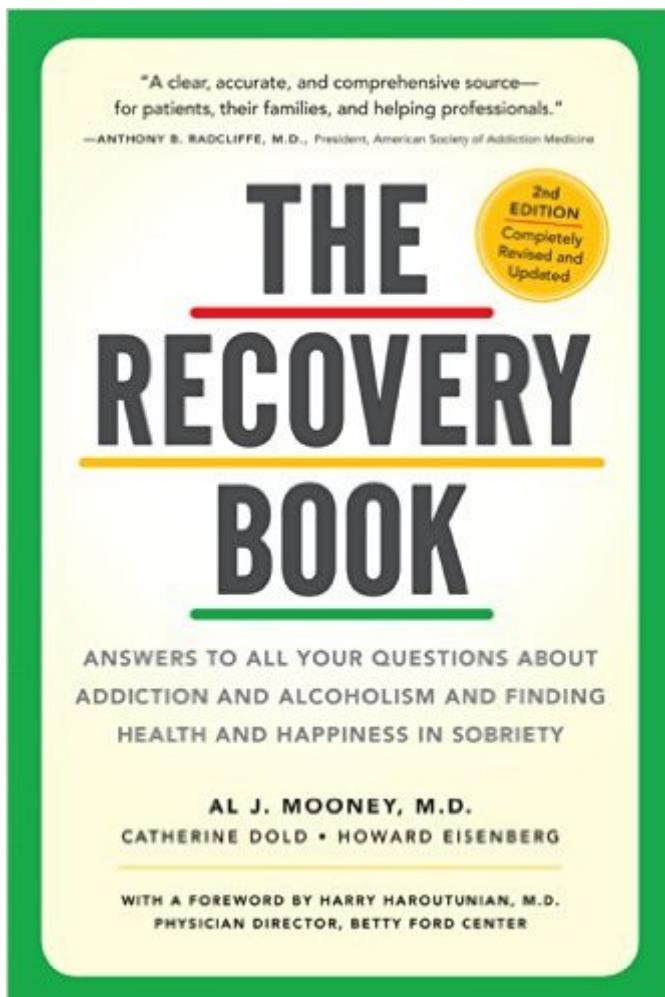


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# The Recovery Book: Answers To All Your Questions About Addiction And Alcoholism And Finding Health And Happiness In Sobriety



## Synopsis

À œA classic. Read it. Use it. It can help guide you step by step into the bright light of the world of recovery.â • â "from the Foreword by Harry Haroutunian, M.D., Physician Director, Betty Ford Center À œThe Recovery Book is the Bible of recovery. Everything you need to know you will find in here.â • â "Neil Scott, host, Recovery Coast to Coast radio Â Hope, support, and a clear road map for people with drug or alcohol addiction. Announcing a completely revised and updated second edition ofÂ 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. Â 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 à œremold their brainsâ • 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. Â 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 remodel 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 âœaddiction-proofâ • 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 familyâ™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.

[www.TheRecoveryBook.com](http://www.TheRecoveryBook.com)

## **Book Information**

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## **Customer Reviews**

Focussing on substance abuse the updated âœThe Recovery Bookâ • give loads of information about symptoms, signs, and suggestions to address this fatal disease. The indexing is wonderful for quick reference - but once the chosen page and topic are located you will be drawn into the depth and variety of knowledge offered. In addition to information from all manner of sources - from the neurological to the social, from the mental to the physical this book also sorts stages of recovery in categories, or âœzonesâ •: Red, Yellow and Green. The Red Zone is the one in which you may be the most fragile; the beginning of a life in recovery. So many tools and resources are needed to be successful in this new life. It tells you what may be going on in your body, in your social

relationships, in your emotions and what you can do to address them and learn about your SELF. Make no mistake- even within extended periods of recovery - an event, an occurrence of addictive behavior in another part of your life, or falling under the illusion that you might have this under "control" can put all or part of you back in the Red Zone. The Yellow Zone; once you have managed the crisis phase of coming into recovery and have practiced your recovery process for some time, having it become a natural part of your life you are now ready to re-engage in life with vigor. You move to a more healthful outward focus and participate more fully in your life, your job /profession and begin to investigate more ways to be of service. The Yellow Zone activities can open yourself to situations that can trigger relapse and "The Recovery Book" gives tools and information to help you remain vigilant and on the healthy road.

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The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety 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) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) 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) Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) 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) The Ultimate Gambling Addiction Help Guide: How To Overcome A Gambling Addiction And Problem Gambling Once And For All (gambling addiction cure, problems, ... craps, baccarat, poker, blackjack) 100 Questions & Answers About Lung Cancer (100 Questions and Answers) Questions and Answers: Remedies (Questions & Answers) The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease (100 Questions & Answers) The Caffeine Cure: A Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book

1) Sex Addiction 101: The Workbook, 24 Proven Exercises to Guide Sex Addiction Recovery First Year Sobriety: When All That Changes Is Everything Twelve Jewish Steps to Recovery 2/E: A Personal Guide to Turning From Alcoholism and Other Addictions\_Drugs, Food, Gambling, Sex... (The Jewish Lights Twelve Steps Series) Don't Let the Bastards Grind You Down: 50 Things Every Alcoholic and Addict in Early Recovery Should Know, or How to Stay Clean and Sober, Recovery from Addiction and Substance Abuse Recovery Essays: Narcotics, Addiction, Recovery, Alcoholics, Twelve Steps, Anonymous Groups, Thirteenth Step, Lions, Tigers, and Bears

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