

SOBRIETY INFO 10

DAVID F O'CONNELL, BRUCE CARRUTH, DEBORAH BEVVINO

📖 ALCOHOLICS ANONYMOUS ALCOHOLICS ANONYMOUS WORLD SERVICES,BILL W.,1986 THE BASIC TEXT FOR ALCOHOLICS ANONYMOUS.

📖 THE SOBER TRUTH LANCE DODES,ZACHARY DODES,2015-03-17 A POWERFUL EXPOS📖 OF ALCOHOLICS ANONYMOUS, 12-STEP PROGRAMS, AND THE REHAB INDUSTRY—AND HOW A FAILED ADDICTION TREATMENT MODEL CAME TO DOMINATE AMERICA. “A HUMANE, SCIENCE-BASED, GLOBAL VIEW OF ADDICTION . . . AN ESSENTIAL, BRACING CRITIQUE OF THE REHAB INDUSTRY AND ITS IDEOLOGICAL FOUNDATIONS THAT WE HAVE MUCH TO LEARN FROM.” —GABOR MAT📖 M.D., AUTHOR OF IN THE REALM OF HUNGRY GHOSTS ALCOHOLICS ANONYMOUS HAS BECOME SO INFUSED IN OUR SOCIETY THAT IT IS PRACTICALLY SYNONYMOUS WITH ADDICTION RECOVERY. YET THE EVIDENCE SHOWS THAT AA HAS ONLY A 5–10 PERCENT SUCCESS RATE—HARDLY BETTER THAN NO TREATMENT AT ALL. DESPITE THIS, DOCTORS, EMPLOYERS, AND JUDGES REGULARLY REFER ADDICTED PEOPLE TO TREATMENT PROGRAMS AND REHAB FACILITIES BASED ON THE 12-STEP MODEL. IN THE SOBER TRUTH, ACCLAIMED ADDICTION SPECIALIST DR. LANCE DODES EXPOSES THE DEEPLY FLAWED SCIENCE THAT THE 12-STEP INDUSTRY HAS USED TO SUPPORT ITS PROGRAMS. DR. DODES ANALYZES DOZENS OF STUDIES TO REVEAL A STARTLING PATTERN OF ERRORS, MISJUDGMENTS, AND BIASES. HE ALSO PORES OVER THE RESEARCH TO HIGHLIGHT THE BEST PEER-REVIEWED STUDIES AVAILABLE AND DISCOVERS THAT THEY REACH A GRIM CONSENSUS ON THE PROGRAM’S OVERALL SUCCESS. BUT THE SOBER TRUTH IS MORE THAN A BOOK ABOUT ADDICTION. IT IS ALSO A BOOK ABOUT SCIENCE AND HOW AND WHY AA AND REHAB BECAME SO POPULAR, DESPITE THE DISCOURAGING DATA. DRAWING FROM THIRTY-FIVE YEARS OF CLINICAL PRACTICE AND FIRSTHAND ACCOUNTS SUBMITTED BY ADDICTS, DR. DODES EXPLORES THE ENTIRE STORY OF AA’S RISE—FROM ITS ORIGINS IN EARLY FUNDAMENTALIST RELIGIOUS AND MYSTICAL BELIEFS TO ITS PRESENT-DAY PLACE OF PRIVILEGE IN POLITICS AND MEDIA. A POWERFUL RESPONSE TO THE MONOPOLY OF THE 12-STEP PROGRAM AND THE MYTH THAT THEY ARE A UNIVERSAL SOLUTION TO ADDICTION, THE SOBER TRUTH OFFERS NEW AND ACTIONABLE INFORMATION FOR ADDICTS, THEIR FAMILIES, AND MEDICAL PROVIDERS, AND LAYS OUT BETTER WAYS TO UNDERSTAND ADDICTION FOR THOSE SEEKING A MORE EFFECTIVE AND COMPASSIONATE APPROACH TO THIS TREATABLE PROBLEM.

