

A Choice Theory Approach to Drug and Alcohol Abuse

by Mike Rice, LISAC, CTRTC

Table of Contents

Book summary	1
Frequently Asked Questions (FAQs).....	1
What Makes This Book Unique?	1
Why did you write this book?.....	2
How does this book benefit the reader.....	2
Author Biography	2
Book Information Detail	3
Press Release:.....	4
Media requests contact.....	5
Endorsement:	5

Book summary

A Choice Theory Approach to Drug and Alcohol Abuse offers a new approach to treating drug and/or alcohol abuse. It is valuable not only to an alcoholic or addict, but to those who love or live with one.

Frequently Asked Questions (FAQs)

What Makes This Book Unique?

Like most of us in the field of addictions, I was trained in the Minnesota Model. After several years working with clients, I soon discovered that there were other ways of dealing with people's addictions but never differentiated between them and the old ways of treatment. I then came across the work of Dr. William Glasser who had created Reality Therapy back in the 60's. He had developed a new psychology called Choice Theory in 1998 as a result of his recognizing that our current world's psychology has been ineffective. Over 50% of marriages are ending in divorce; crimes against humanity are ever-increasing; hate and polarization are currently at a zenith; we have become a nation of addicted, obese, debt-ridden, and medicated souls who, at the core of it all, are unhappy and filled with unwanted emotions.

Dr. Glasser calls the world's current ineffective psychology "External Control Psychology" and the cause of all of our unhappiness. Choice Theory teaches us that all unhappiness, with the exception of being born into poverty, living in a war torn environment, or having experienced a natural disaster, is the result of unsatisfying relationships with the important people in our lives. I became so impressed with the book on Choice Theory that I made contact with the William Glasser Institute and became certified in Reality Therapy and Choice Theory in a two year process.

I soon discovered that all addicts and alcoholics had several things in common: unsatisfying relationships and feeling unworthy to give or receive Love and Belonging. Acquiring and salvaging relationships is the focus of acquiring and maintaining sobriety and becoming drug-free. My books assist readers towards understanding why all humans do what they do; the purpose and motivation of all human behavior; how External Control is a self-defeating psychology that destroys the relationships of all who utilize it; and the things people do that cause their own self-made unhappiness.

Why did you write this book?

I wrote this book because of all of the unhappiness I see in my business. No one ever made an appointment with me because they were happier than they could stand to be. They are unhappy and their unhappiness is caused by unsatisfying relationships with the important people in their lives. The use of External Control is a relationship destroyer. Choice Theory is a relationship enhancer. All we do from birth until death is behave and most behavior is chosen with the purpose of creating happiness or pleasure. The important people in the addict or alcoholic's life uses External Control to get them to stop drinking/using. The addict/alcoholic uses External Control to get them off of their back and to leave them alone. The addict and the people important to him/her are unhappy and they each drive each other away.

How does this book benefit the reader

Dr. Glasser has identified seven specific behaviors that the majority of people employ even though they are relationship destroyers. Not only does one acquire more satisfying relationships when they cease using these behaviors, they find their happiness levels reaching new heights and lasting for long periods of time. Sobriety is more easily attained as a result of establishing meaningful relationships with the important people in one's life

The intended audience for all of my books are the millions of unhappy people in the world. . . people who want love and belonging but have given up on ever acquiring it; people who are relying on drugs an/or alcohol to give themselves short term pleasure rather than long term happiness.

Author Biography

Mike started out in the entertainment business and lived on the road. He got married and became an entertainment agent. The hours were grueling and involved lots of traveling, even more than he traveled as a performer. The long hours and late nights ultimately took their toll on the marriage and his wife became disenchanted with his choice of careers. She resorted to External Control to get him to change careers and in turn, Mike responded with External Control to justify his business. Eventually, the line had been crossed where respect and love were beyond repair. After seven years, they were divorced. It was at this time that Mike resorted to self-medicating his unhappiness with alcohol. In less than 20 seconds, he could experience the easement of unwanted emotions

and began to rely on alcohol to avoid the pain of unhappiness. Not only was he numbing his unwanted emotions, he was also numbing his wanted emotions, goals, hopes, and dreams.

After another seven years and realizing that his life was going nowhere, he searched to see what had changed from his successful days compared to his unhappy days. The answer was obvious: alcohol abuse. He made the decision to quit and decided to go back to school and become a Substance Abuse Counselor. Having been trained in all the old standard ways, Mike felt there was more to recovery than what he had been taught and how it was being approached. After coming across Dr. William Glasser's book, "Choice Theory," his personal and business life turned completely around and he had discovered what he felt had been missing not only in his personal life but also in the area of mental health. After six years of working in the field of alcohol and drug addiction, Mike became Licensed and Certified in 1998, and went into Private Practice where he has been conducting group sessions for addicted populations as well as writing and lecturing on Choice Theory.

