

TONY BEVACQUA is an accomplished educator, corporate coach, social advocate, and lecturer. He teaches college psychology courses, leads corporate wellness seminars, and has a private practice in Los Angeles coaching people who have a desire to better understand their self-determining nature. He has contributed articles to the *Journal of Humanistic Psychology* and *Addiction Professional Magazine*.

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PSYCHOLOGY | ADDICTION

“Tony Bevacqua, a successful life coach and therapist, has added his voice to the growing chorus of those discontented with traditional twelve-step and disease treatment in his book, *Rethinking Excessive Habits and Addictive Behaviors*. Bevacqua brings to this task an engaging writing style, a wide knowledge of psychology and of modern treatment practices, and a grasp of the human condition steeped in his own long career working with people with relationship, addictive, and substance problems.”

—**STANTON PEELE**, PhD, pioneer of non-twelve-step approaches to addictive problems, author (with Ilse Thomas) of *Recover! Stop Thinking like an Addict*

“Tony Bevacqua’s highly readable book blasts through the fog of confused and rigid thinking about addiction to present a humane, informed, and commonsense approach to understanding and taming uncontrolled behavior.”

—**SALLY SATEL**, MD, practicing psychiatrist and lecturer at the Yale University School of Medicine



BEVACQUA

RETHINKING EXCESSIVE HABITS & ADDICTIVE BEHAVIORS

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RETHINKING EXCESSIVE HABITS & ADDICTIVE BEHAVIORS

TWELVE-STEP PROGRAMS ARE ONE OF the most popular ways of treating addiction, but are they the best? Here, Tony Bevacqua questions the efficacy of these approaches and offers a different way of looking at addiction that takes into account his work with clients in his private practice and other studies done on the notion of addiction as a disease. Breaking new ground in the area of addiction, his work will offer clients and practitioners an alternative route forward.