Recovery

James E. Phelan

Rational Recovery Jack Trimpey,1996-11-01 Offers a self-recovery program for substance abuse based on the Addictive Voice Recognition Technique

Lasting Recovery Dr. Deborah A. Berberich PhD,2020-10-13 ARE YOU READY FOR A LASTING RECOVERY ? LASTING RECOVERY is designed to help people who have tried to stay clean but find themselves relapsing again and again. Even a stay at an expensive and lengthy rehabilitation program is a great start but when faced with the daily struggles of every day life too many people find themselves slipping back into relapse. A fundamental key to gaining and maintaining sobriety is to understand the core reasons underlying your addiction. In addition to clarifying the connection between addiction and mental health, this book provides insight into how to achieve and maintain your sobriety and provides, important strategies and skills to help you stay clean for life! Understand the core reasons of addiction Developing strategies and coping skills Learn preventive strategies and healthy lifestyle habits Develop insight to achieve a lasting recovery DR. DEBORAH BERBERICH, PHD, Author of Out of the Rabbit Hole, Breaking the Cycle of Addiction, is a clinical psychologist specializing in depression, bipolar, anxiety and addictive disorders. Dr. Berberich has worked in a wide range of settings: Hospitals, rehabilitation, prison, community mental health and private practice; founder of the Center for Adolescent Addiction Recovery, a non-profit in Orange County, CA. Many recovery models fail to take into account the underlying reasons of addiction and relapse. For a successful and lasting recovery, treatment must address what lead to addiction in the first place and what maintains it.

Addiction and Recovery Martha Postlethwaite,2019-02-01 Companionship for the lifelong journey of recovery In Addiction and Recovery: A Spiritual Pilgrimage, Martha Postlethwaite--pastor and a person in recovery--reflects on her pilgrimage of healing through valleys of despair and vistas of resurrection. Addiction and Recovery is not just Postlethwaite's story, though. She also draws on the wisdom of pilgrims who have walked other paths to explore themes such as surrender, truth telling, shame, powerlessness, grace, forgiveness, and resurrection. Together, these chronicles bring hope to people who struggle with the disease of addiction and to those who love them. Each chapter ends with questions to reflect on with conversation partners or in a journal, and a spiritual practice. The spiritual practices are related to the chapter themes and serve as samplers, but they can be woven into the reader's own pilgrimage. Readers will recognize themselves in these stories and reflections, learn that they are not alone, and find reasons to hope as they make their own pilgrimage.

In Recovery: Stories of healing from mental illness Courtney Pankrat,2019-11-11 In Recovery recounts the stories of twelve amazing people who have struggled with mental illness and have come out stronger on the other side. Some participants have been in recovery for years while others are newer to wellness. Each participant defines success in a different way. Lauren is a professional athlete competing at the top of her sport as a member of the Ultimate Fighting Championship league, while Ali has found success in living life on a ranch with her terminally ill husband. Success looks different for everyone and one story does not fit all. This book is meant to inspire people who have or are currently struggling with mental illness. In the midst of mental illness, seeing a light at the end of the tunnel is possible. With this book, readers will learn that hope and recovery are real.

Getting Beyond Sobriety Michael C. Clemmens,2014-05-22 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.

Some Assembly Required Dan Mager, 2013-05-14 A once-successful behavioral health professional battles addiction and chronic pain and ultimately finds recovery from both.

The Recovery Suzanne Young, 2015-02-24 Realm hopes that with each past he helps to recover, he'll be able to reclaim a small bit of his own in this spinoff story to Suzanne Young's bestselling duology, The Program and The Treatment. Six months after the fall of The Program, ex-handler Michael Realm is struggling with his guilt. After all, he was instrumental in erasing the memories of several patients—including one he claimed to love. With a lifetime of regret stretched before him, Realm vows to set things right. Along with his friend (yes, friend) James Murphy, Realm will track down those he's hurt in an attempt to give them back their lives—starting with Dallas Stone. He's not looking for forgiveness or redemption; he's not a hero. But helping others may be the only way to save himself.

Women and Recovery Kitty Harris, 2012-06-05 A breakthrough recovery plan for women who struggle with alcoholism, based on a groundbreaking new model Tens of millions of women today drink to excess and their numbers are growing. Now Dr. Kitty Harris, an experienced counselor and therapist who is herself a recovering alcoholic with more than thirty years of sobriety, presents a new model for recovery that focuses on treating the pain in women's lives that can lead to a vicious cycle of addiction—not on the shame that fuels it. Combining her personal and professional experience, Dr. Harris offers tools that can help women who want to recover as well as friends or family members who are seeking help for a loved one. Focuses on dealing with the pain associated with alcoholism in women, not reinforcing the shame Discusses the different types of female drinking habits, including binge drinking and drunkorexia Takes a plain-language, jargon-free approach that is easy to understand and shares the stories of recovering women of all ages and from all walks of life Is written by Dr. Kitty Harris, Director of The Center for the Study of Addiction and Recovery at Texas Tech University, with twenty-five years of private clinical experience working with adults and adolescents

