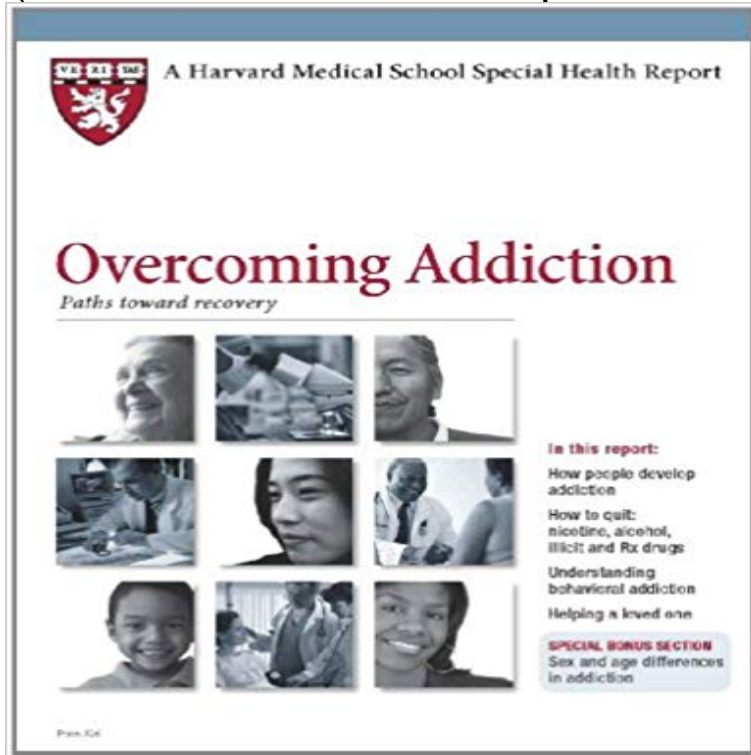


# Harvard Medical School Overcoming Addiction: Paths toward recovery (Harvard Medical School Special Health Reports)



Addiction can be devastating. Recent scientific advances have shaped our understanding of this common and complex problem. The good news is that there are a number of effective treatments for addiction, including self-help strategies, psychotherapy, medications, and rehabilitation programs. You can use the strategies presented in this report to discover new ways to cope with life's difficulties.

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