

## Stage II Recovery Life Beyond Addiction

Aimee Liu, who wrote *Solitaire*, the first-ever memoir of anorexia, in 1979, returns to the subject nearly three decades later and shares her story and those of the many women in her age group of life beyond this life-altering ailment. She has extensively researched the origins and effects of both anorexia and bulimia, and dispels many commonly held myths about these diseases with the persuasive conclusion that anorexia is a result of personality. Key revelations include: the temperament required for eating disorders, the long-term effects of eating disorders on health, brain function, relationships and career, why some individuals recover while others relapse, and why many relapse in mid-life. Which treatment approaches are most successful long-term and how parents can tell if a child will be vulnerable to eating disorders. Using her own experience and the stories of many recovering anorexics she's interviewed, Liu weaves together a narrative that is both persuasive in argument and compelling in personal details.

"One of the classics in the field of crisis intervention" (Dr. Earl Grollman), *Life after Loss* is the go-to resource for anyone who has suffered a significant life change. Loss can be overwhelming, and recovery often seems daunting, if not impossible. With great compassion and insight, Deits provides practical exercises for navigating the uncertain terrain of loss and grief, helping readers find positive ways to put together a life that is necessarily different, but equally meaningful. With two new chapters and significant changes throughout reflecting Deits's ongoing experience in counseling, *Life after Loss* is an essential "roadmap for those in grief" (Lawrence J. Lincoln, MD, Staff, Elisabeth Kubler-Ross Center).

In this groundbreaking book, a leading clinical psychiatrist redefines how we think about and treat victims of trauma. A "stunning achievement" that remains a "classic for our generation." (Bessel van der Kolk, M.D., author of *The Body Keeps the Score*). *Trauma and Recovery* is revered as the seminal text on understanding trauma survivors. By placing individual experience in a broader political frame, Harvard psychiatrist Judith Herman argues that psychological trauma is inseparable from its social and political context. Drawing on her own research on incest, as well as a vast literature on combat veterans and victims of political terror, she shows surprising parallels between private horrors like child abuse and public horrors like war. Hailed by the *New York Times* as "one of the most important psychiatry works to be published since Freud," *Trauma and Recovery* is essential reading for anyone who seeks to understand how we heal and are healed.

The principles of the revolutionary new acceptance and commitment therapy (ACT) help readers cope with the aftereffects of traumatic experience through the straightforward exercises in *Finding Life Beyond Trauma*.

In times of crisis like the coronavirus pandemic has caused, we need all the recovery tools we can get. Smart sobriety means working on all the stuff our substances were covering up. The author of the classic *12 Stupid Things That Mess Up Recovery* offers a fresh list of "smart" things to do to attain and sustain emotional sobriety. Whether it's called "dry drunk" or "white knuckle sobriety," it's that stage in recovery when we realize that "putting the plug in the jug" isn't enough. The next step is taking responsibility for the emotional immaturity that fuels our addictive personality and has a tremendous impact on ourselves and others. Allen Berger, PhD, draws on the teachings of Bill W. and psychotherapy pioneers to offer twelve hallmarks of emotional sobriety that, when practiced, give people the confidence to be accountable for their behavior, ask for what they want and need, and grow and develop a deeper trust in the process of life. These smart things include: understanding who you are and what's important to you; learning not to take others' reactions personally; trusting your inner compass; and taking responsibility for your reactions to problematic situations. It is in these practices that we find release from what Bill W. described as an "absolute dependency" on people or circumstances, and develop the tools to find prestige, security, and belonging within.

An inspiring collection of meditations, prayers, and insights designed to facilitate the weekly practice of the 11th step, heightening our conscious contact with God as we understand him. Each year, hundreds of men and women cross the threshold of the Wolfe Street Center in Little Rock, Arkansas. Many of them attend the "Hour of Power," a weekly Sunday morning meeting focused on heightening one's spiritual awareness and growth by focusing on the Eleventh Step of Alcoholics Anonymous: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out." This special book, designed for weekly study, offers a prayer, a meditation, and related insights from the discussions that emerged during the "Hour of Power." *Sought Through Prayer and Meditation* brings the insights of the collective consciousness of the Wolfe Street groups to recovering people everywhere. This book reminds us that if we are vigilant in our spiritual pursuit, we may well achieve what is promised: "a glimpse of that ultimate reality which is God's kingdom." (Geno W.)

