



Life can be hard—so why not use whatever avenues you can to make it easier? Overindulging in drugs and alcohol only makes problems worse, but what could be wrong with using video games, gambling, comfort food, social media, romance, or sex to add some comfort to your life? Unfortunately, while engaging in comforting behaviors can initially seem less dangerous and more socially acceptable than smoking or drinking too much alcohol, the chemistry of addiction is not wholly tied to a substance, but rather to the brain's response. This leads some people to develop diseases called behavioral addictions—which work just like other addictions, but without any substance involved.

SERENITY is your **go-to manual** for understanding and overcoming behavioral addictions. It answers many questions you may have about behavioral addiction:

- **How can you recognize and understand behavioral addictions?**
- **How do people develop behavioral addictions?**
- **When it comes to activities like engaging with social media, gaming, working, or dieting, how much is too much?**
- **How can someone become addicted to something everybody does?**
- **How can you know if you're helping or enabling your addicted loved one?**
- **Are you an addict yourself—and if so, how can you recover?**

In this book, renowned psychotherapist Sanja Rozman will answer these questions and help you create **your own personal, state-of-the-art recovery plan**. Her program has helped her clients discover the reasoning behind their destructive behaviors, work through them, and establish new, healthier patterns in their lives and relationships. Whether you are suffering yourself or are a family member, teacher, or good friend of an addict, you will learn everything you need to know about how to recognize, understand, and cope with behavioral addictions. You can't just stop them—but you can work through the problem. It works if you work it!

About the Author



SANJA ROZMAN is a medical doctor and psychotherapist living in Slovenia, where she is known as a pioneer for her work speaking about behavioral addiction. Her many books about behavioral addictions discuss painful, complicated aspects of life like addiction and trauma in simple language with medical and psychotherapeutic accuracy, while her personal experience as the former wife of an addict allows her to approach the realities of addiction with honesty, compassion, and authenticity.

In her forty years of work as a medical doctor and thirty years as a psychotherapist, Rozman has listened to the testimonies of more than three thousand addicts and guided hundreds of her clients through many obstacles on the path to stable, long-term recovery. Their true stories testify to their resilience; and to the power of Rozman's original therapeutic model, described in this book.

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