

## **Kill the Craving**

This book introduces an innovative tool for the treatment of drug and alcohol addictions. This tool addresses the core problem every recovering addict faces—reducing their craving and desire to return back to self-destructive behaviors (alcohol, drugs, sex, gambling, self-harm, and etc.). Kill The Craving teaches the recovering addict (and therapists) how to apply exposure response prevention (ERP) technology to this task.

ERP is a behavior therapy treatment technique. It has been successfully used for decades to treat obsessive compulsive disorders and phobias. Blakely and Baker (1980) described how it could be used to treat alcoholism. They reviewed outcome studies that supported its effectiveness. Studies completed by Dawe et al. (1993) and Powell et al. (1993) provide research data that supports the effectiveness of ERP for the treatment of opiate addiction.

The authors have applied this behavioral technology to the systematic clinical treatment of addictive cravings and impulses. We have used ERP since 1990 to successfully treat a wide variety of addicted people. By helping them face what they fear the most—their craving for their substance of choice.

**ERP helps them control their impulse to use.**

## **Resource Guide**

This Substance Abuse Resource Guide provides you with concise and accurate information about the most commonly abused drugs. With the increase in addiction over the years, we believe there needs to be greater emphasis on public education about the dangers of these drugs.

This resource guide summarizes for you the effects and dangers associated with drug abuse. We present information with pictures of the drug and the paraphernalia associated with it.

In addition, the resource guide describes slang terms for each drug or class of drugs. There is a description of how each drug is administered, with the physical, psychological, short-term, and long-term effects. You will also find a summary of treatments and resources for getting help for someone who has an addiction to these drugs.

This guide gives you a general knowledge of information on the most commonly abused drugs in our society. It is not to be used to diagnose or treat anyone with an addiction. Please consult a behavioral health or substance abuse professional for therapy and treatment.

For more information visit:

[www.killthecraving.com](http://www.killthecraving.com)

[www.BlueSkyRecovery.com](http://www.BlueSkyRecovery.com)