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues. This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world!

"A classic. Read it. Use it. It can help guide you step by step into the bright light of the world of recovery." —from the Foreword by Harry Haroutunian, M.D., Physician Director, Betty Ford Center "The Recovery Book is the Bible of recovery. Everything you need to know you will find in here." —Neil Scott, host, Recovery Coast to Coast radio Hope, support, and a clear road map for people with drug or alcohol addiction. Announcing a completely revised and updated second edition of *The Recovery Book*, the Bible of addiction recovery. *The Recovery Book* provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical,

and spiritual issues that arise along the way. Its comprehensive and effective advice speaks to people with addiction, their loved ones, and addiction professionals who need a proven, trusted resource and a supportive voice. The new edition of *The Recovery Book* features the revolutionary Recovery Zone System, which divides a life in recovery into three chronological zones and provides guidance on exactly what to do in each zone. First is the Red Zone, where the reader is encouraged to stop everything, activate their recovery and save their life. Next is the Yellow Zone, where the reader can begin to rebuild a life that was torn apart by addiction. Finally, the reader reaches the Green Zone, where he can enjoy a life a recovery and help others. Readers also learn how to use the Recovery Zone ReCheck, a simple, yet very effective relapse prevention tool. The Recovery Zone System works hand-in-hand with the 12-step philosophy and all other recovery methods. In addition, *The Recovery Book* covers new knowledge about addiction mechanisms and neuroplasticity, explaining how alcohol and drugs alter the brain. The authors outline a simple daily practice, called TAMERS, that helps people to use those same processes to “remold their brains” around recovery, eventually making sobriety a routine way of life. Written by Al J. Mooney, M.D., a recovery activist who speaks internationally on recovery, and health journalists Catherine Dold and Howard Eisenberg, *The Recovery Book* covers all the latest in addiction science and recovery methods. In 26 chapters and over 600 pages, *The Recovery Book* tackles issues such as: Committing to Recovery: Identifying and accepting the problem; deciding to get sober. Treatment Options: Extensive information on all current options, and how to choose a program. AA and other 12-Step Fellowships: How to get involved in a mutual-support group and what it can do for you. Addiction Science and Neuroplasticity: How alcohol and drugs alter pathways in the brain, and how to use the same processes to remold the brain around recovery. Relapse Prevention: The Recovery Zone ReCheck, a simple new technique to anticipate and avoid relapses. Rebuilding Your Life: How to handle relationships, socializing, work, education, and finances. Physical and Mental Health: Tips for getting healthy; how to handle common ailments. Pain Control: How to deal with pain in recovery; how to avoid a relapse if you need pain control for surgery or emergency care. Family and Friends: How you can help a loved one with addiction, and how you can help yourself. Raising Substance-Free Kids: How to “addiction-proof” your child. The Epidemic of Prescription Drugs: Now a bigger problem than illegal drugs. Dr. Al J. Mooney has been helping alcoholics and addicts get their lives back for more than thirty years, using both his professional and personal experiences at his family’s treatment center, Willingway, and most recently through his work as medical director for The Healing Place of Wake County (NC), a homeless shelter. *The Recovery Book* will help millions gain control of their mind, their body, their life, and their happiness. [www.TheRecoveryBook.com](http://www.TheRecoveryBook.com)

Offers clear and practical techniques for couples and families who have faced the issue of addiction and are now striving to bring health and vitality to their relationships.

Stage II RecoveryLife Beyond AddictionHarper Collins

In this ground-breaking book, Michael Clemmens offers a new model of treatment for long-term recovery which goes beyond the traditional "disease" paradigm. Working from the belief that a fuller life for the recovering addict is grounded on a foundation of abstinence, the author explores a "self-modulation" approach which leads to a change in the behavior from within the individual while developing and expanding connection with others.

