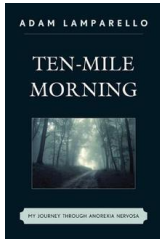


Impacts – Addictions (Ad)

Ten-Mile Morning My Journey Through Anorexia Nervosa

BT/BM/Ad



Ten-Mile Morning is a true story about a man's battle to overcome his five-year struggle with anorexia nervosa. Written from a painfully honest perspective, Adam Lamparello discusses his past addictions, depression, anxiety, and the emptiness that arose from his lack of self-esteem. This moving memoir details the author's struggle to gain a sense of control and empowerment through dramatic weight loss, starvation, compulsive exercise, and purging. Ultimately, however, this is a story of hope and recovery. Ten-Mile Morning was written to inspire you and affirm that life after eating disorders is one of self-acceptance, self-respect, and most of all, one where you can achieve your dreams.

Table of Contents Preface Introduction Chapter 1: The Early Years: A Bridge over Troubled Water Chapter 2: It Takes a Village Chapter 3: High School and My First Relationship - Welcome to My World Chapter 4: The College Years: Suspicious Minds Chapter 5: The Law School Years: Trapped in a World that's Troubled with Pain Chapter 6: The Law Firm Years: You Can't Shut Out the Truth Chapter 7: The Second Affair with a Married Woman: Reason Can't Stand in for Feeling Chapter 8: The End of the Affair: The Shame and Hurt Chapter 9: The Beginning of Anorexia: I Will Ease Your Mind Chapter 10: Anorexia and the New Doctor: The Joy is Over Chapter 11: Exercise: I Can't Help but Love You Chapter 12: The Commitment to Anorexia: The Child Needs a Helping Hand Chapter 13: Thinner and Thinner Chapter 14: The Struggle for Control: Something Beautiful is Dying Chapter 15: Official Anorexia: Adversity is Hard upon a Man Chapter 16: 123 Pounds: Too Late to Realize My Mistake Chapter 17: The Beginning of the Recovery: Going our Separate Ways Chapter 18: Fighting the Battle: We Can't Go On Together Chapter 19: Life Lessons: Having the Strength to Dream Epilogue

By [Adam Lamparello](#) [University Press of America](#): 15+ years

What's Eating You?

TY/Impacts



A Workbook for Teens with Anorexia, Bulimia, and Other Eating Disorders

By [Tammy Nelson](#)

Living in a culture obsessed with body size and shape, it can be hard to feel good about the way you look. But eating disorders caused by unrealistic body image ideals create much larger problems-diminished self-confidence, unhealthy eating and exercising habits, and an inability to see yourself as a person rather than a number on the scale.

This workbook takes aim at the motivations behind your relationship with food and helps you to better understand how your need to control what you eat can end up controlling you. As you complete the worksheets in What's Eating You, you'll learn more about the beliefs and experiences that contribute to your disorder. Each worksheet includes questions and exercises targeting the cultural myths, perfectionism, stress, and lack of self-confidence that are often at the heart of a dysfunctional relationship with food. Once these issues are addressed, you'll be able to gather the strength you need to make peace with your body, exude confidence, and live a healthy life. [New Harbinger Publications](#) 15+ years

Mending a Shattered Heart A Guide for Partners of Sex Addicts

Ad/Rel

By [Stefanie Carnes](#) : 01 October 2011

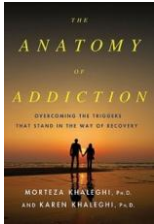


When your partner betrays, what are the first steps to picking up the pieces of your shattered heart?

Many unsuspecting people wake up every day to discover their loved one, the one person whom they are supposed to trust completely, has been living a life of lies and deceit because they suffer from sex addiction. This is a disorder shrouded in secrecy and shame.

This is your go-to-guide for what to do when you discover your partner is a sex addict. Each chapter is based on frequently asked questions by partners such as: Should I Stay or Should I Go? Is This Going to Get Better? How Do I Set Boundaries and Keep Myself Safe? and What Should I Tell the Kids? [Gentle Path Press](#): 15+ years

Overcoming the Triggers That Stand in the Way of Recovery



By [Morteza Khaleghi](#), [Karen Khaleghi](#)

The relapse rate for addicts in conventional treatment programs is a shocking 70-90%, despite the best efforts of family members, doctors, and the addicts themselves. Drawing on the latest addiction research, Creative Care founders Morteza and Karen Khaleghi argue that the reason so many addicts fail to make headway is because, too often, they focus on the addiction only, and not the many factors that contribute to it.

Readers will learn how to:

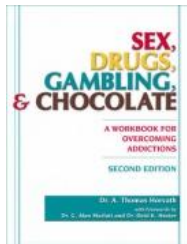
- * recognize what people and situations drive their addiction
- * peel back the layers of their life to understand the roots of helplessness and dependency
- * rewrite family dynamics and end the cycle of addiction.

