



## Unhooked: How to Quit Anything

*Susan Shapiro, Frederick Woolverton*

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# Unhooked: How to Quit Anything

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**Unhooked: How to Quit Anything** Susan Shapiro, Frederick Woolverton

Is smoking, alcohol, drugs, food, gambling, the Internet, or sex addiction holding you back from getting what you want most—in work and in love? We're all addicted to something—but when the crutch gets in the way of living a happy and productive life, it must stop. Over the past twenty-five years, renowned addiction therapist Dr. Frederick Woolverton has used his dynamic, empathetic approach to help thousands of addicts achieve long-term recovery—including himself. He sees the specific habit as less important than the underlying chaos and fear that motivate the urge to sooth ourselves with bad habits. The solution, he has found, requires only a better understanding of yourself and a change in attitude. *Unhooked: How To Quit Anything* is an intelligent, readable, and actionable guide to conquering any addictive habit. Using real patient examples as well as research and his own experience, Dr. Woolverton and coauthor (and former patient) Susan Shapiro show how to thrive without self-medicating. The approach involves an unorthodox blend of straightforward changes to behavior and open and honest conversation with another person. Woolverton's specific instructions do not require an expensive therapist, rehab, 12-step program, or a higher power (but he does make readers aware of those viable options). Let him help you kick your addiction and find what's missing in your world. When you conquer a toxic habit, you are leaving room for something more beautiful to take its place.

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