A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery “This manual for self-realization comes not from a mountain but from the mud...My qualification is not that I am better than you but I am worse.” —Russell Brand With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his fourteen years of recovery. Brand speaks to those suffering along the full spectrum of addiction—from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not “Why are you addicted?” but “What pain is your addiction masking? Why are you running—into the wrong job, the wrong life, the wrong person’s arms?” Russell has been in all the twelve-step fellowships going, he’s started his own men’s group, he’s a therapy regular and a practiced yogi—and while he’s worked on this material as part of his comedy and previous bestsellers, he’s never before shared the tools that really took him out of it, that keep him clean and clear. Here he provides not only a recovery plan, but an attempt to make sense of the ailing world.

A practical guide to breaking the negative force of anger lays out a new strategy for facing up to resentment and rage and moving beyond them to forgiveness in order to reestablish damaged relationships. Original.

As an internationally respected teacher and lecturer on the Twelve Step method introduced by Alcoholics Anonymous, Joe McQ knows that sponsorship is a key construct for the success of the program because it involves moving a person through the Twelve Step process to recovery. *Carry This Message* addresses McQ's concern that sponsors have lost some skills in working with alcoholics.

Children of alcoholic or addicted parents may be stripped of hope, courage, and self-esteem. The dysfunctional family is fueled by shame and chaos, stunting children’s relationships and self-acceptance. Adult children of alcoholics and addicts need encouragement to overcome these childhood deprivations. *Days of Healing, Days of Joy* models a program of serenity, spirituality, and acceptance through its meditations. “Children of alcoholics are set up for their struggles. You are not sick. You got set up.” —Dr. Jan Woititz Alcoholic or addicted parents may become focused on their compulsion while their children fend for themselves in a dysfunctional household. Without helpful and informative parental guidance, children manage their own personal growth, and their spiritual and emotional health suffers. Children parent themselves, and their innocence dies. Parents with addiction may not have demonstrated healthy connection and love to their children. Adult children of addicts or alcoholics are often shadowed by this disconnect; codependency, self-judgment, and

overzealous loyalty darken their doorway. Fortunately, healing and recovery are within reach. In *Days of Healing, Days of Joy*, Earnie Larsen and Carol Larsen Hegarty share the reflective and peaceful insight needed for growing up again—this time with plenty of love and patience.

The 10th Anniversary Edition of the book that has given hope and inspiration to thousands who are dealing with eating disorders "If you or someone you love has an eating disorder, this is the book to read." —Dr. Phil Jenni had been in an abusive relationship with Ed for far too long. He controlled Jenni's life, distorted her self-image, and tried to physically harm her throughout their long affair. Then, in therapy, Jenni learned to treat her eating disorder as a relationship, not a condition. By thinking of her eating disorder as a unique personality separate from her own, Jenni was able to break up with Ed once and for all. Inspiring, compassionate, and filled with practical exercises to help you break up with your own personal E.D., *Life Without Ed* provides hope to the millions of people plagued by eating disorders. Beginning with Jenni's "divorce" from Ed, this supportive, lifesaving book combines a patient's insights and experiences with a therapist's prescriptions for success to help you live a healthier, happier life without Ed. This 10th anniversary edition features a new afterword as well as sections devoted to family, friends, and supporters; how treatment professionals can use the book with their patients; and men with eating disorders. "Of all the great books written on eating disorders, none has had a wider reach than *Life Without Ed*. Those suffering have found connection and hope, family members have found understanding and empathy, professionals have learned from it and praised it. It will remain a classic for decades to come." —Michael E. Berrett, PhD, psychologist; CEO and cofounder of the Center for Change; coauthor of *Spiritual Approaches in the Treatment of Women with Eating Disorders* "[*Life Without Ed*] was the first [book] to teach readers that they can not only separate from their eating disorder, but also disagree with and disobey it. I wholeheartedly recommend this witty, hopeful guide to patients, carers, professionals, and anyone else who wants to understand what it's really like to live with an eating disorder and ultimately triumph over it." —Jennifer J. Thomas, PhD, assistant professor of psychology at the Harvard Medical School; co-director of the Eating Disorders Clinical and Research Program at Massachusetts General Hospital "This uplifting book's intimate inner dialogue has energized countless young women—and men—in their own recoveries from eating disorders." —Leigh Cohn, MAT, CEDS, coauthor of *Making Weight: Men's Conflicts with Food, Weight, Shape & Recovery* "Jenni is truly a remarkable woman. She unselfishly shares her struggles and triumphs in something that will probably affect all of us in one way or another in our lifetime. Her candid and inspiring story will truly help those suffering from their own "Ed." I feel privileged to know her and her story." —Jamie-Lynn Sigler, actress

