
BOOK REVIEW

Steve Sussman

Substance and behavioral addictions: Concepts, causes, and cures

Cambridge University Press, Cambridge, UK, 2017

Paperback ISBN: 978-1-107-49591-3

The book titled “*Substance and Behavioral Addictions: Concepts, Causes, and Cures*” discusses the theoretical, etiological, and cessation underlying substance use (e.g., alcohol, tobacco, other drugs, and food addictions) and behavioral addictions (i.e., gambling, Internet, shopping, love, sexual, exercise, and work addictions).

Steve Sussman, PhD, the author of the book, is a professor of preventive medicine, psychology, and social work at the University of Southern California. He is well known for his work on program creation and implementation for substance and behavioral addictions such as No Drug Abuse and Project EX, which today are known to be exemplary models for various national and international agencies to follow [e.g., the National Institute on Drug Abuse (United States), the National Institutes of Health (United States), and Health Canada]. Moreover, Dr. Sussman’s work has led him to receive current honors, such as fellow of the American Psychological Association (APA, Division for Addictions) and the past president of the Academy of Health Behavior. To date, Dr. Sussman has published over 500 research items (articles, book chapters, and books). He is currently the Editor of *Evaluation and The Health Professionals*. His research is widely recognized worldwide.

The book by Dr. Sussman is divided into three parts: Addictions and Addictive Effects (Part 1), Types of Addictions (Part 2), and Resolving the Problems of Addiction and Future Directions (Part 3), respectively. Part 1 draws the reader in by giving a general framework regarding the items that surround the addiction theoretical background and thus giving both an introductory background to those learning first time about addictions as well as refreshing to those who are researchers in the field. Following this, Part 2 focuses on the more specific types of addiction, manifestations of addiction, and how the terms of addiction have arrived. This part is important because later on in the book there is an overview of each term, which provides both a textbook and story presentation to the readers of the book. Part 3 is geared more for the experts in the field as well as psychology

researchers and clinicians, because it focuses on ways of treatment development as well as ways for improvement. Dr. Sussman even claims further that the book is primarily designed for the audience to be students (upper-level undergraduate or graduate students), researchers, and clinicians who have an overall interest in the depth of addiction from various perspectives, which is why I can whole-heartedly recommend the distribution of the parts of the book.

Another feature of the book is that it considers all types of addictions, despite they are not being officially recognized in the DSM-5. Dr. Sussman provides his opinion that these are not officially recognized yet due to the need for additional research support. Furthermore, because of these essential additional research support, Dr. Sussman provides a comprehensive outline at the end of the book that may help upcoming researchers, clinicians, and the experts alike to develop potential paradigms and methodologies in scientific research.

One other recognizable item of the book is that it is the first book to look at comorbidity of substance and behavioral addictions with each other and also with behavioral addiction types with each other. To date, several books have looked at them simultaneously or have drawn comparisons and contrasts. In this case, though, we see an important look at how both addictions interact with each other on an empirical basis.

On the whole, I highly recommend the book due to the novelty, strengths, and overall framework that Dr. Sussman presents. If searching for a book that can both provide both captivating and strongly compelling overview of concepts, as well as providing recommendations for treatment and reasoning for the cause of these addictions, I highly recommend this book.

Mara J. Richman

Institute of Psychology, ELTE Eötvös Loránd University
Budapest, Hungary

E-mail: mara.richman@ppk.elte.hu