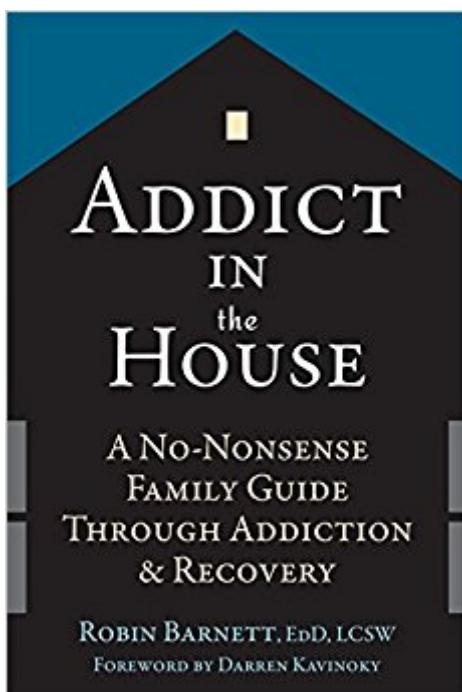


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# Addict In The House: A No-Nonsense Family Guide Through Addiction And Recovery



## Synopsis

"This is a straightforward, rich resource for anyone who lives with, and loves, an addict."

•Publishers Weekly Everyone suffers when there's an addict in the family. Written by an expert in alcohol and drug addiction and recovery, this no-nonsense guide will help you understand the causes of addiction, end enabling behaviors, support your loved one's recovery, and learn how to cope with relapses. If you're the family member of an addict, you may feel confused, guilty, and scared of doing the wrong thing. And when you don't know how to help, you may find yourself in a codependent role, trying so hard to keep your addicted loved one alive, out of jail, or emotionally appeased that you may actually prevent them from realizing they need help. Drawing on her own personal experience with her brother's addiction, *Addict in the House* offers a pragmatic, step-by-step guide to dealing with a loved one's addiction, from accepting the reality of the disease to surviving what may be repeated cycles of recovery and relapse. You'll learn how to encourage your addicted loved one to get help without forcing it, and finally find the strength to let go of codependence. With this revealing and straightforward book, you'll have the support you need to take an honest look at how addiction has affected the family, cope with the emotional hurdles of having an addicted family member, create and maintain firm boundaries, and make informed decisions about how to best help your loved one.

## Book Information

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## Customer Reviews

"This is a straightforward, rich resource for anyone who lives with, and loves, an addict. ... Having grown up in a household marked by addiction, behavioral health specialist Barnett is the ideal guide through a journey that, as she writes, is rocky at best. Rather than adopt the tone of an expert, which risks coming off as condescending, she writes as a fellow traveler. Navigating a life with an addict is not easy: the most basic aspects of communication are compromised, and freedom from the cycles that entangle most addicts' families requires breaking long-established patterns. Barnett presents her discussion with the qualification that it is condensed, in keeping with the "no-nonsense" self-description of the title. Each chapter is introduced by the words of addicts, but readers seeking more detailed, first-person accounts will not find them here. And instead of answers, they will find a process, presented more as a hopeful beginning than an ultimate cure." •Publishers Weekly "Robin Barnett has a true gift for working with the toughest addicts and the families that love them. Her book *Addict in the House* is a blueprint for all families to follow when faced with addiction in the home." • Heather R. Hayes, MEd, LPC, CIP, intervention pioneer featured on Dr. Oz, international certified hostage negotiator, and cofounder of Hayes, Davidson and Associates "Robin Barnett's experience with families struggling with an addict in the home is unparalleled, and her new book *Addict in the House* is an absolute must-read for anyone struggling with addiction, the people who love them, and most importantly, those who enable them!" • Akikur Mohammad, MD, is a board-certified psychiatrist in addiction medicine, an award-winning academic, professor in the department of psychiatry at the Keck School of Medicine of the University of Southern California, and author of *The Anatomy of Addiction* "Robin Barnett's *Addict in the House* is a must-read for any family struggling to find answers and a workable strategy for dealing with addiction with someone they love." • Josh Shipp, television personality and author of *The Teen's Guide to World Domination* "In a world wrought with more addiction nightmares than ever before, it is essential that families know how to respond and take action when confronted with addiction in the home. Robin Barnett's *Addict in the House* is a must-read for anyone looking for answers when addiction hits home." • Loni Coombs, television legal analyst, former prosecutor, and author of *You're Perfect and Other Lies Parents Tell* "With a constant stream of addiction-related news, there is no shortage of people struggling for answers when faced with an addiction crisis. At last, there is a guide for families struggling to find answers, direction, and solutions. Robin Barnett's *Addict in the House* is a must-read for anyone and everyone caught in the struggle." • Kimberly Cornell, EMMY award-winning executive producer for KTLA and Tribune Broadcasting

stations. "Robin Barnett is a true authority on the topics of addiction, addiction treatment, and family strategy. Her book *Addict in the House* is an absolute gift of knowledge and inspiration for all families struggling to find a solution and a workable plan when addiction rears its ugly head at home." • Harry Phillips, award-winning producer of ABC News, 20/20, and Nightline

