



Addictive Behaviour in Children and Young Adults: The Struggle for Freedom

Raoul Goldberg

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Addiction is one of the most critical problems of our time and affects children and adults alike. We face not only a widespread dependency on illicit substances, but also addictions to food, beverages, cigarettes, pharmaceuticals, and alcohol, as well as electronic gadgetry, online social networks, and entertainment media—all within the context of a culture of violence and excessive and unhealthy sexual practices.

This book explores the overall consequences of addictive behavior in children and young people, as well as its underlying causes. Drawing on anthroposophic insights, the author views the whole child of body, soul, and spirit on a developmental journey from newborn to adulthood. He examines specific addictions through case histories from his clinical practice and offers a tried and tested method for understanding and managing each child or young person who succumbs to the dangers of dependencies.

This book is for parents, teachers, and health professionals who work with children and adolescents; for young people and adults caught in unhealthy addictive behavior; and for all those who wish to understand their own human nature.

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