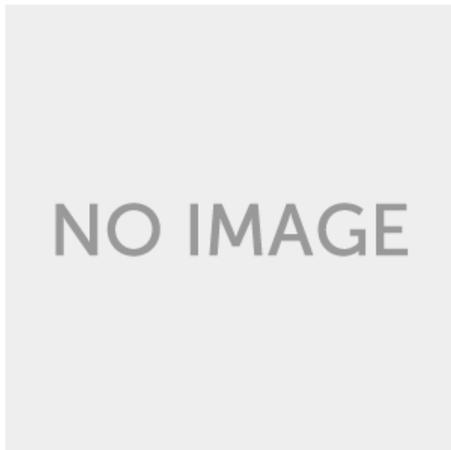


# The Addictive Personality: Understanding the Addictive Process and Compulsive Behavior



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## Reviews of the The Addictive Personality: Understanding the Addictive Process and Compulsive Behavior

- **Androrim**

This book is one of the best descriptions and explanations of how the addictive personality and addictive thinking and addictive emotions work and play out. Very helpful book for helping to understand why the addicted person does what they do. The addictive person has a thought process and an emotional process that is playing out in their behavior. To a loved one addictive behavior often seems incomprehensible. This book clearly lays out why addicts do and act and feel and say what they do. Highly recommended.

- **Phalaken**

This book is a stellar discussion of the psychological world of addiction. It discusses the "private logic" of addicts, the type of daily rationalizations that form what Nakken called "addictive

reasoning." These rationalizations make sense when you understand the short term goals and myopic mindset found in the world of the addict, but if you try to understand the addict using a general, "common sense" approach you'll find yourself getting frustrated.

The real beauty of "addictive reasoning" is that it's broad enough to cover a lot of other types of behaviors that can loosely be called addictions, even if they aren't addictions in the strictest, most physical sense of the word. It can be applied to shopaholics, binge eaters, people who get addicted to certain types of lovers or with being in love in general, and others. A narcissist, for example, can be seen as someone who is addicted to validation and superficial forms of approval. By considering a narcissist as a validation addict and then applying Nakken's book on addictive thinking to such people, it can shed a lot of light on why they act the way they do and what types of people put up with them. This is all to say that the uses of this book extend beyond alcohol, drugs or whatever else typically first comes to mind when people hear the word "addict."

I would highly recommend supplementing this book with readings from Alfred Adler (especially his writing on social interest), Karen Horney, Eckhart Tolle's A New Earth and buddhist literature in general, as I found a lot of overlap with those books and the concepts Nakken describes.

- **Ballazan**

This book represents a different side of addiction that often is not talked about. Many books you pick up on the subject deal with the genetic and brain chemistry of the disease which answers some questions but not all. You still wonder in the back of your mind, but where is the person I use to know. Why don't they want help? How could they go from Point A to Point B so quickly? How could they change so dramatically? I took so much away from this book and stopped taking it personally. I knew I was talking to the addict and not the person I use to know. I also took away from it how they don't develop emotionally and intellectually as someone who doesn't use drugs and why the relationship that forms between the drug and the addict becomes so important. It was a life changer for me in how I dealt with the addict. I finally got it. I would suggest this book to anyone who is dealing with an addict. Even the ones who don't like to read. It's not a long book yet it packs a powerful punch in the world of addiction.

- **Dream**

This is THE BEST BOOK about addiction next to the Big Book. Someone Wikipedia savvy please do an entry for "addictive personality" outlining this concept. It is what the term should always refer to. This wonderful little gem explains exactly what happens to EVERY individual's personality as they descend into addiction.....and maps exactly the way out. Meet addiction through any of three points.....1) this personality angle.....2) the psychosocial perspective of the Twelve Step programs.....or 3) the neurobiology of addiction. You will come to the heart of the problem and find the solution.

Again.....this book is not about the type of person who becomes an addict....there is no such thing. All kinds of people become addicts. This book is about WHAT HAPPENS TO THE PERSONALITY AS A RESULT OF ADDICTION.

Someone PLEASE put it on Wikipedia :) !

- **Risteacor**

This title does not mean "additive personality" as in "it is in your genes" but rather the personality changes addiction produces. It describes another personality living with and taking over the original person in its voracious need

I found it a fresh take from the standard books preaching " loving detachment" as it didn't have value judgements nor prescriptions, just descriptions of the personality split the addict goes thru. Very liberating and gave me needed detachment.

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