked it. A friend of mine gave this to me to help me understand a little more about the problems with my brother.

I really wanted to get behind this book, but it read a little too much like a sales brochure. The ideas in this book about addiction and alcoholism really resonated with me.

I The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery the concept that there was something underlying addiction. I liked the idea that addiction was simply a symptom of other issues that needed to be dealt with.

It made sense. However, I wonder if that is just the case A friend of mine gave this to me to help me understand a little more about the problems with my brother. However, I wonder if that is just the case because I am an outsider looking in. Also, the fact that the book says essentially that "some people can drink or do drugs recreationally and it isn't a problem, but others that have had an addiction problem can never do them again" makes the whole argument seem like a non sequitur.

How is it that someone can be 'cured', but they can't ever go back and do the thing they were addicted to? If they are cured, then they should be able to do it recreationally and it wouldn't be a problem, right? This leads me to believe that, while there may be underlying problems that triggered the start of an addiction, the addiction itself is indeed a weakness in a person that needs to be dealt with.

We can't wash our hands of the weakness just because we have solved the problem. This person still has an underlying and possibly genetic issue that needs to be addressed in addition to whatever psychological disorders they may have. Rates like that scream extortion Helped me a lot and gave me a new direction in overcoming my addiction problem.

I recommend this book to anyone that's struggling with alcoholism or any other type of addiction. This book gave me hope and helped me to understand the roots of my problems that ignite my addict behaviors. Sep 16, Sue rated it really liked it. This book gives a different perspective to the commonality. A perspective from a person who is not dependent on substances to clearly see and understand the struggle of a person who is dependent on substances.

Also, in continuing the sense of perspective, that there are other avenues to achieve a successful recovery than the traditional AA or NA. That being said, if the potential reader is adamant that AA or NA is the only way to achieve recovery, I would not recommend this book to them.

Also, i This book gives a different perspective to the commonality. At first, I thought the frequent mention of the treatment center, Passages, was advertisements to enroll in the facility. However, it follows the concept of the book The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery the reader believes the program given in the book will allow them to achieve a successful recovery then it will happen.

In other words, it follows the quote by Henry Ford, "Whether you think you can, or you think you can't - either way you're right. That is not to say that it is without value, but rather to say that the author takes a while to tip his hand at his true agenda.

The book begins with the assumption that the reader is addicted to alcohol or some other substance, and proceeds to attempt to win the sympathies of the reader by discussing, both from the author's view as well as his son's view, that young man's struggle with addiction to heroin, cocaine, and alcohol. The author uses t s In many ways, this book is a snake in the grass. The author uses this approach as a way of exploring the deeper roots of addiction and the fact that addiction is almost always a mask for something deeper, a way The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery self-medicate, seeking to avoid labels as well as condemnation.

So far, so good. And then, somewhere around the middle of the book, the author shows his true colors in his attempts to spread Buddhism and other Eastern religious practices. This book's length at over pages will likely deter readers The Alcoholism and Addiction Cure: A Holistic

Approach to Total Recovery are not committed to finishing it.

Unfortunately, the structure of the book has all the appearances of a bait and switch, with a lot of short chapters opening the book and then a lengthy chapter towards middle of the book that reveals the author's anti-Christian agenda. The first few chapters give the author's pledge to the reader that a cure for addiction is possible, focus on healing the underlying causes, give Pax Prentiss' account of addiction, discuss the change in the treatment paradigm that the author was seeking to do in his rehab facility, and then *The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery* discusses the four causes of dependency, the author's chosen word for addiction as it lacks the negative meanings of other terms.

It is at this point where the book turns, first when it talks about believing a cure is possible in ways that resemble the sort of false beliefs expressed in "The Secret" and other similar works, and then when the author spends nearly pages talking about what a holistic recovery program looks like, with acupuncture, therapists, Eastern religious specialists, a focus on meditation, and so on.

The author presents a false dilemma between Eastern religious beliefs and practices that supposedly correspond to the way the universe works and a Western model that focuses only on drugs, entirely neglecting the reality of *The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery* or the Judeo-Christian religious framework.