Learn to change the self-critical stories in your mind and rewire your brain so that you gain the self-confidence to build more fulfilling relationships, careers, and social life. Since childhood, our experiences and interactions have shaped the running narrative of who we are and how we view ourselves. When those interactions are painful, many of us have a tendency to internalize the negativity, translating mean or selfish messages given to us by family, friends, or teachers during our youth into truths about who we are—our flaws, failures, and shortcomings. Through practical and easy-to-understand principles and techniques, *What Went Right* teaches you to recognize and intervene on self-defeating thought processes and uncover your core beliefs about who you really are. Through these exercises, you will learn how your thoughts drive feelings that influence your behaviors. By changing your thinking, you can unlock self-affirming feelings and actions needed to create your new life story and become the person you want to be.

Whether you've hit an obstacle in your recovery from addiction, you're experiencing periodic relapse, or you're simply longing for something more, here is a true and certain guide to living more abundantly in recovery. With *Destination Joy*, best-loved author Earnie Larsen provides friendly and expert roadside assistance to weary travelers on recovery's path. Whether you've hit an obstacle in your recovery from addiction, you're experiencing periodic relapse, or you're simply longing for something more, here is a true and certain guide to living more abundantly in recovery. In sharing many different stories of recovering people and the various paths they have taken, Larsen explores ways you can bring greater love, acceptance, and belonging into your life.

Sustained abstinence from an addiction is only the first stage of recovery; real recovery begins with Stage II--the rebuilding of the life that was saved in Stage I.

This uplifting daily meditation book by bestselling recovery authors Earnie Larsen and Carol Hegarty tackles the fundamental issue of self-esteem head-on. Presents a meditation for every day of the year, complete with an inspirational quote and thought for the day--all written in a conversational, down-to-earth tone.

Leading innovators in progressive addiction treatment outline a science-based program for overcoming addiction-related problems, demonstrating how to effectively use positive reinforcement and motivational and behavioral strategies. (Self-Help)

In this portable recovery aftercare program, Earnie Larsen coaches readers through one full year of sobriety with personal, practical, actionable steps to help them refocus on the core concepts that are essential to sober living. Make no mistake about the intention of the guidance offered in this book. This is not just another "nice recovery book"--one that you read and then put aside, hopefully taking away a few good thoughts. My intention is that the material offered here should be chewed, pulled apart, scrutinized, and internalized. This book is designed to be worked. It is intended to provide support, insights, and exercises that will do something about the high relapse rate of people starting recovery.>-Earnie Larsen, From the introduction In this invaluable guide, renowned author and lecturer Earnie Larsen brings you a portable recovery aftercare program that you can easily integrate into your personal life ?and take with you anywhere you go. Now That You're Sober is an all-purpose, year-long compendium of recovery wisdom and inspiration to help those who are newly sober focus on practical applications of Twelve Step principles. Like a traditional aftercare program, it is designed to keep the basics of recovery front and center in your consciousness, as it is the loss of this awareness that causes relapse. In his characteristic down-to-earth, tell-it-like-it-is style, Larsen serves as your recovery coach, providing guidance and inspiration when you feel vulnerable in your sobriety, and helping you to move past common stumbling blocks and flourish in your daily life. Each of his fifty-two entries includes a motivational essay, or pep talk, centered on a key element of recovery, followed by personal, practical, actionable steps to help you refocus on the concepts and behaviors that are essential in a recovering person's life. Earnie Larsen is a nationally known pioneer in the field of recovery from addictive and unwanted behaviors. He has authored and produced more than fifty-five motivational self-help books and resources on a variety of topics ranging from managing interpersonal relationships to spirituality.