Robin Barnett, EdD, LCSW, is a respected behavioral health expert and former CEO of Park Bench Group Counseling, a progressive addiction rehabilitation facility in Northfield, NJ, which she cofounded in 2006. A licensed clinical alcohol and drug counselor, and a certified sex addiction expert and therapist, for nearly two decades she has helped countless people conquer addictive behavior and a multitude of behavioral challenges. Inspired by firsthand experience when her own brother encountered a downward spiral with alcoholism and drugs, Barnett hopes to help others manage the heartache of this struggle by sharing her professional and personal insights. Barnett is a well-known resource in the clinical community. She was named among "America's Best Therapists" by Psychology Today, and has appeared as a drug, alcohol, and behavior expert on various national media outlets, including MTV, CNN, HLN, NBC, FOX, ABC (20/20, Nightline), and CBS. Barnett is a regular on The Steve Wilkos Show (NBC Universal Syndication) as their substance abuse expert, and is currently included in the fabric of several unscripted television projects. Barnett holds a doctorate in human services administration from the University of Sarasota and a master's in social work from Rutgers, the State University of New Jersey. Barnett resides with her family at the Jersey Shore. Foreword writer Darren Kavinoky is cocreator and host of the hit television show *Deadly Sins* on Investigation Discovery (ID). He is the cohost of *Did He Do It?* and the featured "criminal interventionist" on *Breaking Point*, also on the ID network. Kavinoky is also a certified interventionist, attorney and legal analyst, and "misbehavior" expert who appears regularly on *The Today Show*, *The View*, *Entertainment Tonight*, *The Insider*, *Dr. Phil*, *Dr. Drew*, CNN, HLN, Fox News, and many other TV and radio shows.

Good book, good read. Helped me to better understand addiction, what addicts go through, and how to deal with addicts, and their behavior in fairly plain language. I have neighbors who are drug, and / or alcohol addicted. Helped me to deal with their behaviors. As in the setting of, and keeping to, boundaries with them. I have already loaned the book to others who are dealing with addicts on a daily basis. There are about 3 other people who have also asked to borrow the book from me. All based on my synopsis to them of what the book contains, and how it might be useful to them. I found

the book to be very useful to me, in dealing with addicts with whom I am acquainted.

I have known the author for well over a decade, and I've witnessed the remarkable outcomes of Dr. Barnett's knowledge, understanding, and empathy. This book is the result of that experience. She deeply understands addiction, and will quickly find a path for the addict and their family to effectively work together toward long term Recovery. The disease of addiction does not exist in the vacuum of the addict. Families are also shattered in it's devastating wake. "Addict in the House" takes a refreshing look into the behavior of the family, and provides a guide to support your loved one without enabling the disease. With real world insights, Dr. Barnett will help families understand, communicate, establish boundaries, and ultimately find their healing. Highly recommended.

If you need this book, you have my empathy. The best thing you can do is to inform yourself thoroughly as early in the process as possible. Then protect yourself. It's a long, hard journey. And you have no idea where it's going.

This book is a great resource for anyone with a loved one who is an addict. Robin Barnett writes from the perspective of not just an expert who has helped many battle and overcome their addictions, but as the sister of an addict who struggled with his addiction for over twenty years. There are several practical exercises to guide the reader through being supportive, communicating, and setting boundaries.

If you care for someone with addiction, read this. I love how this book is about me and what's good for me, and not so much about the addict. I learned that I might be codependant. A term I did not really understand until I read this book. This book has changed my life, I hope it does the same for you.

Excellent book for people with this problem in their family. Helps you see their side and how it really is an addiction that they have no power over nor do we. I would also recommend *Ala non* to people to see how you can see your part and how when we change they do.

Great Book helped me to understand a lot about addict's and how i can help my loved one.

Love it

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Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) Addict in the House: A No-Nonsense Family Guide Through Addiction and Recovery Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Sex Addiction: Mistakes To Avoid When Living With A Sex Addict And The Path To Your Partner's Recovery (SECOND EDITION) The No-Nonsense Guide To Diverticulosis and Diverticulitis (No-Nonsense Guides To Digestive Diseases) The No-Nonsense Guide to Islam (No-Nonsense Guides) Fly Fishing Central & Southeastern Oregon: A No Nonsense Guide to Top Waters (No Nonsense Fly Fishing Guides) Addict In The Family: Stories of Loss, Hope, and Recovery. Sex Addiction 101: The Workbook, 24 Proven Exercises to Guide Sex Addiction Recovery Gambling:Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction,Gambling,Compulsive Gambling,Roullette,Gambling Systems) Opiate Addiction - How to detox from Opiates (How to Get Off Opiates): SHORT READS - Signs of opiate addiction, Symptoms of opiate use, Signs of opiate ... prescription drugs abuse, heroin addiction) The Gambling Addiction Recovery Workbook: Written by a Former Gambler (Gambling Addiction Cure, Compulsive Gambling, Problem Gambling, Gambling Stories) Recovery Essays: Narcotics, Addiction, Recovery, Alcoholics, Twelve Steps, Anonymous Groups, Thirteenth Step, Lions, Tigers, and Bears

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