The book then closes with a discussion of the reader's personal philosophy as well as an ode to a new chapter in life, as the author assumes that having finished the book that the reader is in agreement with him. There is something in this book that caused me to ponder why it is that Eastern religious approaches are so popular in contemporary America.

For one, this has to do with a lot of people who are easily fooled and fond of religious thoughts and ways that seem exotic but that fail to meet the deepest spiritual needs of mankind, and that try to offer spirituality within a sense of sin, which is the strongest appeal of most New Age religious philosophies. Yet the author's approach is one that could only be tried in a country that was well-off and generally safe to live in, as the author's belief that people drew their lives to them through their own thinking would not be feasible to promote in a country where bad things *The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery*, had happened for generations, and where no amount of positive thinking was going to make life any better.

This book, and many of the problems it deals with, are the result of affluenza, the realization that one had blessings one did not deserve and did not necessarily want to or believe one could pay for those blessings in good works, *The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery* one felt inadequate to what was given, or, alternatively, that one had been treated unjustly and unfairly by life based on seeing others do so much better. Yet although the book strives to deal with root causes, it ignores the root cause of human misery in the sins we commit and the sins that others commit against us.

Jan 24, Amber Berkhart rated it it was ok. As good intentioned as the book was written, it came off as an advertisement for the author's treatment facility, Passages, in book form.

It quite frankly told the reader, who was presumed to have an addiction, that there was only one way to recovery - their method. As a clinician who works in the addiction population, I felt myself reading and defending the clinical philosophies of my employer. Clinical treatment facilities need to JOIN together, not pull the field apart.

Jun 13, Patrick rated it it was ok. The authors believe in the Holistic approach to "Cure" their patients. They also run a "Very Expensive" recovery center. The book is 1 giant advertisement for their center. I am not impressed with their methodology. Read with an open mind and question how you feel about what you have been presented.

Jan 01, Katrina Bergfalk rated it it was amazing. One of the best books on recovery I have ever read.

## **The Alcoholism and Addiction Cure Quotes by Chris Prentiss**

Prentiss says that alcohol and drugs are not the problem. In an era when the national relapse rate is between 80 percent and 90 percent, Passages reports that Tiffany Tait is the Chief Operating Officer at Level Up Lake Worth in where Tiffany works closely with the facility, helping to ensure that patients are comfortable and safe.

*The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery* has been working in the addiction treatment field for 14 years. She has helped countless addicts get through the detox process and begin their journey toward lifelong recovery.

She is especially recognized for her experience in clinical program development, leadership development, and organizational restructuring.

Tiffany is originally from Brooklyn, New York, and enjoys reading, being a mom and taking long naps on the beach.

What Helps Chemical Dependency? May 5, Read more. February 14, February 5, Looking for Immediate Help? Speak with an Addiction Advisor. Call the number below. Quick Links. Get help now! Sergio Witis Sergio is a Certified Addiction Counselor and group facilitator in charge of adding culture to the clients experience through, music, art, inner child work, and community.

With 20 years of experience in the music industry, touring internationally in bands, running a record label, and producing. It is his passion and purpose to create a safe environment for others to express themselves in order to find happiness in their own lives. Michael Borzillo Working hand in hand with and directing the medical, clinical, and behavioral tech departments, Michael leads our West Palm facility with dedication, love, motivation, and patience.

With over 12 years of experience in the field of addiction treatment, Michael has worked his way up and through every facet of treatment operation. Chris McCormick Christopher oversees all daily operations regarding patient care and facility management, as well as functions as department head for all Behavioral Health Technicians and the Step Integration team at Level Up Lake Worth.

As a graduate of Kutztown University in PA holding a bachelor of science, Christopher has been working in the substance abuse field since having started out as a BHT Behavioral Health Technician himself. As a Licensed Clinical Social Worker in the state of Florida with extensive experience designing and managing clinical programs, Catherine has been working in the Substance Abuse treatment industry for over ten years.