This is an eye-opening look for addicts and family members that will show them how to discover the heart of problem, and overcome it. **Table of Contents**

Introduction: Where the Journey Begins Chapter 1: Reframing the Vocabulary of Addiction Chapter 2: The First Dot Chapter 3: A Fork in the Road Chapter 4: The Story of an Almost Addict Chapter 5: Trauma Survivors Chapter 6: People with Anxiety Disorders Chapter 7: Bipolar Disorder Chapter 8: Depression and Addiction Chapter 9: Children on the Slippery Slope Conclusion: The Tyranny of Now

"Dr. Morteza Khaleghi is one of America's leading experts on addiction and a beacon of hope to addicts everywhere. "Morteza and Karen Khaleghi convincingly demonstrate how psychological issues like depression and trauma can cause relapse. More importantly, they show how to address these issues effectively. Their decades of experience come through brilliantly in this important book."-- [Palgrave MacMillan](#); 15+ years

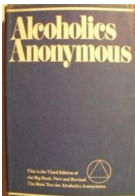
Sex, Drugs, Gambling, and Chocolate

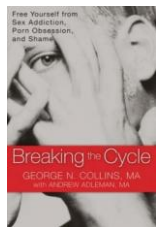


A Workbook for Overcoming Addictions

By [Arthur T. Horvath](#)

There is an alternative to 12-step! Eliminate or reduce any type of addictive behavior with the new second edition of this practical and effective workbook. Treats addictions "as a whole," rather than dealing separately with each issue (e.g., drinking, smoking, overeating, gambling...). Dr. Horvath's rational approach is based on scientifically validated methods and emphasizes taking responsibility for your actions, without requiring an allegiance to a "higher power." Teaches readers about consequences (and even possible benefits) of addictive behavior, alternative coping methods, choice, understanding and coping with urges, building a new lifestyle, preventing relapse. Includes dozens of exercises, self-study questions, guidelines for individual change plans. [Impact Publishers Inc.,U.S.](#): 15+ years

 <p>Alcoholics Anonymous (3rd Ed.)</p> <p>Alcoholics Anonymous (Author)</p>	<p style="text-align: right;">Ad/I</p>
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Free Yourself from Sex Addiction, Porn Obsession, and Shame By [Andrew Adleman](#), [George N. Collins](#)

About the Author

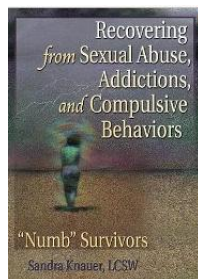
George N. Collins, MA, is founder and director of Compulsion Solutions, an outpatient counseling service in San Francisco Bay. A former sex addict himself, Collins is a professional member of the Society for the Advancement of Sexual Health and is recognized as an expert on sexually compulsive behavior. Andrew Adleman, MA, is a writer and book editor in the greater Los Angeles area. He has formerly worked in the movie industry and as a psychotherapist.

Reviews: "This is gripping stuff, and a real page-turner of a book. The real-life stories have the ring of truth, and the dialogue is unmistakably real. The use of trenchant, memorable lines, like, 'you can't get enough of what won't satisfy you, ' really get the message across." -- Bob, in recovery in California

Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: "Numb" Survivors [Hardcover]

Explore the connection between sexual victimization, addiction, and compulsive behaviors.

By Sandra Knauer LCSW. 2002



This book demonstrates what lengths survivors of sexual abuse will go to in attempting to avoid dealing with the pain resulting from their sexual abuse. The information in Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors regarding codependency is especially useful to survivors of sexual abuse who now find themselves in abusive relationships.

Survivors of abuse who have gone without treatment sometimes become either sexual perpetrators or sexual addicts and may experience many different types of psychological dysfunction. Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors examines issues that survivors often have regarding:

- *trust and friendship
- *sexuality and sexual addiction
- *marriage and family
- *religious addiction as opposed to spirituality
- *alcohol and substance abuse
- *workaholicism
- *weight issues and eating disorders
- *violence as the result of shame, fear, and depression caused by abuse

Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors is more than a litany of the problems that survivors face. This valuable work will show you:

- HOW the survivor came to employ addictive or compulsive behaviors
- WHY the survivor continues to employ these self-abusive behaviors despite the pain caused by the addiction
- WHAT the survivor needs to do to aid recovery
- WHERE the survivor can turn to obtain the help that is needed to recover from addictive or compulsive behaviors

With its complete bibliography on sexual abuse, addictions, and compulsive behaviors, Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors will show you the full course of sexual abuse and its aftermath, bringing you from the beginnings of sexual abuse through the steps that lead to addiction and compulsion, and ultimately, recovery.