



Rewiring Your Self to Break Addictions and Habits ***Overcoming Problem Patterns***

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We are witnessing a worldwide addictions epidemic, one of largely unseen yet massive proportions. We are all affected in some way, as individuals, parents, families, coworkers, policy makers, and societies. There are many harmful ways people seek repeated and ongoing escape and relief from pressure, pain, depression, exhaustion, boredom, and also seek heightened emotional and physical pleasure. These ways range from excessive alcohol use and drug abuse to smoking, overeating, compulsive gambling, compulsive sexual activity, out of control Internet use, out-of-control spending, and even lesser behaviors such as habitual nail-biting. There are few of us who do not have, or know someone close or nearby who has, an alcohol, drug and or nondrug addiction or habit they (and or we) wish they could break. The problems common to all, says author Dr. Angela Browne-Miller, are stubborn age-old and frequently necessary patterning tendencies inherent in the

functioning of our brains. We are dealing with our psychobiological reactions to events, which direct our behaviors, and which in turn create further biochemical reactions in the brain that can actually wire the brain to repeat these behaviors. Problem addictions arise when these repeated behaviors are programmed in but are not positive behaviors. Unfortunately, once the pattern is wired into the brain, this pattern takes a profound rewiring to break, to overcome. Yet, this rewiring is indeed possible, Dr. Browne-Miller explains. The rethinking of addictions and of addiction-related behaviors is essential, as are the daily life steps to rewiring the self that Browne-Miller provides in this book. In this groundbreaking book, Browne-Miller explains simply and clearly how we can control our thoughts to rewire our selves and beat problem addictions.

An excellent book for lay readers as well as students and professionals in the health and mental health professions including psychologists, social workers, nurses, and physicians. Can also be used in pre- and post-licensure continuing education and professional courses, and alcohol and drug training and certification settings.

Dr. Angela Browne-Miller is the founder of Addiction Stoppers based in northern California, director of the Metaxis Institute based in northern California, and has been a keynote speaker at conferences around the world on the human mind and consciousness, aging, human development through the life cycle, addiction, violence, trauma, learning, and behavior change. She is set editor for the *Praeger International Collection on Addictions* and for the *Violence and Abuse in Society* set, and she is author of numerous books, including *To Have and to Hurt: Recognizing and Changing, or Escaping, Patterns of Abuse in Intimate Relationships*. Browne-Miller earned two doctorates and two master's degrees at the University of California, Berkeley, where she lectured in three departments for fourteen years. She has served as a National Institute of Mental Health Postdoctoral Fellow, a U.S. Department of Public Health Fellow, the Research Education and Treatment Director for the Cokenders Alcohol and Drug Program, an advisor to addiction treatment programs in the United States and several other countries, and project director on several California Department of Health violence prevention projects. She has worked in clinical and educational settings with several thousand persons. Dr. Browne-Miller is an internationally recognized expert in: issues across the lifespan including childhood, adolescence, college years, parenting, midlife, aging; abuses, violences, traumas; addictions affecting persons of all ages; and, adaptation, learning and performance in all stages of life. Dr. Browne-Miller teaches seminars and continuing education based on the material in her books, as explained at her url below.

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