



# Recovery From Workaholism

**Julia Cameron**



## **Recovery From Workaholism:**

**Recovering from Workaholism** Barbara Hawkins,1989      **The Quick-Reference Guide to Addictions and Recovery Counseling** Dr. Tim Clinton,Dr. Eric Scalise,2013-10-15 The newest addition to the popular Quick Reference Guide collection The Quick Reference Guide to Addictions and Recovery Counseling focuses on the widespread problem of addictions of all kinds It is an A Z guide for assisting pastors professional counselors and everyday believers to easily access a full array of information to aid them in formal and informal counseling situations Each of the forty topics covered follows a helpful eight part outline and identifies 1 typical symptoms and patterns 2 definitions and key thoughts 3 questions to ask 4 directions for the conversation 5 action steps 6 biblical insights 7 prayer starters and 8 recommended resources

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](http://wiley.com) To request print copies please visit the ACA website [here](http://aca.org)

Reproduction requests for material from books published by ACA should be directed to [publications.counseling.org](http://publications.counseling.org)      **The Secrets of Successful People** Gary McGuire,      *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      **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

**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*      *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

*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

**Behavioral Addictions** Halley M. Pontes,2022-09-17 This book provides a holistic evidence based perspective on conceptual clinical assessment and treatment aspects of key non substance based addictive disorders related to gambling gaming social media smartphone internet love sex exercise work and shopping Each chapter focuses on a different addictive disorder and is structured in a user friendly way to enable the reader fast navigation yet the main aspects of the respective disorders are covered in the necessary depth All in all this book offers a timely self contained introduction to both key concepts and the latest scientific developments in behavioral addictions It addresses mental health practitioners researchers in psychology neuroscience and communication and undergraduate and postgraduate students alike

**Work Is Not Your Worth** Dr. Lucas P. Blake,2025-09-11 Discover a Life Beyond the Relentless Grind What if the relentless push to hustle isn't the path to success but the very trap stealing your joy This book dives deep into the pervasive culture glorifying nonstop work and exposes the hidden toll it takes on your mind body and relationships Through honest examination you'll begin to see how your value extends far beyond deadlines and deliverables Burned Out by the constant chase of productivity You're not alone This insightful guide walks you through the psychological maze that convinces us overwork equals safety and identity It reveals how ambition can become dangerous when it suffocates your true self and offers heartfelt stories to remind you that you are more than your job title The pages ahead invite you to rewrite your story setting boundaries that stick saying no without guilt and rediscovering passions that nourish your soul You'll find practical tools to manage time with purpose cultivate resilience and build supportive communities that cheer for your well being not just your output Through mindfulness and self compassion learn how to celebrate success in quality not quantity and embrace rest as an essential part

of thriving If you re ready to break free from the cycle of exhaustion and reclaim balance in your work family and inner life this book is your companion Designed to inspire lasting change it offers a roadmap to designing a life that finally serves you where ambition and joy coexist and your worth is never measured by how hard you hustle Chained to the Desk (Third Edition) Bryan E. Robinson,2014-02-21 In this edition is the amazing depth of understanding we ve come to expect from Robinson on the topic of work addiction Gayle Porter Professor of Management Rutgers The State University of New Jersey Comprehensive and highly impressive A great read Dr Kristin Neff author of Self Compassion A rich comprehensive understanding of how workaholism is taking an insidious toll on our lives individually and collectively Tony Schwartz author of Be Excellent at Anything A sober voice in a work delirious culture Dr Patricia Love author of How to Improve Your Marriage without Talking about It *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

**Heavy Work Investment** Itzhak Harpaz,Raphael Snir,2014-07-17 The book deals with the concept of Heavy Work Investment HWI recently initiated by Snir and Harpaz Since its introduction the interest in the general HWI model has increased considerably The book illustrates the development of HWI conceptualization theory and research It deals with the foremost HWI subtype of workaholism However it also compares workaholism as a negative HWI subtype with work devotion passion engagement as a positive HWI subtype Most importantly it addresses HWI in general including its possible situational subtypes In view of Snir and Harpaz s claim that the study of situational heavy work investors is relatively scarce this certainly constitutes a promising step in the right direction Finally it deals with timely and important topics examined by prominent international researchers on Heavy Work Investment and such issues as personality factors of workaholism work life balance cross cultural similarities and differences in HWI work addiction and technology HWI and retirement and intergenerational similarity in work investment The Artist's Way Julia Cameron,2002-03-04 With its gentle affirmations inspirational quotes fill in the blank lists and tasks write yourself a thank you letter describe yourself at 80 for example The

Artist s Way proposes an egalitarian view of creativity Everyone s got it The New York Times Morning Pages have become a household name a shorthand for unlocking your creative potential Vogue Over four million copies sold Since its first publication The Artist s Way phenomena has inspired the genius of Elizabeth Gilbert and millions of readers to embark on a creative journey and find a deeper connection to process and purpose Julia Cameron s novel approach guides readers in uncovering problems areas and pressure points that may be restricting their creative flow and offers techniques to free up any areas where they might be stuck opening up opportunities for self growth and self discovery The program begins with Cameron s most vital tools for creative recovery The Morning Pages a daily writing ritual of three pages of stream of conscious and The Artist Date a dedicated block of time to nurture your inner artist From there she shares hundreds of exercises activities and prompts to help readers thoroughly explore each chapter She also offers guidance on starting a Creative Cluster of fellow artists who will support you in your creative endeavors A revolutionary program for personal renewal The Artist s Way will help get you back on track rediscover your passions and take the steps you need to change your life

