



Stop Me Because I Can't Stop Myself : Taking Control of Impulsive Behavior

Jon E. Grant, S. W. Kim

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This volume is based on research which has led to new discoveries about impulse control and new ways of treating the problem. Drs Jon Grant and S. W. Kim are specialists in impulse-control disorders and their pioneering work at the University of Minnesota, where they conduct their clinical research, has attracted patients from all over the world and the attention of the American Psychiatric Association and The Obsessive-Compulsive Foundation. This book aims to offer new help and hope to people who suffer from impulse control. The authors begin by defining the nature of this widely misunderstood problem, its neurobiological origins and how it differs from Tourette's syndrome, alcohol addiction and other substance-abuse problems. From there, they offer help to impulse-control sufferers and their families, including: how to know if you have a problem; forms of impulse-control disorders; the impact of these disorders on everyday life - at work, at home, legal problems, alcohol and drug use, and suicide; impulse-control problems in children and adolescents, as well as the elderly; medical and pharmacological treatments; therapy and other treatments; what doesn't work; and what family, friends and patients themselves can do.

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