

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



One Hour AT A Time Archives Available

May 19th 2014: Rein In Your Brain From Impulsivity to Thoughtful Living in Recovery with Guest Cynthia Moreno Tuohy, BSW, NCAC II

Addiction – whether to mood altering substances, gambling, sex or food, stems in part from an over reliance on the reward system of a primitive part of the brain that can push us to make poor choices based on an expectation of immediate gratification. Those in recovery often struggle with the compulsive thoughts and behaviors that are still programmed in the addictive brains well after the drinking and drugging has stopped. Our guest today, addiction expert Cynthia Moreno Tuohy, offers ten tools for breaking the cycle of impulsivity. These time-tested self interventions include standing st

[Read more](#)



Tune in

Archives Available on VoiceAmerica Health and Wellness Channel

EPISODE ON DEMAND

VIEW HOST PAGE

Featured Guest



Cynthia Moreno Tuohy

Cynthia Moreno Tuohy is the Executive Director of NAADAC, and the Association of Addiction Professionals. She previously served as the Executive Director of Danya Institute and the Central East Addiction Technology Transfer Center and the Program Director for Volunteers of America Western Washington. In addition, she has 20 yrs experience as administrator of multi-county, publicly funded alcohol/drug prevention/ intervention/ treatment centers for all ages. Cynthia authored Rein In Your Brain From Impulsivity to Thoughtful Living in Recovery, along with Victoria Costello.

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps

