



Georg Psota

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ADDICTION

Recognising - Understanding - Overcoming

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It's a fine line between indulgence and addiction. Liberate yourself from dependency!

Addictions increasingly dominate our society. This has been further exacerbated by the pandemic, which has led to greater psychological strain and consequently an increased risk of addictive behaviour. When we yearn to experience moments of pleasure with growing frequency, we pay for it with the loss of our personal freedom. Quite often, even the search for this moment becomes addictive. And addiction can revolve around many things: cigarettes, alcohol, drugs, food, work, internet, shopping, gambling and more. 'Addiction' by Georg Psota and Michael Horowitz explores addictive disorders and their causes in all their forms and variations, and offers guidance on overcoming dependency and finding a way back to a freer, more balanced life.

GEORG PSOTA

Born in 1958, Psota is a consultant psychiatrist and neurologist. He is head physician of Vienna's psychosocial services, president of the Austrian society for social psychology ÖGSP, vice-president of the Austrian society for geriatric psychiatry and psychotherapy, medical consultant on the psychosocial advisory panel to the health minister of Vienna, leader of Vienna's psychosocial advisory body, and author of non-fiction books as well as numerous scientific publications. Most recently published: 'Das weite Land der Seele' (2016), 'Angst' (2018), 'Sucht' (2022).

MICHAEL HOROWITZ

Born 1950 in Vienna, Horowitz is a photographer, journalist, writer and publisher. He has authored biographies on Heimito von Doderer, Egon Erwin Kisch and Karl Kraus, as well as H. C. Artmann, Otto Schenk and Helmut Qualtinger. He is founder of the courier magazine 'freizeit' and has received several awards, including the Austrian Cross of Honour for Science and Art. Most recently published: 'Das weite Land der Seele' (2016), 'Angst' (2018), 'Sucht' (2022).