📖 DAILY REFLECTIONS A A,AA WORLD SERVICES INC,2017-07-27 THIS IS A BOOK OF REFLECTIONS BY A.A. MEMBERS FOR A.A. MEMBERS. IT WAS FIRST PUBLISHED IN 1990 TO FULFILL A LONG- FELT NEED WITHIN THE FELLOWSHIP FOR A COLLECTION OF REFLECTIONS THAT MOVES THROUGH THE CALENDAR YEAR--ONE DAY AT A TIME. EACH PAGE CONTAINS A REFLECTION ON A QUOTATION FROM A.A. CONFERENCE-APPROVED LITERATURE, SUCH AS ALCOHOLICS ANONYMOUS, TWELVE STEPS AND TWELVE TRADITIONS, AS BILL SEES IT AND OTHER BOOKS. THESE REFLECTIONS WERE SUBMITTED BY MEMBERS OF THE A.A. FELLOWSHIP WHO WERE NOT PROFESSIONAL WRITERS, NOR DID THEY SPEAK FOR A.A. BUT ONLY FOR THEMSELVES, FROM THEIR OWN EXPERIENCES IN SOBRIETY. THUS THE BOOK OFFERS SHARING, DAY BY DAY, FROM A BROAD CROSS SECTION OF MEMBERS, WHICH FOCUSES ON THE THREE LEGACIES OF ALCOHOLICS ANONYMOUS: RECOVERY, UNITY AND SERVICE. DAILY REFLECTIONS HAS PROVED TO BE A POPULAR BOOK THAT AIDS INDIVIDUALS IN THEIR PRACTICE OF DAILY MEDITATION AND PROVIDES INSPIRATION TO GROUP DISCUSSIONS EVEN AS IT PRESENTS AN INTRODUCTION FOR SOME TO A.A. LITERATURE AS A WHOLE.

📖 TWELVE STEPS AND TWELVE TRADITIONS TRADE EDITION BILL W.,1953 TWELVE STEPS TO RECOVERY.

📖 WORKING THE STEPS SAFE HAVEN SOBRIETY JOURNALS,2019-11-04 IF YOU ARE IN RECOVERY YOU NEED TO LEARN HOW TO STRUCTURE YOUR LIFE AND DEVELOP A ROUTINE TO OVERCOME YOUR ADDICTION AND STAYING SOBER.WITH THE HELP OF THIS JOURNAL YOU CAN DEMONSTRATE TO YOURSELF THAT YOU HAVE THE ABILITY TO CONTROL YOUR ACTIONS.THIS JOURNAL CAN BE USED TO FOLLOW STEP 10 ON A DAILY BASIS, IT ENABLES YOU TO: SURVEY YOUR SITUATION HONESTLY.DO A SPOT-CHECK INVENTORY WHEN YOU HAVE AN EMOTIONAL DISTURBANCE.ADMIT WHEN YOU’RE WRONG.FORGIVE OTHERS WHEN THEY’RE WRONG.FOCUS ON PROGRESS, NOT PERFECTION.HELP YOU WITH YOUR MEDITATION AND PRAYERS.THIS PRACTICAL JOURNAL DESIGNED BY PEOPLE IN RECOVERY WILL GET YOU RESULTS ON A DAILY BASIS. A GREAT GIFT FOR ANY RECOVERING ADDICT, IT WILL HELP IN MANY WAYS!FORMAT 6x9 130 PAGES

📖 1000 YEARS OF SOBRIETY WILLIAM G. BORCHERT,MICHAEL FITZPATRICK,2010-10-01 1000 YEARS OF SOBRIETY FEATURES THE MOVING PERSONAL ACCOUNTS OF TWENTY MEN AND WOMEN WHO HAVE EACH REMAINED SOBER FOR MORE THAN FIFTY YEARS. THESE ARE THE REAL OLD TIMERS, KEEPERS OF THE WISDOM, MEN AND WOMEN FROM AROUND THE WORLD WHO ARE AMONG THE DWINDLING GENERATIONS WHO JOINED ALCOHOLICS ANONYMOUS WHEN BILL W. WAS STILL ALIVE, AND WHOSE VERY COMMITMENT TO SOBRIETY IS A TESTAMENT TO THE ENDURING POWER OF THE PROGRAM. THE INSPIRING ACCOUNTS COLLECTED HERE FOLLOW THE TIME-TESTED FORMULA USED BY MILLIONS OF PEOPLE WHO SHARE THEIR STORIES OF HOPE IN AA MEETINGS EVERY DAY: THEY TELL US WHAT THEY WERE LIKE AS ACTIVE ALCOHOLICS, WHAT TRIGGERED THEIR DECISION TO JOIN AA, AND THE DRAMATIC DETAILS OF HOW THEY GOT SOBER-- AND HOW THEY’VE STAYED SOBER FOR MORE THAN FIFTY YEARS. EACH STORY CONCLUDES WITH SAGE WORDS OF ADVICE FOR OTHERS IN RECOVERY. THOSE WHO SHARE THEIR STORIES IN 1000 YEARS OF SOBRIETY ARE LIVING PROOF THAT THE HUMAN CONNECTION BONDED BY THE TWELVE STEPS HAS UNSURPASSED POWERS, AND THAT AA IS A PROGRAM FOR GENERATIONS TO COME.

📖 LIVING SOBER TRADE EDITION ANONYMOUS,1975 TIPS ON LIVING SOBER.

