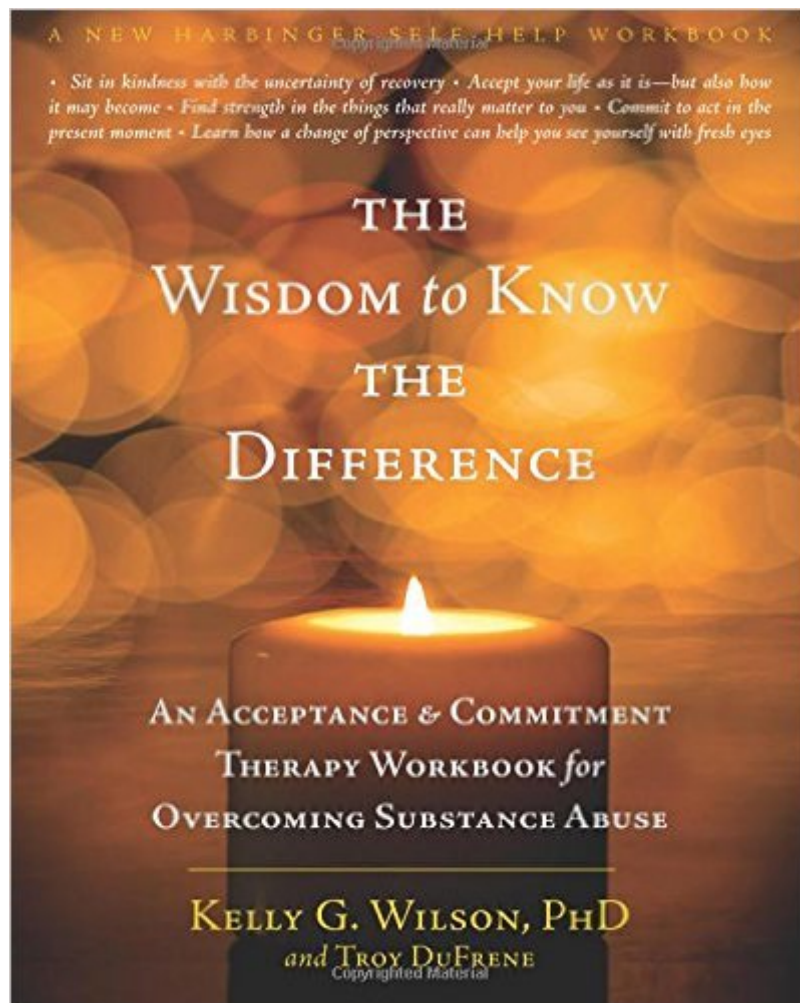


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# The Wisdom To Know The Difference: An Acceptance And Commitment Therapy Workbook For Overcoming Substance Abuse (New Harbinger Self-Help Workbook)



## Synopsis

Grant me the serenity to accept the things I can't change, The courage to change the things I can, And the wisdom to know the difference. Maybe you've just started on the road to recovering from addiction. Or you've tried to stop abusing alcohol or drugs before, but haven't been successful. Perhaps you're making progress in a support group or 12-step program, but want to add an approach grounded in science. No matter how far you've come, how far you still have left to go, or which path you've chosen, this book can help you end your struggle with addiction. The Wisdom to Know the Difference is an addiction recovery workbook based in acceptance and commitment therapy, or ACT. Research shows that ACT is a powerful treatment for alcoholism, drug addiction, depression, and other issues, and it can be used alone or in combination with any 12-step program. On this particular path, you'll learn to accept what you can't change about yourself and your past and commit to changing the things you can. You'll overcome your addiction by focusing on what you value most, like your talents, friends, career, relationships, and family. There's no need to wait any longer. This book will help you find the serenity, courage, and wisdom it takes to leave substance abuse behind for good.

## Book Information

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## Customer Reviews

The title may lead you to believe this is a spiritual book or an AA book - it isn't, but contains spiritual wisdom and has principles based in a well researched type of therapy, Acceptance and Commitment Therapy as part of your decision to embark on a journey of recovery (and if you are

open to it, also guides the reader with some ways to about incorporate ACT with 12 step philosophy and programs - since they both share similarities). The authors' humility and compassion comes across, with Dr. Kelly G. Wilson being the primary voice, who guides us with humility, while sharing pearls of wisdom which come from what ACT and from his own experiences. He encourages the reader to accept both the "sad and the sweet", to commit to live healthy and fully be in the present. You may not be impressed with this book if you are a strict AA preacher - who has trouble with ideas like self-discovery (i.e. if you think you can control your use, there is no mandate in this book from the author that you must not think that way, nor is there is confrontation). Although Dr. Wilson is very supportive of AA, he doesn't mandate that it is the only way. In addition, if you believe that you must believe in God to get sober, this may not be the book for you - although the book does not impose atheism or any religion for that matter. With Dr. Kelly G Wilson being a cofounder of Acceptance and Commitment Therapy, a recovering person, and scholar, one might expect that he take a one-up and lecture us or take the high pedestal, but instead, true to his character, and like other remarkable individuals, he humbly shares some of his regrets and helps us get in touch with our own mistakes.

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