Stepping Out of Denial into God's Grace Participant's Guide 1 John Baker,2021-06-08 The Celebrate Recovery Participant's Guides are essential tools for the personal recovery journey. In the six lessons in Guide 1: Stepping Out of Denial Into God's Grace, you will experience the first 3 of the 8 recovery principles: 1 Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable. Happy are those who know they are spiritually poor (Matthew 5:3). 2 Earnestly believe that God exists, that I matter to him, and that he has the power to help me recover. Happy are those who mourn, for they shall be comforted (Matthew 5:4). 3 Consciously choose to commit all my life and will to Christ's care and control. Happy are the meek (Matthew 5:5). By working through the lessons and exercises found in each of the four Participant's Guides you will begin to experience the true peace and serenity you have been seeking, restore and develop stronger relationships with others and with God, and find freedom from life's hurts, hang-ups, and habits. All the scriptures have been updated to the new NIV 2011 version.

Last Call Jack H. Hedblom, 2007-11-30 "I knew about drunk, but did not know anything about living sober. I hadn't really been sober for fifteen years. It wasn't enough that I stopped drinking. I had to learn how to live." The journey from alcoholic insanity to sobriety—and the pivotal role of Alcoholics Anonymous (AA) in navigating that transition—is the focus of Last Call. Using powerful first-person narratives like the one above (composites of many anonymous speakers), psychotherapist Jack H. Hedblom provides compelling insights into the minds and hearts of addicted drinkers, from bizarre behavior and denial to the moment of "hitting bottom" and seeking change. Hedblom covers the process of getting sober, from diagnosis to detox to sobriety. He focuses on the challenge of learning to live without drinking—a long-term goal, Hedblom asserts, that is best achieved by regular participation in AA. Hedblom's vivid descriptions reveal AA meetings as gatherings of fellowship, compassion, tears, and laughter. In relating the history of the organization, he describes the role of sponsors, elaborates on the Twelve Steps and the Promises, emphasizes the importance of spiritual development in recovery, and refutes the common misconceptions that equate spirituality with organized religion. Through the stories of people who have escaped the tyranny of alcoholism with the help of AA, Hedblom shows that the road to recovery is a journey of self-discovery, change, and hope. The Addictions Recovery Workbook James E. Phelan, 2011-05-19 FINALLY, A RECOVERY WORKBOOK FOR ALL! This practical workbook is designed to be used to accompany a person or group in their addiction recovery process. Therefore, it is also recommended for counselors, clergy, sponsors, or anyone else serious about helping others. The workbook is unique in that it can be applied to any addiction, whether it be chemical dependency, sex, eating, spending, working, or gambling, just to name a few. It contains over 101 practical exercises and leaves no stone unturned in helping the workbook user uncover and deal with the issues they encounter while in recovery.

Healing and Recovery David R. Hawkins, M.D., Ph.D., 2013-08-01 Learn to truly heal and not simply 'treat' the underlying problems in your life This, the eighth book in a progressive series based on the revelations of consciousness research, resulted from a group of lectures given by the author at the request of the original publisher of A Course in Miracles, along with members of several self-help groups, including Alcoholics Anonymous, ACIM, Attitudinal Healing Centers, other recovery groups and a number of clinicians. Our society lives with constant stress, anxiety, fear, pain, suffering, depression and worry. Alcoholism, drug addiction, obesity, sexual problems and cancer are constantly in the news. Mankind in general has had very little information about how to address life's challenges without resorting to drugs, surgery or counseling. In this book, you will learn why the body may not respond to traditional medical approaches. Specific instructions and guidelines are provided that can result in complete healing from any disease. The importance of including spiritual practices in one's healing and recovery program is explained, along with how easy it is to incorporate them in the process. Healing and Recovery provides clinically proven self-healing methods that will enable you to take charge of your health and live a happy, healthy and fulfilling life.

My Journey Oliver W. Joyner, 2021-05-12 My Journey: A Pathway to Recovery By: Oliver W. Joyner My Journey: A Pathway to Recovery invites the reader to journey with the author into a path of honesty, self-examination, and reflection. The purpose is to enable the reader to mirror themselves through the writer's personal experiences and realizing that there is a path out of the darkness of abuse, neglect, and addiction that leads to God's marvelous light of life and love. Transparency is what makes the story interesting. Throughout the land, men, women, boys, girls, young, old, rich, poor, white, and black are silently suffering from the pains, hurts, and disappointments that they constantly have. For so many, the thought of this only happening to them, continues to keep them confined to a spiritual, mental, and physical imprisonment. It is the author's hope that his story in its transparency grants the reader permission to unlock the secret doors of their suffering.