Book Information Detail

- Title: A Choice Theory Approach to Drug and Alcohol Abuse
- Author(s): Mike Rice, LISAC, CTRTC
- Publisher: Madeira Publishing
- Distributor: Amazon (call publicist for quantity purchases*)
- ISBN: 1449501079
- Format: Paperback
- Number of Pages: 218
- Interior Type: Black and White
- Product Dimensions: 8.5 x 5.5 x 0.5 inches
- Binding: US Trade Paper
- Paper Color: White
- Bar Coded: Yes
- Format: Paperback
- Language: English
- Primary Category: Self-Help / Substance Abuse & Addictions / General
- Keywords: Addict, Al-Anon, drink, drug, external control, recovery, rehab, sober, therapy, therapist, treatment, withdrawal
- Price: \$19.95

Also available electronically:

Format: Kindle Edition

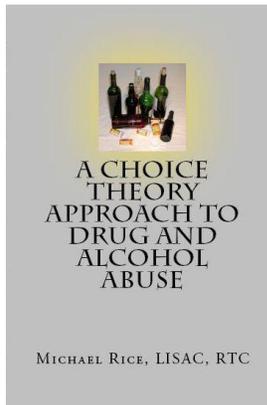
- File Size: 211 KB
- Publisher: Madeira Publishing (January 29, 2010)
- Sold by: Amazon Digital Services
- Language: English
- ASIN: B0036FTZ20

- Price for electronic download: \$9.95

Press Release:

Book: *A Choice Theory Approach to Drug and Alcohol Abuse* by Michael Rice, LISAC, RTC

A Choice Theory Approach to Drug and Alcohol Abuse offers a new approach to treating drug and/or alcohol abuse. It is valuable not only to an alcoholic or addict, but to those who love or live with one.



Mesa, AZ. (Madeira Publishing) January 11, 2010 -- Mike Rice of Mesa, AZ. has written an eye opener book entitled [*A Choice Theory Approach to Drug and Alcohol Abuse*](#) which offers a new approach to treating drug and alcohol abuse.

Choice Theory takes a look at the drug abuser and/or alcoholic behavior and deals with the client's unhappiness caused by a lack of meaningful relationships with the important people in their life. Constant use of a substance to deal with their unwanted emotions ultimately leads to dependence. Cellular structure must adapt to the continual inducement of a substance into the body. When the drug ceases to be induced, the cells react violently causing unwanted physical effects. The person feels sick when not using or drinking and feels better when drinking or using, albeit for short periods of time. The continued use of the substance in order not to feel sick becomes part of the addiction.

Mike takes the position that drug and alcohol abuse is not a mental illness as some would call it, but a physiological dependence which does not fit within the criteria of mental illness or a medical disease. In reality, it is no more than behavior that is being influenced by a drug.

Mike uses Choice Theory to deal with the sociological and psychological withdrawals by reestablishing values, creating new wants and goals, and creating new or reconnecting relationships with the important people in one's life. Added to this is learning new methods to deal with unhappiness instead of trying to bypass it with short term pleasure from a drug.

About the Author: Mike Rice is a certified Reality Therapy and Choice Theory therapist whose work is solidly based upon Dr. William Glasser's world renowned "Choice Theory." Mr. Rice has been in private practice for several years and also writes and lectures throughout the Western Region of the U.S. on alcohol and drug abuse/dependence as well as finding and maintaining happiness in one's life. More information about Mike can be found on his web site at: <http://www.mike-rice.com>



His books are available via Amazon.com, or by ordering them through your local bookstore.

Mike will be speaking at the West Coast Regional CTRTC (Choice Theory Reality Therapy Conference) being held in Los Angeles on March 5th and 6th, 2010 on the topic of "Having Fun with Choice Theory." See the tab for CT on his [web site](#) for more details.

Media requests contact

Requests for interviews and/or review copies of this book as well as quantity discounts may be addressed to:

Lynn K. Busby, Publicist
Madeira Publishing
5510 E. University Suite J-1
Mesa, AZ 85203
Phone: 636 627-1507
email: lbusby@madeirapublishing.com

Endorsement:

Choice Theory®, developed by William Glasser, M.D. provides a simple, yet profound explanation of human behavior. As a psychiatrist that practiced for 50 years working with all kinds of patients and diagnosis, he has recently stated that all he has ever really been is a teacher; a psychiatrist that teaches people to be happy. *A Choice Theory Approach to Drug and Alcohol Abuse* is a continuation of Dr. Glasser's theory and teachings. Mike Rice teaches people how to be happier.

One of the easiest to understand principles is also one of the most difficult lessons to practice; "The only person you can control is yourself." Mike explains that even though people logically agree with the statement, many people spend their time trying to change others through the use of negative or "deadly" habits. These behaviors hinder relationships and increase unhappiness.

Mike will teach you some new ideas, show you different ways of looking at the problem of addiction, and will provide information you need to help you move toward happiness. The logical progression of ideas, coupled with explanations, case studies, and opportunities for self-reflection, make this a powerful, effective tool for anyone wanting help with an addiction.

Bob Hoglund, Bob Hoglund, Inc.
Senior faculty Member of the William Glasser Institute

###