Thania Quesada, MD Dr. Currently, Dr. Quesada treated patients with substance abuse, eating disorders, and comorbidity. Quesada has also served as the medical director at Jewish Adoption and Foster Care Options, which works with teens with mental health and substance abuse issues, all the while concentrating on family preservation.

Quesada dedicated herself to the treatment of adults and teens with mental health and substance abuse issues. Quesada was awarded the Gratitude for Giving Compassion Award from Sierra Tucson, given to the medical doctor that contributed the most to the wellness of clients.

Quesada has The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery vast wealth of experience as well as the recognition from her colleagues in her field for her caring and compassionate service in the areas of substance abuse and mental health. Samantha has over 10 The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery of experience working in the fields of substance abuse and detoxification.

For the last 5 years, Samantha has worked in a Managerial or Directorial capacity, and has assisted with the opening of 3 different detox facilities. With over 2 years experience working in the substance abuse industry, Martin has worked as a Behavioral Health Technician, Alumni Coordinator, and Admissions Representative, qualifying him to understand the entire treatment process and the great difficulties a family and client can face during their journey in recovery.

Colin Brothers As Director of Alumni, Colin works to maintain a community of love and support for the people that go through our program at Level Up Treatment, and to have a safe place to turn to in the event of calamity in their lives.

The concept of one alcoholic helping another is at the backbone of our core values for when people leave this facility. Respecting the difficulty through trial and error and personal experience, Colin understands that the only way to be able to lead others is to learn how to be led himself.

Colin believes that in order to stay the course, he must be that guide for others to harness the power in The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery to beat addiction.

Within this responsibility, Matthew works closely with the Executive Director to achieve maximum productivity and meet monthly goals. In addition, Matthew assists in patient transition from detoxification detox to residential treatment level of care by holding weekly groups at our Lake Worth facility and answering any questions patients may have. Before entering the substance abuse facility, Matthew put his life on the line to save others, now he dedicates his life to helping people save themselves.

Breanne encourages families to participate in their own personal growth and recovery simultaneously with their loved ones, introduces families to step work, discusses with them various aspects of recovery and participatory workshops that benefit the whole family, and is there to answer any of the difficult questions the family might have, as well as providing loving, moral support.

The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery worked in many roles in the treatment industry from behavioral health technician to case manager as well as being in recovery herself, Breanne fulfills her duties with experience, knowledge, and love.

Gianni Fugazy Gianni Fugazy is the Director of Operations at Level Up in Margate where Gianni works closely with patients in the facility, helping to ensure they are comfortable and safe. Gianni has been working in the addiction treatment field for 4 years.

He has helped countless addicts get through the detox process and begin their journey toward lifelong recovery. Gianni is originally from Harrison, New York, and enjoys watching movies and going to the gym in his free time.

## **Gulf Breeze Recovery is a holistic approach to addiction treatment**

Alcohol addiction is a multifaceted brain disorder which is one of the reasons it is so difficult to treat and why a holistic approach to alcoholism is the prescription needed for craving-free and long-term sobriety. The roots of alcoholism lie in an imbalance or depletion of neurotransmitters in the brain that is caused by the alcohol itself, nutritional deficiencies, low blood sugar, allergy, poor diet, hypothyroidism, toxins in the environment, childhood abuse, chronic stress, brain trauma, or many of the other things that disrupt neurotransmitters.

However, these biochemical roots affect every aspect of an individual's life. It alters personality, cognitive functioning and spiritual connections. It impacts the physical, emotional, social, cognitive and spiritual levels deeply.

We'll call these other issues, secondary contributors to alcoholism. Although they are not the core root, if they are not addressed they have the power to sabotage recovery. The physical, emotional and spiritual elements are deeply intertwined. When an individual addresses the true biochemical roots of their addiction with a holistic approach to alcoholism, physical healing begins and biochemical repair is essential to success in long-term sobriety.

