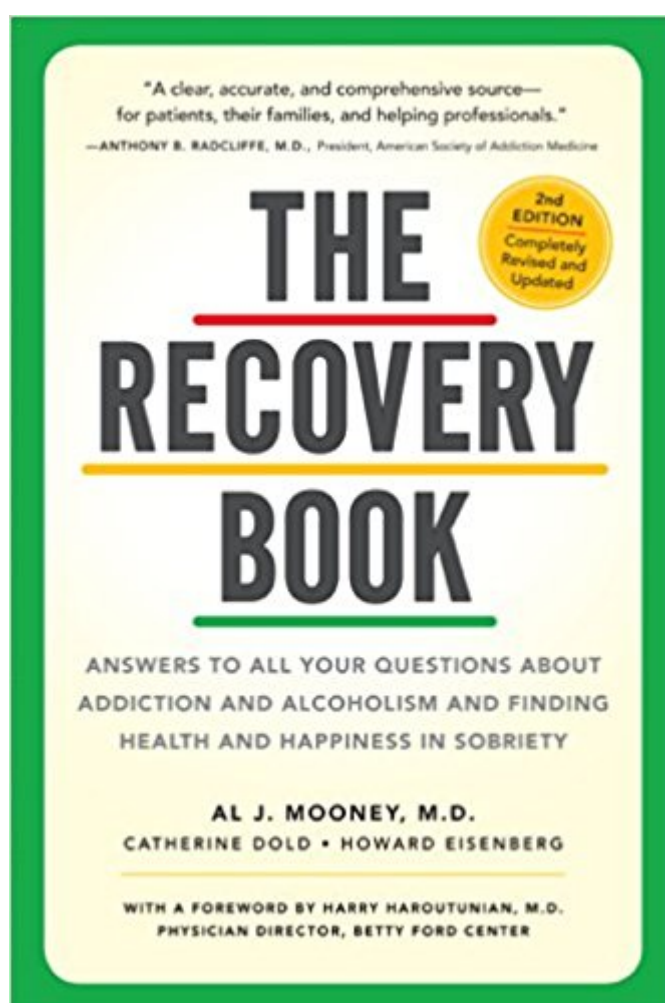


The book was found

# The Recovery Book: Answers To All Your Questions About Addiction And Alcoholism And Finding Health And Happiness In Sobriety



## Synopsis

“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--Outstanding Book Award from the American Society of Journalists and Authors

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 in 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 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. Â 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. Â 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. Â The Recovery Book will help millions gain control of their mind, their body, their life, and their happiness. TheRecoveryBook.com

## **Book Information**

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## **Customer Reviews**

-\_Every issue is addressed, always with hope and understanding, and often with direct suggestions promising relief. . . . Nothing could be better.-" (From the foreword by Stanley E. Gitlow, M.D., Clinical Professor of Medicine, Mt. Sinai School of Medicine)

Al J. Mooney, M.D., currently the Director of Addiction Medicine and Recovery at Willingway, lectures internationally on the latest science and treatments for recovery. Catherine Dold has covered health and environmental issues for The New York Times, Smithsonian, Discover, Self, and many other national publications. Howard Eisenberg is a medical journalist and coauthor of How to

## Be Your Own Doctor (Sometimes).

This is a great book for anyone who is dealing with addiction in a loved one. My step-son had problems with drugs for many years, and made it very hard for us to function well as a family. This book really helped me to understand what he was going through at the time, as well as how family and friends can help someone with addiction. It also had lots of insightful information on how family members can protect themselves and try to cope with the situation. It is written for the layperson in a nice conversational tone, and was very easy to understand. No jargon. It felt like I was just sitting down and talking about my family with Dr. Mooney. My step-son is finally in recovery and doing very well. This book also helped me to understand what he's going through now.

So far, the book is helping me to understand some of what I have been through and will experience in my early sobriety. I am currently 58 days sober and reading Chapter 8 of this book. I wish I knew about this book sooner; it would have helped guide me with the questions I had about getting sober: how to find a reputable detox facility, what to expect, what recovery means, etc. I'm new to the culture of recovery, so it just would have been helpful to come across this book a lot sooner. I'm happy that I purchased it. I'd recommend this book to individuals who are new to sobriety; people who didn't get it right the first time (or first few attempts at sobriety); to anyone who wants to strengthen their own recovery (including maintaining a recovery & sobriety lifestyle -- they are not the same thing); and to people who work or volunteer with recovering alcoholics/addicts.

It's so informative and well-written that we bought two: one to keep and one to lend out at my DHs AA group. And this is actually the 2nd edition we own, we have the first edition too. If you or your loved one is new to recovery, it's the easiest and most informative book on the market. It's the one I recommend to anyone who asks.

A must have book for folks in Recovery!!!!

Perfect

Excellent book for beginners

Love this book!!! So important to have in your arsenal!!!

Good !

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Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) Seven Weeks to Sobriety: The Proven Program to Fight Alcoholism through Nutrition Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Healing the Addicted Brain: The Revolutionary, Science-Based Alcoholism and Addiction Recovery Program Integral Recovery: A Revolutionary Approach to the Treatment of Alcoholism and Addiction (SUNY series in Integral Theory) Gambling:Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction,Gambling,Compulsive Gambling,Roulette,Gambling Systems) Opiate Addiction - How to detox from Opiates (How to Get Off Opiates): SHORT READS - Signs of opiate addiction, Symptoms of opiate use, Signs of opiate ... prescription drugs abuse, heroin addiction) My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) The Gambling Addiction Recovery Workbook: Written by a Former Gambler (Gambling Addiction Cure, Compulsive Gambling, Problem Gambling, Gambling Stories) Sex Addiction 101: The Workbook, 24 Proven Exercises to Guide Sex Addiction Recovery The Cure for Alcoholism: The Medically Proven Way to Eliminate Alcohol Addiction Recovery from Trauma, Addiction, or

Both: Strategies for Finding Your Best Self Recovery Essays: Narcotics, Addiction, Recovery, Alcoholics, Twelve Steps, Anonymous Groups, Thirteenth Step, Lions, Tigers, and Bears

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