

# SOBER



# FREE

MAKING YOUR RECOVERY

WORK FOR YOU

GUY KETTELHACK

# Sober And Free Making Your Recovery Work For You

**Guy Kettelhack**



## **Sober And Free Making Your Recovery Work For You:**

**Girlfriend of Bill** Karen Nagy,2014-04-01 If you are dating sheltering in place with or married to someone who s walking the way of 12 step recovery you may be mystified by the landscape and language of the recovery community and wondering how you fit in to your partner s plan Karen Nagy s book is for you This ground breaking guide provides twelve key points you need to know about dating a person in addiction recovery Gain a greater understanding of your companion s recovery program and personality traits while learning to identify red flags in order to build confidence for a successful relationship Being in a new relationship is hard enough but if the person you re dating is a recovering alcoholic or addict there may be more to consider than just mutual interests and attraction For Karen Nagy dating a recovering alcoholic felt in some ways like she was seeing someone from another planet with his own language culture and social behaviors With humor compassion and a great respect for what it takes to recover from an addiction this first of its kind field guide offers an inside scoop on what people do in all those Twelve Step meetings why they need a sponsor what is a sponsor and why phrases like Live and Let Live and Easy Does It keep creeping into your conversations Nagy offers twelve key points that you need to know about dating a person in recovery She also helps you identify the warning signs of developing your own codependent tendencies by playing into your partner s addictive thinking and behavior and what to do about it By gaining a greater understanding of your companion s recovery program you can help them stay sober learn how to deal with character flaws and also build your confidence in the potential for a healthy successful relationship

**Self-Help That Works** John C. Norcross Ph.D.,Linda F. Campbell Ph.D.,John M. Grohol PsyD,John W. Santrock Ph.D.,Florin Selagea M.S.,Robert Sommer Ph.D.,2013-03-05 Self Help That Works is an indispensable guide that enables readers to identify effective self help materials and distinguish them from those that are potentially misleading or even harmful Six scientist practitioners bring careful research expertise and a dozen national studies to the task of choosing and recommending self help resources

*Living with Alcoholism and Drug Addiction* Nicholas Lessa,Sara D. Gilbert,2009 Explores the factors that lead to addiction how to recognize it and how to treat it an cope with its aftermath

*First Year Sobriety* Guy Kettelhack,2009-07-23 If the coronavirus pandemic has coincided with your first steps towards sobriety and recovery welcome Here s a guide for navigating the early days of life without alcohol and drugs The first in a series of three recovery guides First Year Sobriety uses personal stories to show that despite their differing experiences all are united in the process of living without alcohol or drugs First Year Sobriety uses the voices of many women and men who are struggling in the often baffling territory of their first year of sobriety to show that despite their differing experiences all are united in the process of giving life without alcohol or other drugs a chance These are people who are alternately amazed appalled delighted depressed illuminated disturbed or simply thrown by their first days weeks and months of sobriety Author Guy Kettelhack explores the challenges all seem to face learning to break through loneliness isolation and fear finding ways to deal with anger depression and

resentment and learning how to deal with a new and sometimes overwhelming happiness Kettelhack has written seven books on recovery He is completing a Master s degree in psychoanalysis and is an analyst in training at the Boston and New York Centers for Modern Psychoanalytic Studies A graduate of Middlebury College Kettelhack has also done graduate work in English literature at Bread Loaf School of English at Oxford University He lives in New York City     Third Year Sobriety Guy Kettelhack,2011-02-14 The insights skills and experiences gained through three years of recovery have prepared us to be of service during times of crisis like the coronavirus pandemic This book celebrates the hard won success of long term sobriety and challenges us to keep growing In the final book of this series author Guy Kettelhack offers moving and triumphant stories of individuals in their third year of sobriety Through these stories Kettelhack brings alive the ongoing process of building self esteem and explores what this process means at this point in recovery turning it over to a Higher Power doing service developing an increasingly positive attitude toward health relationships and family and creating a new definition of success in sobriety We begin to discover writes Kettelhack the greatest adventure sobriety offers us discovering who we are and what we have the capacity to become Guy Kettelhack has written seven books on recovery He is completing a Master s degree in psychoanalysis and is an analyst in training at the Boston and New York Centers for Modern Psychoanalytic Studies A graduate of Middlebury College Kettelhack has also done graduate work in English literature at Bread Loaf School of English at Oxford University He lives in New York City     Second Year Sobriety Guy Kettelhack,1998-09-30 Second Year Sobriety     **Fifty Signs of Mental Illness** James Whitney Hicks,2006-01-01 A user friendly alphabetical guide to psychiatric symptoms and what readers should know about them this compelling book introduces a wide range of psychiatric symptoms and their treatments     Sober and Free Guy Kettelhack,1996-01-09 New perspectives on how to maintain sobriety     **The Recovery Book** Al J. Mooney M.D.,Catherine Dold,Howard Eisenberg,2014-09-09 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 This new edition 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 they can enjoy a life of