Dr. Mike Dow is a best-selling author, psychotherapist, and relationship expert. So why is he writing a book about stroke? Well, what you probably don't know about Dr. Mike is that his younger brother, David, is a stroke survivor. What's more, David's stroke happened when he only 10 years old. This means most of Dr. Mike's teenage years were spent witnessing what his family was dealing with trying to find the best treatments for David. He struggled to know what to do to help his brother. He watched helplessly as his brother wrestled with depression, trying to find the motivation to recover on top of the challenges of adolescence. He mourned the loss of what could have been—and he was angry. How his family would have loved to sit down with top experts in stroke to find out what they should be doing and have their questions answered. Now Dr. Mike has the ability to do just that, and he's doing it so that others in his family's position don't have the same struggle. Armed with questions from stroke survivors and their loved ones, Dr. Mike talks with the best clinicians across the country to get over 100 answers you need to know to maximize your recovery.

*A (Former) Skeptic's Guide to the 12-Step Program* Knowledge from a personal journey. Experiences with addiction vastly differ, but something can be learned from everyone's journey—especially those who achieve sobriety. Author

Bucky Sinister penned this book because he had something to share from his own journey, a realization that completely changed his outlook on recovery. This smart and snide book is his testament to the effectiveness of the 12-Step Program, a path to recovery that he never expected to go down (and work). A tough-love approach to recovery. As a poet, author, and comedian, Sinister doesn't hold back from speaking the truth in this book. He speaks bluntly about addiction and his own struggles with it. Sinister appeals to those who are turned off by the usual recovery self-helps. He talks straight to readers who struggle to buy into the effectiveness of the 12-Step Program—particularly those like Sinister, an atheist, who have problems with the “higher power” concept intertwined with the program. A different kind of “self-help”. Sinister's book presents itself as self-help, but don't expect it to have the same tone as others you've read. The book is full of Sinister's comedic touch, colorful language, and stories from “scumbags” that contain life-saving wisdom. An unabashed testimony to Sinister's personal journey to sobriety and those of others, this recovery book is sure to educate, entertain, and inspire. Read Bucky Sinister's *Get Up: A 12-Step Guide to Recovery for Misfits, Freaks, and Weirdos* and find...

- A different outlook on the 12-Step Program
- Raw and honest stories of addiction and staying sober
- A source of both light laughter and cutting wisdom for those on the path to recovery

Readers of books such as *The Unexpected Joy of Being Sober*; *Recovery: Freedom from Our Addictions*; and *Staying Sober Without God* will find further guidance and inspiration in *Get Up*, which should be the next book for you.

**NATIONAL BESTSELLER** • A stunning “portrait of the enduring grace of friendship” (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. A **NATIONAL BOOK AWARD FINALIST** • A **MAN BOOKER PRIZE FINALIST** • **WINNER OF THE KIRKUS PRIZE** A Little Life follows four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara's stunning novel is about the families we are born into, and those that we make for ourselves. Look for Hanya Yanagihara's new novel, *To Paradise*, coming in January 2022.

By understanding the nature of DLS, readers can take steps to improve their lives. Through goal setting, writing projects, developing a support system, objective criteria, graphs, and plan development, readers can learn practical, repeatable, and clear behavior to overcome DLS. Here, Larsen helps readers understand DLS and gives them the exercises necessary to change.

Some people get sober but stay stuck. Even after the addictive substances or behaviors recede into our pasts, many of us still suffer. Renowned recovery expert Dr. Allen Berger helps us learn to experience, respect, and modulate our emotional reactions to achieve true serenity and peace of mind. Sobriety can be the foundation for growth, but only if we are willing to explore what lies beyond the basics of physical sobriety. The quality of our ongoing recovery will be determined by how we learn to respond to the problems or challenges in our lives—even the basic emotional discomforts and dislocations that arise day-to-day. Developed to help those in recovery find continuing success, *12 Essential Insights for Emotional Sobriety* gives us a framework for understanding successive stages of recovery, as well as a guide toward emotional maturity, authentic humility, and deep joy in living. Rooted in the insights and vision of the founders of Alcoholics Anonymous, this book is also informed by the author's scientific wisdom, personal experience, and decades of clinical treatment of addiction. *12 Essential Insights* gives us a fresh take on mature sobriety.