📖 10+ SYLVIA CARY,1993 THERE ARE A LOT OF PERKS TO BECOMING SOBER, AND EVEN MORE FOR STAYING SOBER OVER THE LONG HAUL. WOULDND’T YOU LIKE TO KNOW WHAT IT IS LIKE TO HAVE 10 YEARS FREE OF ALCOHOL OR DRUGS? 25 YEARS. 50 YEARS! THE WOMEN IN 10+ TELL YOU IN THEIR OWN WORDS WHAT IT WILL BE LIKE BEING SOBER FOR DECADES - AND THEY TELL YOU MUCH MORE. ALL KINDS OF WOMEN SPEAK TO YOU THROUGH THIS BOOK: WOMEN FROM 32 TO 83, FROM BACKGROUNDS OF PRIVILEGE AND POVERTY, MARRIED, WIDOWED, DIVORCED AND SINGLE, WORKING MOTHERS, BUSINESSWOMEN, AND ARTISTS. THEY ARE PROOF THAT, JUST AS NO ONE IS IMMUNE TO ALCOHOLISM, NO ONE WHO STOPS USING DRUGS AND ALCOHOL IS IMMUNE TO THE RECOVERY PROCESS, EITHER. THE 10+ WOMEN ENCOURAGE YOU BY DESCRIBING THE SIGNPOSTS OF RECOVERY. YOU’LL BE WITH THEM WHEN THEY EXPERIENCE THE MOMENT OF CLARITY THAT JOLTS THEM INTO SOBRIETY. YOU’LL HEAR ABOUT THEIR RELAPSES AND THEIR TRIUMPHS. YOU’LL LEARN HOW THEIR BACKGROUNDS CONTRIBUTED TO THEIR PROBLEM OR HELPED THEM OVERCOME IT. BUT BEST OF ALL, YOU WILL NO LONGER FEEL APART, CONFUSED, SCARED, OR ALONE WHEN YOU HEAR WHAT WILL HAPPEN ALONG THE WAY TO YOUR RECOVERY. THERE IS GABRIELLE, WHO WENT FROM STATE SUPPORT TO SUCCESSFUL BUSINESS CAREER, AND DEANNE, WHOSE HUGE SUCCESS AS AN ACTRESS BROUGHT WITH IT AN EVEN DEEPER PLUNGE INTO ALCOHOL - AND ULTIMATELY SOBRIETY. SOME OF THE INTERVIEWEES TELL OF FAMILIES FULL OF ALCOHOLICS WHILE ONE SAYS, I WAS THE ONLY ALCOHOLIC I EVER KNEW. EACH OF THESE 21 WOMEN KNOWS THAT ALCOHOL DERAILS YOUR LIFE, AND THEIR ADVICE CAN HELP THE RECOVERING ALCOHOLIC GO BACK AND BECOME THE WOMAN SHE STARTED TO BE. THEY HAVE THE INSIGHT OF BOTH EXPERIENCE AND SOBRIETY. 10+ DIVIDES THE WISE WORDS OF THESE WOMEN INTO CHAPTERS THAT DEALWITH SEVEN IMPORTANT LIFE AREAS: FEELINGS, WORK, LOVE, FAMILY, FINANCES, TROUBLES, AND CITIZENSHIP. EACH CHAPTER CONCLUDES WITH A SOBER TIPS LIST, SUMMARIZING THE MOST IMPORTANT POINTS AND COPING HINTS FROM THE INTERVIEWS, INSIGHTS THAT WILL HELP YOU STAY SOBER AND MAKE YOU FEEL GOOD DOING IT. THIS BOOK IS A KIND OF PORTABLE SUPPORT GROUP, SOMETHING YOU CAN PICK UP AND CARRY AROUND WITH YOU TO HELP YOU OUT. CHECK THE SOBER TIPS LIST WHEN YOU RUN INTO A SNAG. 10+ WILL INSPIRE YOU AND MOTIVATE YOU AT EVERY STAGE OF RECOVERY. IT IS PROOF THAT THERE IS LIFE AFTER SOBRIETY - IN FACT, THE BEST LIFE.

📖 SOBRIETY AND BEYOND FATHER JOHN DOE,2011-04-29 FATHER RALPH PFAU, KNOWN ORIGINALLY AS FATHER JOHN DOE TRACES THE SPIRITUAL ROOTS OF ALCOHOLICS ANONYMOUS AND EXPLAINS THE FUNDAMENTAL AND ENDURING TRUTHS CONTAINED IN THE TWELVE STEPS. THIS IS A WONDERFUL RESOURCE FOR DISCOVERING THE SPIRITUAL CONTENTMENT, MENTAL PEACE AND EVERYDAY JOYS TO BE FOUND IN THE TWELVE STEPS.