recovery and help others And the Recovery Zone ReCheck is a simple and effective relapse prevention tool The Recovery Zone System works hand in hand with the 12 step philosophy and all other recovery methods 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 current options and how to choose a program AA and other 12 Step Fellowships How to get involved in a mutual support group Addiction Science and Neuroplasticity How alcohol and drugs alter pathways in the brain and how 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 and handling common ailments Pain Control How to deal with pain in recovery and avoid a relapse if you need pain control for medical care Family and Friends How to help a loved one with addiction and how to help yourself Raising Substance Free Kids How to addiction proof your child The Epidemic of Prescription Drugs Now a bigger problem than illegal drugs The Recovery Book will help millions gain control of their mind their body their life and their happiness

Empowering Your Sober Self Martin Nicolaus, 2009-03-27 A sophisticated insightful well documented view of the philosophy and practice that are at the heart of the LifeRing approach This book offers a perspective on recovery that can motivate change in clinicians and researchers as well as among individuals struggling to find their sober selves Carlo DiClemente Ph D professor and chair Department of Psychology University of Maryland Baltimore and author Addiction and Change With impressive analytical clarity and therapeutic generosity Nicolaus presents a well argued brief for understanding the complexities of addiction treatment and accepting the full range of diverse paths to recovery Anyone wanting insight and balance on a vitally important public health issue will appreciate the author's lively and respectful presentation Judith Herman M D author Trauma and Recovery In the words of our president it's time for a change and nowhere is this more evident than in the field of addiction treatment Nicolaus has written a wonderful book that presents LifeRing a new model for self help groups A model based on empathy scientific evidence and giving people the power to make their own choices about treatment options Indeed change has come Joseph R Volpicelli M D Ph D executive director Institute of Addiction Medicine Philadelphia Pennsylvania and coauthor Recovery Options The Complete Guide Powerful engaging and scientific Marty Nicolaus shows that the sober self emerges by focusing on a person's strength intelligence supportive relationships and the ability to ask what works Charlotte Sophia Kasl author Many Roads One Journey Moving Beyond the 12 Steps Finally a

respectful approach to persons caught in addiction Nicolaus has given us another option in the heroic battle people fight to regain the wholeness that addiction compromises The Rev Linda Mercadante Ph D Straker Professor of Historical Theology The Methodist Theological School in Ohio and author Victims and Sinners *Book Review Digest* ,1997 **Reclaiming Sobriety: An Addict's Guide to Recovery** Michael Turner,2022-09-14 Reclaiming Sobriety An Addict's Guide to Recovery takes a new approach be to an old outdated system Our 7 step program takes you through a guide to recovering from addiction without the requirement of religion It is written for addicts by an addict This books aims to guide you to sobriety and explain addiction in a clinical way Take the first step towards your sobriety today Being Sober For Life: A Practical Guide to Overcoming Addiction and Staying Clean Bart Manning,2025-02-12 Break Free Stay Strong Live Fully Addiction can feel like a never ending cycle but recovery is possible and lasting sobriety is within your reach Being Sober For Life is more than just a guide to quitting it s a roadmap to reclaiming your life rebuilding your confidence and creating a future you re proud of Written in a straightforward no nonsense style this book gives you practical actionable strategies to break free from addiction manage triggers and build a life filled with purpose resilience and joy Whether you re newly sober struggling with relapse or years into recovery this book will help you stay committed to your journey one day at a time Inside This Book You ll Discover Why addiction happens and how it rewires your brain and what you can do to take back control How to mentally and emotionally prepare for sobriety so that quitting doesn t feel impossible The first 30 days of sobriety what to expect how to handle cravings and how to set yourself up for success How to manage stress emotions and relationships without turning to substances The power of routines habits and purpose how to create a life that supports your sobriety How to prevent relapse and what to do if it happens so that one mistake doesn t take you back to square one No matter where you are in your journey Being Sober For Life will give you the tools mindset and motivation to not only stay sober but to thrive in sobriety This is your chance to break free move forward and build the life you deserve Your past does not define you Your future starts today **Narrative Means to Sober Ends** Jonathan Diamond,2012-01-27 Working with clients who abuse drugs or alcohol poses formidable challenges to the clinician Addicted persons are often confronting multiple complex problems from the denial of the addiction itself to legacies of early trauma or abuse to histories of broken relationships with parents spouses and children Making matters more confusing the treatment field is too often splintered into different approaches each with its own competing claims This eloquently written book proposes a narrative approach that builds a much needed bridge between family therapy psychodynamic therapy and addictions counseling Demonstrated are innovative flexible ways to help clients form new understandings of what has happened in their lives explore their relationships to drugs and alcohol and develop new stories to guide and nourish their recovery *Getting Sober from Alcohol* Nathaniel Magnus,2025-09-04 Tired of waking up hungover full of regret and swearing never again Do you pour the first drink to take the edge off only to lose control hours later Have you promised yourself a hundred times that you ll quit only to be back at it

