



Rebalancing the Addictive Mind: Beating Addiction with Exercise and Nutrition (Paperback)

By Rochelle Ann Poerio

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. Arlene Cabus Poerio (illustrator). 226 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Many books cater to the fitness and nutritional needs of the general public. But little of this advice is specifically directed toward those who have the literally life-or-death need to keep alcohol, drug, gambling, sex, internet and other addictions at bay. How exercise and diet speed up the recovery process and promote relapse prevention is a case rarely made, even by most treatment facilities! Rebalancing the Addictive Mind is an evidence-based, accessible guide that explains how and why exercise and diet produce faster physical, psychological and emotional recovery from addiction and significantly reduce the chances of relapse. And how anyone, despite almost any age or infirmity, can benefit from the principles outlined in this book. Author Shelley Poerio, a licensed addiction counselor and certified fitness trainer, describes how substance dependence and behavioral compulsions change the brain and body, provides guidance and solutions to undo the damage, and motivates change in the recovering individual. Family members gain insight into how to support their loved-one in recovery and better understand how addictive thinking...



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