📖 MANAGING YOUR RECOVERY FROM ADDICTION DAVID F O’CONNELL,BRUCE CARRUTH,DEBORAH BEVVINO,2012-12-06 LEARN HOW TO GET SOBER—AND STAY THAT WAY GETTING AND STAYING SOBER PROVIDES A SPECIAL SET OF CHALLENGES FOR PROFESSIONAL PEOPLE—PHYSICIANS, LAWYERS, CORPORATE CEOs, ACCOUNTANTS, AND OTHERS—WHO DRIVE THEMSELVES TO ACHIEVE AND SUCCEED IN HIGH-PRESSURE SURROUNDINGS. MANAGING YOUR RECOVERY FROM ADDICTION APPLIES BUSINESS APPROACHES AND IDEAS TO THE PROCESS OF PLANNING, IMPLEMENTING, AND CARRYING OUT PROGRAMS THAT REALLY WORK FOR PROFESSIONALS IN THEIR FIRST YEAR OF RECOVERY. THIS UNIQUE SELF-HELP BOOK PROVIDES GUIDANCE TO IMPAIRED EXECUTIVES AND PROFESSIONALS SEEKING RECOVERY THROUGH INPATIENT AND OUTPATIENT CARE, SETTING STRATEGIES FOR MANAGING CONFLICT, DEALING WITH CHANGING EMOTIONS AND MOODS, AND DEVELOPING A SOLID SPIRITUAL PROGRAM. MANAGING YOUR RECOVERY FROM ADDICTION HELPS PROFESSIONALS DEVELOP BOTH SHORT- AND LONG-TERM PROGRAMS FOR DEALING WITH THE CHALLENGES OF MAINTAINING SOBRIETY. THE BOOK IS BASED ON THE AUTHORS’ EXTENSIVE EXPERIENCE TREATING IMPAIRED BUSINESS PERSONNEL IN A VARIETY OF SETTINGS, INCLUDING THE CARON TREATMENT CENTERS AND LIFEWORKS OF LONDON, ENGLAND, AN INTERNATIONALLY RECOGNIZED ADDICTIONS TREATMENT CENTER. THEIR RATIONAL, SCIENTIFIC APPROACH COMPLEMENTS ONGOING COUNSELING AND OTHER TREATMENT APPROACHES TO HELP KEEP THE PROFESSIONAL’S CAREER ON TRACK, SAVING THE RECOVERING INDIVIDUAL—AND HIS OR HER EMPLOYER—SIGNIFICANT TIME AND MONEY DUE TO LOWER PRODUCTIVITY, ARRESTED ORGANIZATIONAL DEVELOPMENT, ABSENTEEISM, AND OTHER PROBLEMS ASSOCIATED WITH PROFESSIONAL LEVEL ADDICTION. TOPICS EXAMINED IN MANAGING YOUR RECOVERY FROM ADDICTION INCLUDE: A UNIQUE VIEW OF THE 12 STEPS FOR BUSINESS PERSONNEL THE DYNAMICS OF MANAGERIAL ADDICTION ESSENTIAL INFORMATION TO PREVENT RELAPSE TO ACTIVE ADDICTION COPING WITH RELAPSE BASIC TASKS AND FUNDAMENTAL RECOVERY STEPS SETTING AND TRACKING RECOVERY GOALS RECOVERY STAGES 10 TASKS TO RECOVERY CONFLICT MANAGEMENT STRATEGIES SPIRITUAL DEVELOPMENT ADDICTIONS TREATMENT AND MUCH MORE! MANAGING YOUR RECOVERY FROM ADDICTION CONCLUDES WITH THE O’CONNELL DYSFUNCTIONAL ATTITUDE SURVEY (ODAS). THIS BOOK IS VITAL FOR RECOVERING EXECUTIVES AND PROFESSIONALS AND IS AN IMPORTANT RESOURCE FOR ADDICTIONS AND MENTAL HEALTH TREATMENT AGENCIES THAT SERVE A PROFESSIONAL POPULATION. IT’S EQUALLY HELPFUL FOR EMPLOYEE ASSISTANCE PROGRAM (EAP) PERSONNEL WHO REGULARLY REFER PROFESSIONALS FOR ADDICTIONS TREATMENT.