A 2018 Nautilus Award Winner If you're recovering from addiction, *The Gift of Recovery* offers quick, in-the-moment tips and tricks to help you cope with daily stress and stay firmly on the path to wellness. With this gentle, easy-to-use guide, you'll learn how to navigate relationships, take time for self-care, and build a mindful, sustainable, and joyful recovery. Deciding to get help for addiction is the first step toward recovery. But addiction recovery doesn't happen all at once—it's something that must be worked for, every day. Sometimes, it will be easy. When things are going well, you may not be tempted to give in to your cravings. But when life is stressful, you'll need strategies to help you cope. Written by the authors of *The Mindfulness Workbook for Addiction*, this on-the-go mindfulness guide offers fifty-two powerful and effective meditations to help you manage the stress, depression, and strong emotions that can get in the way of a full and lasting recovery. You'll also find skills based in cognitive behavior therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) to help you stay grounded, as well as links to online resources. Deciding to overcome an addiction can feel like leaving a relationship. It's hard and sometimes lonely—but it is truly an act of courage. This book will help guide you as you continue making courageous steps toward peace, joy, and fulfillment. There is life beyond your eating disorder—and you deserve to enjoy every minute of it. Johanna S. Kandel, founder and executive director of The Alliance for Eating Disorders Awareness, struggled with her eating disorder for ten years before finally getting help. Now fully recovered, Kandel knows firsthand how difficult the healing process can be. Through her work with The Alliance—leading support groups, speaking nationwide and collaborating with professionals in the field—she's developed a set of practical tools to address the everyday challenges of recovery.

Resource added for the Leadership Development program 101961.

"The feeling was electric-energy humming through my body. I felt like blood was pouring into areas of my tissues that it had not been able to reach for some time. It was relieving and healing, subtler than the feeling from getting off on drugs, but it was detectable and lovely, and of course, there was no hangover, just a feeling of more ease than I could remember. I felt a warmth come over me similar to what I felt when I had done heroin, but far from the darkness of that insanity, this was pure light—a way through." - Tommy Rosen, on his first yoga experience

Most of us deal with addiction in some form. While you may not be a fall-down drunk, anorexic, or a gambling addict, you likely struggle with addiction in other ways. Workaholism, overeating, and compulsively engaging with technology like video games, texting, and

Facebook are also highly common examples. And if you don't suffer from addiction, chances are you know someone who does. Through more than 20 years of recovery and in working professionally with others, Tommy Rosen has uncovered core elements of recovery and healing, what he refers to as Recovery 2.0. In the book, he shares his own past struggles with addiction, and powerful, tested tools for breaking free from the obstacles that stand in the way of a holistic and lasting recovery. Building off the key tenets of the 12-Step program, he has developed an innovative approach that includes

- Looking at the roots of addiction; your family history and "Addiction Story"
- Daily breathing practices, meditation, yoga, and body awareness
- A healthy, alkaline-based diet to aid with detox, boost immunity, increase vitality, support your entire recovery, and help prevent relapse
- Discovering your mission, living on purpose, and being of service to others

Recovery 2.0 will help readers not only release their addictions, but thrive in their recovery.

Become more effective in therapy when working with survivors of abuse! From Surviving to Thriving: A Therapist's Guide to Stage II Recovery for Survivors of Childhood Sexual Abuse is a comprehensive manual for treating survivors of childhood physical, sexual, and emotional abuse. Inspired by the author's own private practice, it combines both theory and practice and supports the therapeutic partnership with a step-by-step outline of the healing process. This outline includes concrete and incremental strategies and exercises that help you move the survivor beyond Stage I trauma debriefing to life-changing Stage II recovery. In From Surviving to Thriving, you'll find everything you need to know about obtaining and maintaining autonomy and speeding recovery in the age of managed care. The self-contained, focused, and incremental interventions presented in this book can be woven into your own therapeutic style, giving you and your clients more freedom, satisfaction, and, most importantly, swift treatment and recovery. You'll also find step-by-step guidance for dealing with adult survivors, including rationale for diagnosis, process, and sequence. In addition to the description of theoretical orientations and illustrations, Surviving to Thriving contains: an overview and detailed outline of the incremental recovery process pitfalls and positive strategies for establishing the therapeutic relationship detailed instructions for building a foundation for effective therapy by reframing the client's self-concept explanations of pathological symptoms in context of necessary and "brilliant" survival defenses workable, specific, and sequential interventions for each stage of healing designed to become autonomous and self-generating for the client techniques for trauma resolution using the survivor's internal experience Because it's written in accessible language and includes explanations of clinical concepts, you'll feel comfortable putting From Surviving to Thriving in the hands of select clients—a unique feature that sets it apart from most clinical texts. This book provides exercises to help move clients into the healing recovery of Stage II. Enhanced with art and writing from recovering survivors, this book is a valuable asset as you and your clients begin the collaborative journey toward renewed emotional well-being.

