



# Addiction: An Information Guide

*Marilyn Herie, Tim Godden*

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**Addiction: An Information Guide** Marilyn Herie, Tim Godden

Written by professional counsellors, this concise and easy-to-read booklet for clients and families includes information on:

- what addiction is
- what causes addiction
- addiction treatment and other support options
- recovery and relapse prevention
- help for partners and families
- explaining addiction to children.

The guide also recommends books and websites where people can learn more, and includes contact information for organizations and services that can offer support.

Professionals may wish to offer this guide to their clients and families and use it to introduce and discuss issues. People with substance use problems and their families may wish to order this guide for themselves. The guide is also useful for health and social service workers, students, journalists and anyone else wanting to gain a basic understanding of addiction, its effects and treatment.

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