📖 SOBRIETY JOURNAL AMY NEWTON,2020-07-20

📖 12 SMART THINGS TO DO WHEN THE BOOZE AND DRUGS ARE GONE ALLEN BERGER,2010-09-08 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. LEARN THE ATTITUDES AND BEHAVIORS THAT ARE KEY TO ATTAINING AND SUSTAINING EMOTIONAL SOBRIETY AND DEVELOPING A DEEPER TRUST IN THE PROCESS OF LIFE. DR. ALLEN BERGER DRAWS ON THE TEACHINGS OF BILL W. AND PSYCHOTHERAPY PIONEERS TO OFFER US TWELVE HALLMARKS OF EMOTIONAL SOBRIETY. THESE “RIGHT ACTIONS” HELP US DEVELOP THE CONFIDENCE TO BE ACCOUNTABLE FOR OUR BEHAVIOR, TO PRACTICE ASKING FOR WHAT WE WANT AND NEED, AND TO CULTIVATE A DEEPER TRUST IN THE PROCESS OF LIFE. DR. BERGER’S LIST OF SMART THINGS INCLUDES UNDERSTANDING WHO YOU ARE AND WHAT’S IMPORTANT TO YOU LEARNING NOT TO TAKE OTHERS’ REACTIONS PERSONALLY TRUSTING YOUR INNER COMPASS THROUGH PRACTICING THESE TWELVE THINGS, WE FIND RELEASE FROM WHAT BILL W. DESCRIBED AS AN “ABSOLUTE DEPENDENCE ON PEOPLE OR CIRCUMSTANCES. FREED FROM THE EMOTIONAL IMMATURITY THAT FUELED OUR ADDICTIVE PERSONALITY AND HURT OURSELVES AND OTHERS, WE CAN DEVELOP THE TOOLS TO FIND STRENGTH FROM WITHIN AND CONTINUE OUR SUCCESSFUL JOURNEY OF RECOVERY.

📖 TEN TWENTY TEN STEPHEN POLANDO,2020-10-26 IN THIS RAW AND COMPELLING AUTOBIOGRAPHY, STEPHEN POLANDO DETAILS THE SEVEN-YEAR CLIMB OF THE ICONIC ARIZONA CLOTHING BRAND STATE FORTY EIGHT FROM 100 T-SHIRTS SOLD OUT OF A HOME TO A MULTI-MILLION-DOLLAR ENTERPRISE. BUT BEFORE THAT COULD OCCUR, HIS TWO FUTURE PARTNERS, YOUNGER BROTHER NICHOLAS AND CHILDHOOD FRIEND MIKE SPANGENBERG, HAD TO HELP LIFT POLANDO FROM THE DARK ABYSS OF ALCOHOLISM. TEN TWENTY TEN: SOBRIETY AND STATE FORTY EIGHT IS POLANDO’S ACCOUNTING OF THE SORROW OF PERSONAL LOSSES AND HIS SLOW DIVE INTO DEPRESSION IN HIS EARLY 20S, LEADING TO ADDICTION, A DUI, DESPERATION AND JAIL. HE SPARES NO DETAIL IN DESCRIBING THE LENGTHS HE WOULD GO TO FEED HIS DEPENDENCY AND TO HIDE HIS ALCOHOLISM FROM HIS FAMILY AND HIMSELF. THE TITLE REFERS TO THE DATE HE FOUND SOBRIETY - THE BOOK WAS PUBLISHED ON HIS 10TH SOBER ANNIVERSARY -WHICH ULTIMATELY LED TO THE THREE YOUNG MEN COMBINING THEIR TALENTS TO CREATE EYE-CATCHING T-SHIRTS SYMBOLIZING ARIZONA PRIDE. THIS STORY DETAILS THE COMPANY’S METEORIC RISE THAT BROUGHT TOGETHER STATE FORTY EIGHT’S TENS OF THOUSANDS OF FRIENDS AND

FOLLOWERS AND SOME OF ARIZONA’S MOST PROMINENT COMPANIES, SPORTS TEAMS AND CHARITIES TO TRULY MAKE A DIFFERENCE IN THE COMMUNITY. IT CONCLUDES WITH POLANDO’S DECISION TO MOVE ON FROM THE BUSINESS TO USE HIS PLATFORM TO EDUCATE PEOPLE STRUGGLING WITH ADDICTION, TO SPREAD HUMOR AND POSITIVITY, AND TO MAKE THE MOST OF THE TIME EACH OF US HAS ON THE PLANET.

