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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. The

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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. The

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This manual presents the first empirically studied, integrative treatment approach developed specifically for co-occurring

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PTSD and substance abuse. For persons with this prevalent and difficult-to-treat dual diagnosis, the most urgent clinical need is to establish safety--to work toward discontinuing substance use, letting go of dangerous relationships, and gaining control over such extreme symptoms as dissociation and self-harm. The manual is

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divided into 25 specific units or topics, addressing a range of different cognitive, behavioral, and interpersonal domains. Each topic provides highly practical tools and techniques to engage patients in treatment; teach "safe coping skills" that apply to both disorders; and restore ideals that have been lost, including respect,

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the companion Web page. See also the author's self-help guide *Finding Your Best Self, Revised Edition: Recovery from Addiction, Trauma, or Both*, an ideal client recommendation.

Every individual within a family plays a pivotal role in the dynamics of a family

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system. Families must become involved in their loved one's recovery. According to the National Institute on Drug Abuse (NIDA), there is a correlation between the amount of social support a person has and their potential for relapse; those with less support are more likely to relapse.

Additionally, the family's involvement in

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treatment and recovery can help the entire group understand how dynamics contribute to substance abuse triggers and how these need to change. There will be better understanding of the importance of sobriety and how the whole family together can encourage that. In this workbook, we examine more about

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ourselves and our interactions with others; providing insight into our personal evaluations of ourselves and others. This insight important when we are working with someone in recovery so that we may be effective Recovery Family Mentors. We will examine our thoughts on values and differences. The topics covered help

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us to look honestly and openly at ourselves in ways that equip us with a better understanding of recovery and what it takes to become a Recovery Family Mentor. Several topics that are explored include: family systems, family roles, co-dependency, recovery, enabling, mentoring a family and an addicted loved

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one, living your life - not your story, wellness, family sculpting and many others.

The words of this book's title are said aloud every day by thousands of people meeting together to help each other recover from addiction.s the addictions

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may be to alcohol or cocaine, gambling or food, violence or sex, but the path to recovery is the same. The exciting thing about the Twelve Steps is that they teach us how to live. Once we know the design of living and the principles of living a successful life, we find that we not only get over the problems we see, but we

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avoid many other problems we would have had. To me, the miracle is that all this was boiled down into twelve simple Steps that anybody can apply. This is a book of plain-spoken wisdom for people with addictions and people who love them. Joe McQ has been a student of the Twelve Steps for more than three decades. He, like

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tens of thousands of others, lives them every day, one day at a time. In *The Steps We Took*, Joe takes us through them, one Step at a time, and helps us understand how they work-and how they can change our lives.

Unhooked from regular routines and

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Offers personal advice for the children of alcoholics and discusses the family

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relationships of alcoholics

Practical skills for healing the hidden wounds of childhood trauma We're all a product of our childhood, and if you're like most people, you have experienced some form of childhood trauma. Adverse childhood experiences (ACEs) are at the

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root of nearly all mental health disorders, including depression, anxiety, panic disorder, post-traumatic stress disorder (PTSD), and attention-deficit/hyperactivity disorder (ADHD). Memories associated with ACEs imprint on a child's brain, and can manifest themselves mentally and physically

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