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Contact Name: Ben Laurro 818-753-4056

Ben@purepublicity.com

“Tough Love and Intervention Aren’t the Answer”
HELPING THE ADDICT YOU LOVE
The New Effective Program for Getting the Addict into Treatment

LAURENCE M. WESTREICH, M.D.

“Along with his novel strategies, Dr. Westreich also includes highly realistic sample dialogs that help family and friends prepare for and implement these strategies.

-Library Journal

Addiction can destroy and end lives. Britney Spears, Lindsey Lohan, Keith Urban, Anna Nicole Smith, are a few celebrities who have battled drug/alcohol abuse which included stints in rehabilitation facilities.

When you know or suspect someone you love is suffering from addiction you have two goals—getting your loved one into treatment *and* turning that treatment into sobriety. But all of the current addiction experts tell you that you have to disengage, or risk being an enabler, a co-dependent bystander in the wreckage of an addict's life; that you have to cut off all ties, or be taken advantage of financially and emotionally; that you have to protect yourself from your loved one who isn't the person you used to know.

Dr. Laurence Westreich disagrees. In **HELPING THE ADDICT YOU LOVE: *The New Effective Program for Getting the Addict into Treatment* (Fireside Hardcover/Simon & Schuster)**, Westreich offers a compelling new method for addicts and their loved ones to positively reach the road to recovery.

According to Dr. Westreich, the traditional “tough love” approach to persuading an addict into treatment will ultimately lead to failure. As a result, he wrote **HELPING THE ADDICT YOU LOVE** to help family and friends of addicted loved ones reach their ultimate goal without having to endure the pain of watching them hit rock bottom.

HELPING THE ADDICT YOU LOVE offers professional advice on how to recognize telltale signs of substance abuse with a new step-by-step program that will ultimately change the recovery process of addicts. Throughout, Dr. Westreich covers all angles of addiction and treatment in four sections, including:

- **An Addiction Primer** – presents foolproof ways to know your loved one is addicted, details various drugs and teaches effective ways to talk to an addict
- **Strategies for Getting the Addict into Treatment** – discusses how to engage a therapist in the process and teaches methods for combating an addicts defense mechanisms
- **Treatment Options** – outlines what treatment options require of the recovering addict and their friends and families, and how successful they are
- **When Addiction is Just One of the Problems** – discusses special situations in addition to substance abuse problems such as: the addict is pregnant, has mental or medical illnesses, or is a minor

Westreich's program differs from others in that he uses his signature approach *creative engagement* and *constructive coercion*.

- **Creative Engagement** is a concept that takes the "tough" out of "tough love" and advises family and friends of addicts to keep the lines of communication open and continue to encourage treatment options without threats and ultimatums.
- **Constructive Coercion** offers a less demanding, alienating alternative to intervention and has fared much better than the traditional approach.

HELPING THE ADDICT YOU LOVE simultaneously assists families and friends in getting an addict into treatment and staying. Also including suggestions on:

- * How to gather information to get treatment or medical care
- * Explanation of treatment options
- * What strategies should not be directed to an addict
- * How to deal with extreme difficulties including those who refuse treatment or leave early

With this innovative program, from the lifelong work and experience of Dr. Westreich, comes an effective solution for anyone facing the destructive power of substance abuse. **HELPING THE ADDICT YOU LOVE** provides a strategy that not only maintains support among addicts and their loved ones but also achieves lifelong results.

About the Author:

LAURENCE M. WESTREICH, M.D., is a board certified psychiatrist who specializes in the treatment of patients dually diagnosed with addiction and mental disorders. He is currently associate professor of Clinical Psychiatry at the NYU School of Medicine. Dr. Westreich is also the chair of Park West Associates, a group of private practice psychiatrists who focus on the treatment of addicted and dually diagnosed individuals as well as forensic matters. He also serves as Consultant on Drugs of Abuse to Major League Baseball. He lives in Upper Montclair, New Jersey, with his wife and three children.

HELPING THE ADDICT YOU LOVE

The New Effective Program for Getting the Addict into Treatment

by **Laurence M. Westreich, M.D.**

Fireside Hardcover/Simon & Schuster

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For more information on **HELPING THE ADDICT YOU LOVE**, please visit:

www.helpingtheaddictyoulove.com or www.simonsays.com.

LAURENCE M. WESTREICH, M.D.

Laurence M. Westreich, M.D. is a board-certified psychiatrist who specializes in the treatment of patients with addictions to alcohol and drugs of abuse, and those dually diagnosed with addiction and mental disorders.

In addition to his private practice, Dr. Westreich has served since 1992 on the faculty of the Division of Alcoholism and Drug Abuse, Department of Psychiatry, New York University School of Medicine. His responsibilities there include teaching psychiatry residents, fellows in addiction psychiatry, and attending psychiatrists on the Bellevue Wards.

Dr. Westreich is also the author of numerous articles and book chapters on the treatment of addiction, presents regularly to professional groups, and is board certified by the American Board on Psychiatry and Neurology in general psychiatry, addiction psychiatry, and forensic psychiatry, and as an addiction specialist by the American Society of Addiction Medicine (ASAM).

In addition to his private practice and academic responsibilities, Dr. Westreich is the consultant on drugs of abuse to the Commissioner of Major League Baseball and serves on the Therapeutic Use Exemption Committee of the United States Anti-Doping Agency (USADA), the drug-testing agency for American Olympic Athletes. Dr. Westreich lives in Upper Montclair, New Jersey, with his wife and three children.

Westreich's first book is **HELPING THE ADDICT YOU LOVE: *The New Effective Program for Getting the Addict into Treatment*** available April 2007 by Fireside Books a division of Simon & Schuster. Please visit Dr. Westreich at www.helpingtheaddictyoulove.com.

Startling Statistics

Did you know???

- ♣ 36 million people suffer from alcohol dependence or abuse
- ♣ 14.6 million people use marijuana
- ♣ 44.8% of twelfth graders have tried marijuana or hashish
- ♣ 26,644 people died last year as a result of their own drunk driving
- ♣ More than 34 million Americans age 12 or older have used cocaine at least once
- ♣ Conservative estimates indicate that there are over two million cocaine addicts in the United States today.
- ♣ Current surveys suggest that nearly 600,000 people need treatment for heroin addiction.