📖 **BEING SOBER** HARRY HAROUTUNIAN,2021-12-28 CONQUER SUBSTANCE ABUSE AND ADDICTION WITH THIS PROVEN PLAN FROM THE FORMER PHYSICIAN DIRECTOR OF PROFESSIONAL AND RESIDENTIAL PROGRAMS AT THE BETTY FORD CENTER, NOW REVISED AND EXPANDED FOREWORD BY STEVEN TYLER THE DISEASE OF ADDICTION AFFECTS 1 OUT OF 10 PEOPLE IN THE UNITED STATES AND IS A DEVASTATING AND OFTEN FATAL ILLNESS. DR. HARRY HAROUTUNIAN—OR DR. HARRY AS HE IS AFFECTIONATELY KNOWN BY HIS PATIENTS—OFFERS A STEP-BY-STEP PLAN WITH A REALISTIC, ONE-DAY-AT-A-TIME APPROACH TO A DISEASE THAT SO OFTEN SEEMS INSURMOUNTABLE. WITH A FOCUS ON RECLAIMING THE POWER THAT COMES FROM A LIFE FREE FROM DEPENDENCY, BEING SOBER GUIDES YOU THROUGH THE MANY PHASES OF ADDICTION AND RECOVERY WITH A WARM SENSE OF HUMOR AND COMPASSION, NOT JUDGMENT OR OVERLY “CULTISH” LANGUAGE. THIS REVISED EDITION SHARES A NEW CHAPTER ON EMOTIONAL SOBRIETY AND ADVANCED RECOVERY TOPICS, ALONG WITH MORE INFORMATION ON THE OPIOID CRISIS AND PRESCRIPTION DRUG ABUSE IN THE UNITED STATES. THIS GROUNDBREAKING BOOK ALSO ADDRESSES THE GROWING FACE OF SUBSTANCE ABUSE: THE HIGH-FUNCTIONING ADDICT, OR SOMEONE WHO IS STILL ABLE TO ACHIEVE PERSONAL AND PROFESSIONAL SUCCESS EVEN AS HE OR SHE BATTLES A DRUG OR ALCOHOL PROBLEM. DR. HARRY TACKLES THIS PROVOCATIVE ISSUE HEAD-ON, OFFERING NEW INSIGHT INTO WHY YOU DON’T HAVE TO “BOTTOM OUT” TO GET HELP. HE IS A RECOVERING ALCOHOLIC HIMSELF AND KNOWS FIRSTHAND THE CHALLENGES OF SOBRIETY. HIS BACKGROUND AND EXPERTISE IN THE FIELD OF ALCOHOL AND DRUG TREATMENT GIVE HIM A POWERFUL EDGE AND PERSPECTIVE THAT IS UNPARALLELED. USING CLEAR, STRAIGHTFORWARD LANGUAGE, BEING SOBER OFFERS A PROVEN PATH TOWARD EMOTIONAL SOBRIETY AND A REWARDING NEW LIFE BASED ON GRATITUDE, DIGNITY, AND SELF-RESPECT.

📖 **2020 ONE DAY AT A TIME** SAFEN HAVEN SOBRIETY JOURNALS,2019-10-31 YOUR PRACTICAL WEEKLY AND MONTHLY CALENDAR TO KEEP YOUR SOBRIETY ON TRACK THIS PRETTY, SIMPLE 2020 CALENDAR, DESIGNED FOR ALCOHOLICS AND ADDICTS HAS A CONTACT LIST, A DAILY AND WEEKLY PLANNER, A YEARLY OVERVIEW, AND 12 MONTHLY VIEWS WITH NOTES AND JOURNAL PAGES, ALL PACKED INTO A PERFECTLY PORTABLE PLANNER. THIS PERFECT 8x10 RECOVERY CALENDAR AND PLANNER HAS ALL THE INFORMATION YOU NEED TO KEEP YOU FOCUSED ON YOUR TASKS AND TO KEEP YOUR SOBRIETY IN CHECK. FINALLY A CALENDAR TO KEEP ALL OF YOUR RECOVERY AS A PRIORITY AND TO MAKE PROGRESS TOWARDS YOUR OBJECTIVES, WHATEVER THEY ARE! FUN YET SERIOUS DESIGN AND A HANDY 8 x 10 INCH SIZE THAT FITS PERFECTLY IN A BAG, LAPTOP OR BACKPACK! ! GREAT GIFT IDEA FOR: A UNIQUE GIFT FOR ANYONE IN RECOVERY! FRIENDS AND FAMILY WHO NEED AN ADORABLE GIFT TO KEEP THEM MOTIVATED SPONSORS AND SPONSEES - FOCUS ON PROGRESS, NOT PERFECTION! SOBER BIRTHDAYS - MAKES A GREAT GIFT TO CELEBRATE ANOTHER WEEK, MONTH OR YEAR SOBER! TREATMENT CENTER/REHAB - GREAT TO GENTLY REMIND YOU TO KEEP SOBRIETY A PRIORITY! PARENTS, SONS, DAUGHTERS AND EVERYONE ELSE! - GO OUT BE HAPPY JOYOUS AND FREE! MULTIPLE RECOVERY PLANS - ALCOHOLICS ANONYMOUS, NARCOTICS ANONYMOUS AND OTHERS GREAT BIRTHDAY GIFT FOR THE SOBER PLANNER ADDICT!! FORMAT: 100 PAGES 8 x 10 INCHES - PERFECT SIZE FOR PORTABILITY DAILY AND WEEKLY VIEWS MONTHLY OVERVIEWS YEARLY OVERVIEW DAILY AND WEEKLY PLANNER!

