



Willpower Is Not Enough: Understanding and Overcoming Addiction and Compulsion

Arnold M. Washton

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Many people think that what the addict needs is willpower, but nothing could be further from the truth: When a person has already lost control over a drug or activity, attempts to control its use almost never work. Because the source of addiction isn't the drug or activity itself but a desire for a mood changer, successful recovery means ultimately changing the way we live, giving up the addictive life-style. *Willpower's Not Enough* will show you how to change your life-style and to recover from your addiction.

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