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Dallas, Texas**Rocky Mountain High –
Substance Abuse and Other Addictions****Katherine A. Kinser
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**ROCKY MOUNTAIN HIGH - SUBSTANCE
ABUSE AND OTHER ADDICTIONS**

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The Revolutionary, Science-Based
Alcoholism and Addiction Recovery Program

Healing^{the} Addicted Brain

HAROLD C. URSCHEL, III, MD

CEO and Founder of the Urschel Recovery Science Institute and www.EnterHealth.com



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*To my wife, Christi, and two sons, Chance and Carr, for encouraging
me to write a book that would really make a difference.*

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Introduction

Addiction is a lifelong disease, and to many who are caught in its web, it can seem like finding the right treatment takes just about as long.

If you're struggling with addiction, there's a good chance you've already seen several physicians and psychologists, have been through an inpatient or outpatient ("at home") treatment program, and have had exhaustive rounds of "talking therapy," which you were told was the state-of-the-art approach to curing addiction. Despite all this treatment, you are still addicted. Your work performance is suffering and family relations fraying; you either have screaming fights with your spouse/significant other or have retreated into a sullen, secretive silence. You're still spending much too much money on your habit, and your children are still at risk of physical and emotional damage.

If you're a member of an addict's family, or perhaps a close sober friend, you feel as if you've heard too many failed promises to sober up, covered up too much bad behavior, watched the family be pulled apart and the finances drained, and stood by helplessly as dreams were shattered and the life of the addict slowly slipped away. You've been through the emotional wringer too many times and seen the latest "guaranteed treatment" fail repeatedly. Sometimes you wish you could just walk away from it all—but you know you can't and feel absolutely stuck.

Through it all, whether you're the addict or the family member, you've wondered if there is any point to treatment. Why have your hopes been dashed over and over again? Why not just accept the obvious fact that an addict is an addict, and addiction is ultimately untreatable?

Before they came to me for help, many of my patients and their families feel that way, with good reason. Traditionally, the success rate for addiction treatment was abysmally low. A few of the medicines we had available were effective, but their use was limited or restricted for various reasons. The treatment most health experts pinned their hopes on, talking therapy, was not very successful. As a result, most addicts, their families, and friends were repeatedly disappointed. Understandably, many simply gave up.

I'm here to tell you that you no longer have to feel helpless and hopeless. There *is* hope, new hope that stems from a new scientific understanding of the nature of addiction plus novel medicines that finally allow us to control cravings and fix the physical damage to the brain caused by addiction. We now know that addiction is a chronic brain disease, that brain damage interferes with the addict's ability to respond to talking therapy, and that once the physical brain damage has been repaired, talking therapy and other elements of traditional treatment can be very successful.

We're at the beginning of a new era in addiction medicine, armed with a fresh view of the disease plus high-tech medicines and other treatments that will allow success for up to 90 percent of those who seek help. This is not just a tremendous improvement in the treatment rate; it represents a paradigm shift that will help us to turn the understanding of addiction from a shameful habit that destroys lives into a treatable illness.

I know you may have been disappointed before, but I can tell you that there is good reason for hope. The ideas and treatment concepts described in this book can help you regain your life or that of your loved one.

This book offers a comprehensive look at the new understanding of addiction and its treatment. Reading through it will arm you with the latest treatment information and ideas to help you to get the most from your recovery program—or help a loved one through treatment. However,