



# The Anatomy of Addiction: Overcoming the Triggers That Stand in the Way of Recovery

*Morteza Khaleghi PhD, PhD Khaleghi Karen*

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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.

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