the next night Do you wonder if there s any way out of this cycle without rehab endless meetings or white knuckling it If this sounds familiar you re not alone and you re not hopeless Alcohol may have felt like your best friend your stress relief or your way to fit in But now it s robbing you of your mornings your relationships and your peace of mind The good news You can break free You don t need expensive programs or someone else s version of recovery You need a clear plan that makes sense for you This book was written for drinkers who are sick of broken promises to themselves sick of the guilt and sick of wondering if sobriety is only for other people It s for anyone who wants to stop drinking and actually build a life they don t need to escape from You ll love this book because you ll Save countless hours learning how to stop the daily cycle of just one more that never ends Handle cravings with techniques that don t feel like a fight Get through parties holidays and social pressure without giving in Understand the truth about withdrawal and how to quit safely without risking your health See why setbacks don t mean failure and how to bounce back stronger Find alternatives to AA and rehab if they ve never worked for you Rebuild your confidence repair relationships and wake up clear headed What you get in the end Mornings without hangovers or shame Evenings you actually remember Real control over your life not the fake control alcohol promised Energy clarity and a sober identity you can be proud of Think it won t work for you Tried before and failed Good That means you re still trying This time you ll know why those attempts fell apart and how to stay on track Scared of cravings You ll learn practical ways to beat them without fighting yourself all night Hate the idea of AA That s fine This book gives you options Feel like it s too late It s not Sobriety doesn t care how many years you ve been drinking it works the day you decide to start If you re ready to stop lying to yourself stop chasing the next drink and start living again Getting Sober from Alcohol is your guide Don t waste another morning hating what alcohol has done to you Take back your life today [American Book Publishing Record](#) ,1996      **Staying Sober** Meredith Gould,2017-01-16 Day to day and moment to moment techniques plus program slogans and humor provide newcomers with fresh wisdom for maintaining sobriety The fundamental components of staying sober not using going to meetings reaching out working the Steps and serving other are only the beginning of the strategies offered Day to day and moment to moment techniques plus program slogans and humor provide newcomers with fresh wisdom for maintaining sobriety      **Sober University** Cheryl Adler,2011-02 Are you struggling with addiction whether to alcohol prescription or illicit drugs overeating anorexia bulimia or gambling overspending and debt Or are you in a relationship that is sex addicted codependent or self destructive in another way Cheryl Adler MS LCSW DAPA FAPA speaks with compassion and insight A psychotherapist addictions counselor and educator she is unafraid to delve into the harsh realities of addiction Cheryl shares her 25 years of experience and success stories to empower you to take the next steps to strengthen your sobriety and move toward your ultimate recovery She shares her stories and insights to guide you in areas that addicts struggle with including Changing recovery from a clinical experience to one of adventure and self discovery Designing a sobriety plan unique to you that focuses on your strengths and personal successes Creating healthy and loving

relationships Choosing a rehab Finding a supportive therapist What you can learn from a 12 step program Transforming your environment Making healthy choices about nutrition and exercise so you ll start feeling better right away Integrating medication prayer and spiritual practice into your recovery Becoming a good role model to your children Learn at your own pace and let a course at Sober University open doors to a healthier more joyful life Sober University is an invitation to successful recovery for any addiction Integrating various modalities Sober University offers cutting edge information This book is essential It nourishes the soul it offers support effective strategies is realistic and filled with hope Frederick Drobin Ph D *Earn What You Deserve* Jerrold Mundis,2017-01-10 **Addiction Recovery Tools** Robert H. Coombs,2001-09-12 *Addiction Recovery Tools A Practical Handbook* presents verified recovery tools with a methodical when and how approach for each available tool Including both Western and Eastern methods the book catalogs the motivational medical pharmaceutical cognitive behavioral psychosocial and holistic tools accessible in a wide variety of settings and programs The contributors all experiences addiction recovery specialists present comprehensive descriptions of each tool as well as practical aids worksheets lists scales guidelines and interactive exercises to help the practitioner incorporate the tool into practice Further instructional resources are supplied for training continuing education and career enhancement *Addiction Recovery Tools* is an invaluable resource for anyone studying or working in substance abuse counseling social work clinical psychology group work psychotherapy or public health who is searching for a definitive handbook on addiction recovery strategies



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