



How to Overcome Cannabis Addiction: The Shadows of Marijuana (Paperback)

By Lua Saenz del Castillo

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.There are many people who fail to overcome cannabis addiction by themselves. In fact they get lost in self-reproaching and blaming for not being able to do it on their own. Lua Saenz del Castillo, a psychologist specialized in cannabis addiction with more than 10 years of professional experience, has written a book which is an essential tool for people who have this problem and who are interested in overcoming definitively the addiction by working in themselves the psychological and emotional causes that led them to be marijuana dependent. It takes MUCH more than willpower and self-control to overcome a long-term dependence on cannabis. INDEX FIRST PART UNDERSTANDING THE PROBLEM Chapter 1 The Lights and Shadows of Marijuana Chapter 2 Does this have anything to do with you? Chapter 3 What happened here? Why consuming Marijuana no longer produces what it used to generate? The stages of the relationship with Marijuana. Reasons for using cannabis. Types of consumers. Chapter 4 Lack of willpower, frontal lobe, and dopamine Chapter 5 How do you know if you really are a cannabis addict? What are...



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