Deep spiritual and emotional healing can't be complete without it. However, if one only addresses the biochemical and neglects the spiritual and

emotional then they are still at risk of relapse or relapse.

The damage that is done on the physical level has a great impact on the psychological and the spiritual. When your brain and body systems aren't functioning properly, it has a profound impact on emotional and spiritual. The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery which is often exhibited in a variety of negative psychological symptoms. Incorporating a holistic approach to alcoholism into your recovery plan helps the individual to heal on all these levels and therefore increases the success rates of long-term sobriety quite drastically.

Alcoholism is unique from other disorders in that it often destroys marriages or relationships or alienates family and friends. When this occurs, the alcoholic is left in a position without much support. For those who stick around, there is usually a great deal of damage done to the relationship and healing is required. Another unique component to alcoholism, is that after one engages in the alcoholic lifestyle for an extended period of time, it then becomes a learned behavior to some degree.

They learn to respond to stress, pain, sadness, anger etc. It becomes a habitual response without thought. These types of behaviors must be unlearned and replaced with healthier behaviors. Habits and routines must be broken. A new lifestyle needs to be embraced. Alcoholism recovery is also unique in that The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery is likely to be a great deal of shame, guilt and remorse for actions and behaviors that the alcoholic engaged in while intoxicated, which must be dealt with in a healthy manner to keep them from interfering in sobriety.

Depending on factors such as each individual's background and how long one has been living with alcoholism, there can be a variety of other secondary factors that need to be taken into consideration and addressed, such as relationship issues, childhood sexual or physical abuse, impact on marriage, parenting issues and interpersonal skills.

Many people who've lived with alcoholism for a long time may be lacking in a variety of social skills that are necessary to get through life. These factors will not apply to everyone, but for those who it does, this is where traditional counseling is called for. The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery yet another exclusive aspect of alcoholism is that sometimes the individual goes through a grieving period when they begin recovery.

Giving up alcohol is like losing a very good friend or a loved one. Emotional support is a crucial for those who have this experience. The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery all these different factors weighing in the alcoholism recovery equation, to address only one aspect will not lead to successful long-term sobriety. All issues must be addressed simultaneously or they become possible triggers for relapse and undermine recovery.

A holistic approach to alcoholism may include the following: Another very important component in the holistic approach to alcoholism is that treatment is individualized and personalized according to The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery each person's needs and issues.

One person may have many secondary issues while another individual may have none or only one. Treatment approaches will vary to some degree in the biochemical aspect as well as the emotional and spiritual aspects. Someone who has been drinking for 20 years may have a lot more complex biochemical and social issues than someone who became an alcoholic two years ago after their husband died.

An individual who lived with childhood sexual, emotional or physical abuse or neglect may have more challenges to face than someone who had a loving childhood. Their alcoholism recovery plan would likely include a lot more focus on the counseling aspect. One person may need a great deal of counseling and training in areas such as The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery communication and assertiveness while others may be quite competent in these areas.

Some people may adjust easier to a new lifestyle while another may struggle a great deal. All these details need to be taken into account and adjusted for specifically for the individual. If you'd like to learn more about the biochemical and holistic approach to alcoholism, and how I've used it to achieve more than 25 years of uninterrupted sobriety without cravings, you can read my story in *Get Sober Stay Sober: The Truth About Alcoholism*. Alternatively, if you'd like a more complete program, you can find everything you need to get started on the road to recovery in my *Clean and Sober for Life Jump-Start Program*.

If you'd like a more personal touch, I am also available for sobriety coaching. The use of a holistic approach to alcoholism empowers the individual and provides them with the strongest defense possible to attain and maintain life-long sobriety that is free of cravings. Food addiction frequently occurs in conjunction with alcoholism and drug addiction, and if it is not addressed, it can result in cravings for the substance of choice and relapse.

[Read More](#). The effects of child abuse and neglect are long-lasting, profound and often lead to drug addiction or alcoholism. Understanding the candida and alcoholism connection is a crucial component to overcome cravings for alcohol and achieve successful long-term recovery.

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