Gendered Violence, Abuse and Mental Health in Everyday Lives: Beyond Trauma offers new insights into the social dimensions of emotional distress in abuse-related mental health problems, and explores the many interconnections between gendered violence, different forms of abuse and poor mental health. Looking at how individuals can overcome the impact of abuse over the course of their lives, Moulding maps a feminist-informed recovery-oriented approaches to therapy and prevention. Drawing on sociological perspectives and a wide range of international research, as well as original qualitative data presented here for the first time, this book:

- Demonstrates how gender and other social power relations play out in the specific emotional dimensions of some of the mental health problems most strongly linked to abuse, including post-traumatic stress disorder, anxiety, depression and eating disorders;
- Critiques the way that mainstream psychological theory and research pathologises the effects of abuse through various mental illness diagnoses, obscuring the nature of the individual emotional distress involved, its social context and relational nature;
- Outlines a feminist-informed, recovery-oriented approach that aims to reduce violence against women and children.

This innovative volume is an important contribution to the literature on the impact of violence and abuse on the lives and health of its survivors. It will be of interest to students and researchers from a range of disciplines and professions, including social work, gender studies, sociology, social policy, psychology, counselling, mental health, public health, medicine and nursing.

Concise advice on hunting down the personal culprits that sabotage sobriety and personal happiness. To grow in recovery, we must grow up emotionally. This means getting honest with ourselves and facing up to the self-defeating thoughts and actions that put our sobriety at risk. Although there are as many ways to mess up recovery as there are alcoholics and addicts, some general themes exist, which include confusing self-concern with selfishness not making amends using the program to try to become perfect not getting help for relationship troubles believing that life should be easy In simple, down-to-earth language, Allen Berger explores the twelve most commonly confronted beliefs and attitudes that can sabotage recovery. He then provides tools for working through these problems in daily life. This useful guide offers fresh perspectives on how the process of change begins with basic self-awareness and a commitment to working a daily program.

Wine is a normal part of life, isn't it? It is usual for thirty-somethings to collapse in the evening with a glass or two of something sophisticated to diffuse the stress of the day and calm their buzzing brains, whether they be professionals, mothers, wives or homemakers. Rachel was no different. She juggled her many roles and responsibilities well and rewarded herself with wine at the end of each day; after all, she deserved it. But, gradually her wine intake began to increase each night and soon it had gone from being a little treat to an absolute necessity. As wine invaded more and more areas of her life, it became harder to cope. In turn it meant she drank more wine, firmly believing it was the cure, never considering for a moment that it could be the problem.

Eventually, when wine was dictating everything she did and did not do, Rachel realised her life was unmanageable and that something had to change. However, as soon as she attempted to restrict or moderate her drinking, she seemed to want it even more. Her best intentions fell quickly by the way side after the first bottle was opened and the first drink took control, compelling her to have more. Drinking would continue until there was none left or Rachel 'fell asleep'. The following day consisted of a hangover, depression, overeating, remorse, worry, despair and self-hatred, until the time came around when the next bottle could be opened and these awful feelings could be blotted out. This pattern of trying and failing to control her wine drinking brought Rachel to acknowledge that it was not possible to do so, and she decided that she had to remove alcohol from her life forever. Despite being sick and tired of the drinking-hangover-drinking cycle of failure, giving up was not easy and it was only after a few more failed attempts that Rachel managed to do so. This book details her life in that first year of going alcohol-free. It describes in detail how her everyday pursuits became challenging and changing. Her outlook on the whole point of life turned on its axis when alcohol was removed, leaving her with a whole different sense of self and being. The changes that occurred were astounding and beyond anything she believed could be possible. She thought that removing alcohol from her life was all about giving up; she had

never considered what she might gain. I am Rachel. This is my story.

Earnie Larsen

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