



# **Overcoming the Addict/Alcoholic Within: Surrendering Toxic Beliefs that Trigger Relapse in Recovery**

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## **Overcoming the Addict/Alcoholic Within: Surrendering Toxic Beliefs that Trigger Relapse in Recovery** Dee Talks

Recovery from dependency on alcohol and drugs can be a formidable challenge. Since chemical addiction reinforces toxic thinking that can lead to relapse, it is necessary for a person in early recovery (as well as in later recovery) to find a recovery plan that works. This book examines 10 ways a person can sabotage their recovery. Of primary importance will be an individual's willingness to seek and apply help from alcohol/drug counseling and/or sober support groups. Those who try to defeat their addiction alone usually relapse, because they believe in the toxic thinking their addiction has taught them. "Blind spots" in one's thinking can be as dangerous as not identifying "blind spots" while driving.

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