📖 **THE 10-DAY ALCOHOL DETOX PLAN** LEWIS DAVID,2019-11-13 DO YOU WANT TO TAKE A BREAK FROM ALCOHOL EASILY AND SAFELY? WHEN YOU STOP DRINKING, IT TAKES UP TO 10 DAYS FOR THE ALCOHOL TO COMPLETELY LEAVE YOUR SYSTEM. IT’S A TRICKY TIME. YOU GET CRAVINGS AND YOUR THINKING BECOMES EMOTIONAL. MOST PEOPLE STRUGGLE IN THE EARLY DAYS. BUT NOW THERE’S A MODERN, SCIENTIFIC SOLUTION. THE 10-DAY ALCOHOL DETOX PLAN WALKS YOU THROUGH THE DETOX PERIOD PAINLESSLY AND EXPLAINS EVERYTHING YOU NEED TO CARRY ON TO YOUR PERSONAL SOBRIETY GOAL, WHETHER SHORT-TERM OR LONG-TERM. WRITTEN IN AN ENGAGING AND INFORMATIVE WAY, THE 10-DAY ALCOHOL DETOX PLAN IS PRACTICAL AND EASY TO FOLLOW. THERE’S NO DOOM AND GLOOM OR GOING TO MEETINGS. IT JUST DOES THE JOB, AND IS SUITABLE FOR ANYONE: IF YOU WANT A SHORT BREAK OR TO DO DRY JANUARY IF YOU WANT TO STOP DRINKING TO HELP FITNESS OR WEIGHT-LOSS IF YOU NEED TO GIVE UP ALCOHOL FOR HEALTH REASONS IF YOU’VE SIMPLY HAD ENOUGH AND WANT TO QUIT DRINKING FOR GOOD THE AUTHOR IS A THERAPIST WORKING IN PUBLIC HEALTH WHO HAS HELPED COUNTLESS DRINKERS TO QUIT ALCOHOL, AND IS THE AUTHOR OF THE AMAZON BEST SELLER ALCOHOL AND YOU: HOW TO CONTROL AND STOP DRINKING. ORDER THIS BOOK TODAY AND FIND A BETTER WAY.

📖 **SOBERFUL** VERONICA VALLI,2022-01-25 HOW TO STOP DRINKING, STAY STOPPED, AND DEVELOP EMOTIONAL SKILLS FOR A LIFE OF EXCITEMENT AND CONNECTION ... WITHOUT THE HANGOVER. “NO THANKS—I’M NOT DRINKING TONIGHT.” IN A CULTURE THAT EQUATES ALCOHOL WITH ENJOYMENT AND SOCIAL ACCEPTANCE, MAKING THIS SIMPLE STATEMENT CAN MAKE US FEEL LIKE WE’RE DEPRIVING OR EVEN PUNISHING OURSELVES. “WHEN WE REALIZE WE DON’T WANT TO DRINK ANYMORE OR CAN NO LONGER DRINK SAFELY, IT CAN FEEL LIKE THE ONLY CHOICES ARE TO SPIRAL OUT OF CONTROL OR EMBRACE A JOYLESS LIFE,” SAYS PSYCHOTHERAPIST AND SOBRIETY EXPERT VERONICA VALLI. “BUT IT’S NOT TRUE! SOBRIETY CAN BE A PATH FILLED WITH FUN, EXCITEMENT, BELONGING, RELAXATION, AND ROMANCE.” SOBERFUL OFFERS A PRACTICAL AND STRAIGHTFORWARD PROGRAM ON HOW TO GET SOBER AND STAY SOBER BY INCREASING YOUR SELF-WORTH, ENERGY, AND PARTICIPATION IN LIFE. VALLI BEGINS BY DEBUNKING WIDESPREAD BELIEFS ABOUT ALCOHOL AND SOBRIETY, INCLUDING THE ILLUSION THAT ALCOHOL ITSELF IS THE PROBLEM. THEN SHE TAKES YOU INTO THE HEART OF HER METHOD FOR BUILDING AN ALCOHOL-FREE LIFE THAT WORKS—THE FIVE PILLARS OF SUSTAINABLE SOBRIETY: • MOVEMENT—TAKING CARE OF YOUR BODY FOR PHYSICAL AND EMOTIONAL HEALTH • CONNECTION—USING SELF-COMPASSION AS A FOUNDATION FOR CREATING HEALTHY AND AUTHENTIC RELATIONSHIPS • BALANCE—LEARNING HOW TO DISARM THE TRIGGERS THAT MAKE YOU WANT TO DRINK • PROCESS—VALIDATING, HONORING, AND ACCEPTING THE PAST TO MOVE FORWARD INTO THE FUTURE • GROWTH—HOW TO KEEP CHANGING, KEEP LEARNING, AND KEEP CHOOSING TO STAY SOBER THROUGHOUT THE JOURNEY OF YOUR LIFE “WHEN WE CHANGE HOW WE EXPERIENCE THE WORLD, WE CAN STOP TRYING TO ESCAPE OUR FEELINGS WITH ALCOHOL,” VALLI SAYS. AS A LEADER AND PIONEER IN THE FIELD WITH 21 YEARS OF SOBRIETY, VALLI NOW SHARES THE SAME STEPS THAT WORKED FOR HER AND HER CLIENTS. WRITTEN WITH GENTLE HUMOR AND COMPASSION, SOBERFUL PROVIDES A ROAD MAP TO A LIFE BEYOND DRINKING—ONE THAT IS EXPANSIVE, FULFILLING, AND JOYOUSLY FREE.