Workaholism Bianca Harrington, AI, 2025-03-12 Workaholism explores the complex issue of work addiction distinguishing it from healthy dedication and highlighting its detrimental effects on individuals and organizations It examines how our always on culture fueled by technology can blur the lines between professional commitment and personal well being often leading to increased stress and burnout The book argues that workaholism is driven by internal compulsions rather than external demands challenging the notion that long hours automatically equate to success The book presents a structured approach first defining workaholism and exploring its psychological underpinnings drawing from areas like attachment theory and personality psychology to explain why some individuals are more prone to work addiction It then examines organizational factors contributing to the problem For example workplace culture plays a significant role Supported by research and case studies from diverse industries it offers strategies for both individuals and organizations to foster a healthier work life balance emphasizing employee well being and productivity Finally the book provides practical evidence based solutions for managing and preventing workaholism It includes self assessment tools and coping strategies empowering readers to recognize and address their own workaholic tendencies Managers and HR professionals can utilize the book s insights to cultivate healthier workplace environments and implement policies that support employee well being By challenging the glorification of overwork and offering actionable advice this book serves as a valuable resource for anyone seeking to understand and combat work addiction

**Recover to Live** Christopher Kennedy Lawford, 2014-01-07 NEW YORK TIMES BESTSELLER From New York Times bestselling author of Symptoms of Withdrawal and Moments of Clarity Christopher Kennedy Lawford comes a book that will save lives For most of his early life Christopher Kennedy Lawford battled life threatening drug and alcohol addictions Now in recovery for more than 25 years he works to effect change and raise global awareness of addiction in nonprofit private and government circles serving as the goodwill ambassador for drug

dependence treatment and care for the United Nations For the first time Recover to Live brings together all of the most effective self care treatments for the seven most toxic compulsions affecting every culture on the planet today alcohol dependence drug dependence eating disorders gambling hoarding smoking sex and porn In Recover to Live more than 100 of the world s top experts interviewed by Lawford share their research and wisdom on how to determine if your bad habit is becoming a dependency what treatments will work best for you how best to help yourself or a loved one recover from addiction and how to lead a fulfilling and productive life in recovery

**Addictive Behaviors in Women** Ronald Ross Watson,2013-11-11 In Addictive Behaviors in Women leading experts from psychiatry psychology sociology and social work concisely review the addictive process and the characteristic behaviors of women who are dependent on alcohol and or drugs Topics include why women smoke the role of personality in female addiction sexuality issues in chemically dependent women dieting and alcohol use in women alcohol s role in sexual assault and the impact of drug abuse on the family and pregnancy Addictive Behaviors in Women illuminates the causes and effects of the many lifestyle decisions women make that lead to addiction to drugs work sex gambling or to any of the many other elective aspects of our lives It shows how addictive decisions can be avoided and or treated thereby making women s lives safer more productive and healthier Working Ourselves to Death Diane Fassel,1992-01-01

*Research Companion to Working Time and Work Addiction* Ronald J. Burke,2006 Ronald Burke has put together a collection of state of the art research and writing about work hours and work addiction from around the world This book is essential reading for academics managers human resource professionals and anyone else interested in identifying types of work addiction learning about antecedents and consequences of workaholism as well as how to help people achieve work life balance The contributions from top notch researchers and academics in the field provide a rounded view of how the interplay between career aspirations work motivation and working conditions contribute to health outcomes and effectiveness at work Astrid M Richardsen Norwegian School of Management Norway The Research Companion to Working Time and Work Addiction captures the essence and intricacies of an important and fascinating topic It explores the body of writing on work hours that until this book existed quite separately from literature on work addiction As can be expected from the breadth of his knowledge and the consistent quality of his work Ronald J Burke has done a terrific job of editing a book that presents work addiction and working time in a way that is both scientifically sound and engaging The twenty four contributors have done an excellent job of extending and refining our understanding of work addiction and working time in this collection of excellent conceptual and empirical chapters This book is a must for all scholars and practitioners who are interested in this fascinating aspect of work life Ayala Malach Pines Ben Gurion University Israel This is an excellent and unique book which not only addresses the detrimental effects of long working hours and work addiction but also investigates the causes and treatment of workaholism An outstanding volume which includes both conceptual and empirical chapters from distinguished academics and practitioners from several countries This is essential reading for all

those interested in health and well being in the workplace and the establishment of satisfactory home and work life balances The editor should be congratulated for this groundbreaking book Marilyn J Davidson University of Manchester UK This book is overdue Someone somewhere a long time ago should have put this book together because its value is incalculable The pace of change in the workplace has vastly increased and workers see their jobs as more complex and fragmented What is the prognosis Where is it all going What can be done about it If anything This book is more a handbook than a research companion on all those aspects of the workplace that touch on or represent change pace workload work addiction work life balance job satisfaction job involvement stress conflict values Type A behaviour and other personality disorders What's more it delves into some of the more unknown elements of these aspects of work in different countries Read it You'll not be disappointed Janice Langan Fox Swinburne University of Technology Melbourne Australia This is a timely and needed book for all professionals who have concerns about issues related to quality of life and well being This book is an original piece prepared by a team of international experts written in an informative and scholarly manner and presents in an effective form the accumulated wealth of knowledge on the theme This is a solid book that can satisfy both the academic readership and the professional community I truly and sincerely recommend it It is a must for people who are interested in this subject Simon Dolan ESADE Business School Spain This Research Companion examines the effects of work hours on individual and family well being and questions why people work hard and whether some can work too hard It integrates contributions from two areas of research work hours and work addiction that have historically been pursued separately Ronald Burke argues that while work hours have decreased



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