



Recovery From Workaholism

Diane Fassel



Recovery From Workaholism:

Workaholics Anonymous Book of Recovery Workaholics Anonymous WSO,2020-12-28 The Workaholics Anonymous WA Book of Recovery is similar in style to that of the Alcoholics Anonymous Big Book It includes WA members stories of experience strength and hope 20 questions to assess the traits of workaholism a format and instructions for WA meetings and a review of the 12 Steps of WA This essential book on work addiction recovery is written by WA members to carry the message of hope to anyone interested in learning about this devastating addiction and to workaholics who still suffer

Recovering from Workaholism Barbara Hawkins,1989 **Treatment Strategies for Substance Abuse and Process Addictions** Robert L. Smith,2015-03-05 This distinctive and timely text examines the most prevalent substance and process addictions and focuses on current research and evidence based treatment strategies Major substance addictions discussed include alcohol tobacco marijuana methamphetamines and prescription drugs Complete chapters are also devoted to the most frequently cited process addictions making this text unique Behavioral addictions covered in this text include pathological gambling sex disorders disordered eating work exercise shopping and Internet gaming Each chapter contains a listing of student learning outcomes a case study with reflective questions techniques for assessment and diagnosis inpatient and outpatient treatment approaches and resources for further study With its emphasis on treatment strategies this text can be used by practitioners as well as by professors in the classroom in introductory courses in addictions or in subsequent courses that focus on treatment strategies Requests for digital versions from the ACA can be found on wiley com To request print copies please visit the ACA website here Reproduction requests for material from books published by ACA should be directed to publications counseling org

Recovery from Workaholism Juanita Ryan,Dale Ryan,1993-07-01 Recovering from Workaholism is part of the 5 title Life Recovery Guides series in which Christian counselors Juanita and Dale Ryan provide help and encouragement for people hurt by life in one way or another *Addictions Counseling Today* Kevin Alderson,2019-12-03 Focusing on the new DSM V classifications for addiction with an emphasis on CACREP neuroscience and treatment this provocative contemporary text is an essential reference for both students and practitioners wanting to gain a deeper understanding of those with addiction Maintaining Social Well-Being and Meaningful Work in a Highly Automated Job Market Hai-Jew, Shalin,2020-04-03 In mainstream media there has been wide discussion on what the world

will look like when the artificial intelligence AI and robotics incursions into traditional human work result in fewer jobs in manufacturing service industries and other domains Turning to automation is a practical endeavor for corporations because of the efficiencies and increased performance it fosters but these changes have a major impact on humanity The resulting lack of work has been linked to social ills and human failure to thrive Maintaining Social Well Being and Meaningful Work in a Highly Automated Job Market is a pivotal reference source that explores how the world will re shape as one with less demand for human labor and how to potentially balance how people engage as part workers and as consumers of others

creations Additionally the book looks at how people will co create meaningful lives at micro meso and macro levels While highlighting topics such as mobile technology positive psychological capital and human capital this book is ideally designed for technologists AI designers robotics designers policymakers social engineers CIOs politicians executives economists researchers and students The Secrets of Successful People Gary McGuire, **Working Ourselves to Death** Diane Fassel,1991-12-11 Vividly depicting the difference between healthy productivity and obsessiveness Fassel debunks the societal myths that perpetuate the fatal disease of work addiction Includes self tests personal inventories and daily work plans to guide readers toward balance and serenity plus a discussion of support groups **Counseling Issues** George Seber,2013-02-09 Here is a comprehensive handbook of twenty two chapters covering all the major issues a counsellor or psychotherapist might meet in the counseling room The book is very practical and is based on sound psychological principles It provides a wealth of ideas for counseling and for structuring a series of counseling sessions It is particularly accessible to the inexperienced counsellor or psychotherapist who is often looking for some guidance on a particular topic without having to read a whole book on the subject or read something more technical The book covers basic emotional issues such as anger shame anxiety stress grief depression anxiety disorders and suicide risk and behavioural issues like addiction phobias and compulsive behaviours such as self harm and obsessive compulsive disorder There are also chapters on relationship issues such as divorce abuse of various kinds dysfunctional relationships adoption blended families and strategies for couple counseling There are two chapters on personality disorders A biblical viewpoint is added at the end of each chapter for the Christian counsellor and pastor There is an extensive list of about 500 references along with internet references throughout providing a rich source for further reading The chapters are mainly independent with minimum cross referencing

Working Ourselves to Death Diane Fassel,1993 The author of *The Addictive Organization* draws the line between hard work and work addiction in this fascinating study which pinpoints the psychological and sometimes life threatening dangers of workaholism perspective on the cleanest of all addictions San Francisco Chronicle

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