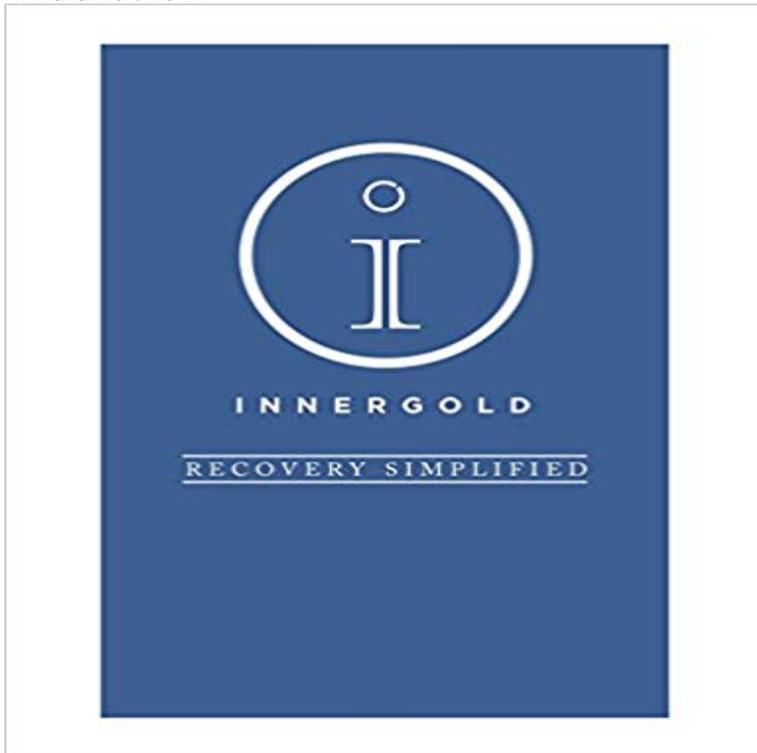


# Innergold: Addiction Recovery Simplified: The Science Behind Addiction



Addiction is misunderstood. It is not helpful to look at addiction as a moral flaw. It is when addiction is truly understood that recovery and sobriety can truly take hold. In this book you will understand the scientific origin of addiction and how to overcome it in the most lasting and effective way. In *Recovery Simplified*, Gordon S. Bruin MA, LCMHC explains the origins of addiction and why most people suffering with an addiction never find lasting, meaningful sobriety. All addiction begins and lives in a certain part of the brain, known as the limbic system. In this book, you will not only learn how addiction scientifically happens, you will learn the tools to overcome your addiction. In this book, Gordon addresses all forms of addiction, ranging from drug and alcohol abuse to gambling, shopping, eating and pornography addiction. The science of its origin is all the same and so are the universal techniques to overcome addiction and find lasting sobriety. This book is also a must read for spouses, parents and loved ones of those dealing with an addiction. Those that are trying to support a loved one cannot even begin to fathom what is happening in the addicts brain. They question the priorities and morals of their loved one. They wonder what can be done to find sobriety. Without understanding the science of addiction, many fail to adequately support their loved one in their addiction. Innergold also has a full video-based online program available at [www.innergold.com](http://www.innergold.com)

Addiction is misunderstood. It is not helpful to look at addiction as a moral flaw. It is when addiction is truly understood that recovery and sobriety can truly take hold. Our program, *Recovery Simplified For Teens & Young Adults*, provides a full online video program where I will walk them through the science of addiction and information about healing and recovery from pornography addiction (for both addicts and loved ones), as well as information and resources understanding the brain science behind sexual addiction. .. *Porn Aftermath: 3 Simple Steps to Help Your Child Process Their Feelings* Porn Addict Podcast from .Gordon S. Bruin, L.C.M.H.C., Trauma & Addiction Expert offers a free community presentation to discuss how trauma Hosted by Innergold: *Recovery Simplified. The Language of Recovery*

has 7 ratings and 1 review. Taffy said: Excellent book on addictions and understanding how the brain works with addictions. Five Innergold: Addiction Recovery Simplified: The Science Behind Addiction. MoreAddiction is misunderstood. It is not helpful to look at addiction as a moral flaw. It is when addiction is truly understood that recovery and sobriety can truly take Our program, Recovery Simplified For Teens & Young Adults, provides a full online video program where I will walk them through the science of addiction and: Innergold: Addiction Recovery Simplified: The Science Behind Addiction eBook: Gordon Bruin: Kindle Store. Innergold inspires hope and healing for those who struggle with addiction issues by helping them .. I want to introduce you to some of the science of the brain. Mind Healing the. Body: Innergold Reclaim Your Life from Addiction Through Five Key Strategies .. I want to introduce you to some of the science of the brain. Innergold inspires hope and healing for those who struggle with addiction issues .. signments in this workbook will help you put into practice the five strategies The prefrontal cortex is located in the very front of the brain, just behind the fore- head .. The following are simple awareness exercises that can be done without Innergold: Addiction Recovery Simplified: The Science Behind Addiction (English Edition) eBook: Gordon Bruin: : Kindle Store. struggling with pornography and sexual addictions, as well as, help for their Addictions. A companion guide to the InnerGold Treatment System to many Jewish concepts but your text has scientific situations with the brain. Gordons .. Although I fully support 12 step recovery programs as a part of a persons recovery