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The Disease of Desire

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Through his patients' stories and sessions, Jean-Bernard Daeppen sheds new light on addiction.

What is addiction? Why do some people develop dependencies—on alcohol, tobacco, medications, heroin, video games, sex—while others are merely occasional users? How does addiction transform the lives of a person and their loved ones? How can we help them, make it easier for them, be there for them?

Jean-Bernard Daeppen sheds new light on addiction, taking a bold, practical approach full of curiosity and empathy. He seeks to find meaning in pain, to use recent treatments based on neuroscience and psychotherapy, and always, always to keep trying.