The Covid Recovery Danielle K. Zonca, 2021-10-12 Everyone, from all walks of life, regardless of race, religion, creed, sexual orientation, economic status, etc., has been affected in one way, or another, by COVID-19. The Covid Recovery: Inspirations and Affirmations to Positively Move Forward was created with this fact at the heart of its bloodline. When a pandemic suddenly appears and changes the path of life as it's been personally known, people begin to question everything. They question themselves, their jobs, their family, and friends, which can lead to a downward spiral into a dark abyss while losing all hope to ever get out. This book was designed to provide confidence in oneself, that even during the darkest times of life, it is possible to remain positive, gain new positivity, learn new things about oneself and others, and move forward with the belief that it is achievable and attainable to move forward successfully. The goal is to accept that a pandemic is terrifying, and that it not only affects society financially but emotionally as well. This book was created to be used as a guide filled with constructive words, uplifting thoughts, and practical ideas that can be applied and put into place within one's personal life. Although it will take time, our society can and will move forward.

Recovery from Loss Dale Ryan, Juanita Ryan, 1990-07 These six studies on recovery from loss comprise a Life Recovery Guide from a series by Christian counselors Juanita and Dale Ryan designed to help and encourage people hurt by life in one way or another.

7 Principles of Recovery Virgil L Stokes, 2011-08 If you or someone you love are bound by addiction, this workbook will help you. Recovery from addiction is a process that requires the application of proven Bible principles. As a personal study, a guide for a discussion group, or as a help in counseling someone else, the 7 Principles will take you on a journey to the truth that sets us free.

The Recovery Workbook, Revised Edition LeRoy J. Spaniol, Martin Koehler, Dori Hutchinson, 2009-01-01

The Inside Scoop on Eating Disorder Recovery Colleen Reichmann, Jennifer Rollin, 2021-03-31 The Inside Scoop on Eating Disorder Recovery is a fresh, smart, how-to book that helps people with eating disorders to heal their relationship with food, their bodies, and ultimately themselves. Written from the perspective of two eating disorder therapists, both of whom are recovered from their own eating disorders, the text uses humor, personal narratives, and research-proven techniques to offer specific actionable guidelines on how to reclaim one's life from an eating disorder. The authors explain the difference between dieting and eating disorders, break down the stages of recovery, and provide tips on how to thrive in each stage. The book provides powerful myth-busting on topics that have historically not been addressed in eating disorder recovery books, such as clean eating and orthorexia, exercising in recovery, and fat positivity. Tangible exercises at the end of each chapter provide readers with advice and tips on implementing this approach to recovery in their day-to-day lives. The humorous and down-to-earth tone of the book creates an authentic and genuine feel that leaves those who struggle with chronic dieting, eating disorders, and negative body image feeling connected and heard.

My Recovery Journal A Guided Journal to Support Recovery from Any Addictive Behavior Recovery and Sobriety Journals, 2019-07-10 Harness the power of journaling while on your recovery journey. This sobriety journal supports recovery from any addictive behavior: alcoholism, tobacco, cigarettes, narcotics, substance abuse, overeating, binge-eating and other disorders. Contains the following sections: Benefits of Journaling through Recovery How to use your Recovery Healing Journal My Future Sober Self 30 days of Daily Journaling Pages My Recovery Plan Triggers, Challenges & Plan of Action Accomplishments Forgiveness Letter Amends Perfect sobriety gift for family members or friends who are on their own sobriety journey. Celebrate their effort and dedication at any sobriety milestone to show your support. Useful resource for those working in the sobriety and recovery field, and those who help people in their community to stay on the path to recovery: sobriety coaches, sponsors, private clinics, pastors, community welfare workers. This is the black and white version. It is also available with a color interior. Click on Recovery and Sobriety Journals under the title to check out the other interior and cover options.

Resilient Recovery Jason Jonker, 2016-09-10 Help? Ask the world for its advice about changing life-consuming addictions, and the world will load you down with tasks and chores. The world will give you steps to take, principles to obey, and strategies to follow. Boiled down to its essence, the world's collective suggestion is this: work harder. This group devotional is different. It will help you to rest in Jesus and his care. Each Devotional is broken into two segments that help you better understand God's Word. Meditation LAW: In this segment, we learn that God's Word communicates his law. God's law acts as a mirror in which we can see our sins and shortcomings. Meditation GOSPEL: In this segment, we learn how the gospel of Jesus Christ is written throughout the Old and New Testaments. The gospel is good news because it tells us how Jesus perfectly fulfilled the law on our behalf. In the greatest act of love ever recorded, Jesus took the penalty for our sins. Because of Jesus, we are now perfect and flawless in the Father's eyes. This book serves as a basic guide to facilitating a Resilient Recovery group. Instructions on how to proclaim the gospel are included.

In a global consumed by screens and the ceaseless chatter of quick transmission, the melodic splendor and emotional symphony created by the written term often disappear into the back ground, eclipsed by the relentless noise and disruptions that permeate our lives. But, nestled within the pages of **Recovery** an enchanting literary treasure brimming with natural emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this interesting masterpiece conducts readers on a mental trip, skillfully unraveling the concealed tunes and profound influence resonating within each carefully crafted phrase. Within the depths of this moving evaluation, we can examine the book is key harmonies, analyze its enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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