Mathilde Saïet
LES ADDICTIONS

Que sais-je?

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Addictions

Author: Mathilde Saïet
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Mathilde Saïet interrogates the meaning of addiction, analyzes its most common mechanisms and symptoms, and offers an overview of possible approaches to treatment.

Of all our psychopathological behaviors, addiction may be the one that most challenges the boundaries between normal and pathological. The line between what are called "bad habits" and actual addiction is a hard one to draw. Addictions almost always start out as everyday behaviors that deviate from their initial intent: drinking, eating, gambling, working, self-care, etc. Are we all addicts?