📖 **ALCOHOLICS ANONYMOUS** BILL W., PRESENTS INFORMATION ON ALCOHOLICS ANONYMOUS (AA), A GROUP WITH THE PRIMARY PURPOSE OF HELPING ALCOHOLICS TO ACHIEVE AND MAINTAIN SOBRIETY. NOTES THAT AA REQUIRES NO DUES OR FEES AND IS NOT ALLIED WITH ANY SECT, DENOMINATION, POLITICAL PARTY, ORGANIZATION, OR INSTITUTION. POSTS CONTACT INFORMATION FOR THE HEADQUARTERS IN NEW YORK CITY VIA STREET ADDRESS AND TELEPHONE NUMBER. DESCRIBES AA’S TWELVE-STEP PROGRAM AND TRADITIONS. INCLUDES INFORMATION ON AA MEETINGS, LITERATURE, AND AUDIOVISUAL MATERIAL. RECOUNTS AA’S HISTORY AND FINANCIAL POLICY. LINKS TO SPANISH AND FRENCH VERSIONS OF SITE INFORMATION.

📖 **GIFTS OF SOBRIETY** BARBARA S COLE,2009-06-03 INSPIRING STORIES FROM THOSE WHO ENCOUNTERED LIFE-CHANGING BLESSINGS FROM SEEMINGLY UNIMPORTANT EVENTS. WHY TRY? WE SOMETIMES ASK OURSELVES WHEN FACED WITH THE UNCERTAINTIES AND HARD WORK OF RECOVERY. BUT THE ANSWERS ARE ALL AROUND US, IN THE RICH AND SPIRITED LIVES OF THOSE WHO HAVE MADE THE JOURNEY BEFORE US, EACH ONE A MEMBER OF THE JOYFUL POSSIBILITIES THAT AWAIT. THESE POSSIBILITIES COME ALIVE IN GIFTS OF SOBRIETY, A BOOK THAT GIVES IMMEDIATE MEANING TO THE BIG BOOK’S PROMISE: WE ARE GOING TO KNOW A NEW FREEDOM AND A NEW HAPPINESS. IN THIS BOOK, GIFTS OF SOBRIETY, THOSE WHO HAVE FREED THEMSELVES OF ALCOHOL OR DRUG ADDICTION SHARE THE GIFTS THAT SOBRIETY HAS GIVEN THEM. THEIR STORIES ARE, IN TURN, A GIFT--FOR THOSE WHO HAVE MADE THE JOURNEY AND FOR THOSE WHO, JUST EMBARKING, SEEK GLADDENING NEWS OF THE GOOD LIFE TO COME

📖 **SOBRIETY** DANIEL R. MAURER,DANIEL D. MAURER,2014-10-28 SOBRIETY: A GRAPHIC NOVEL OFFERS AN INSIDE LOOK INTO RECOVERY FROM THE PERSPECTIVES OF FIVE TWELVE STEP GROUP MEMBERS, EACH WITH A UNIQUE SET OF ADDICTIONS, PHILOSOPHIES, STRUGGLES, AND SUCCESSSES WHILE WORKING THE STEPS--

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RATHER THAN ENJOYING A GOOD BOOK AFTERWARD A CUP OF COFFEE IN THE AFTERNOON, THEN AGAIN THEY JUGGLED CONSIDERING SOME HARMFUL VIRUS INSIDE THEIR COMPUTER. **SOBRIETY INFO 10** IS OPEN IN OUR DIGITAL LIBRARY AN ONLINE RIGHT OF ENTRY TO IT IS SET AS PUBLIC THEREFORE YOU CAN DOWNLOAD IT INSTANTLY. OUR DIGITAL LIBRARY SAVES IN COMBINATION COUNTRIES, ALLOWING YOU TO ACQUIRE THE MOST LESS LATENCY ERA TO DOWNLOAD ANY OF OUR BOOKS AFTERWARD THIS ONE. MERELY SAID, THE SOBRIETY INFO 10 IS UNIVERSALLY COMPATIBLE ONCE ANY DEVICES TO READ.

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