



Getting Sober

Bill McCausland Ph.D.



Getting Sober:

Getting Sober Kelly Madigan Erlandson, 2007-08-30 Honest direct comprehensive and practical Bestselling author Mary Pipher Kelly Madigan Erlandson's book will help many who are beginning their trudge on the road to happy destiny Christopher Kennedy Lawford author of *Symptoms of Withdrawal* A Memoir of Snapshots and Redemption Already hailed as a thoughtful and comprehensive guide to those early crucial days of sobriety this groundbreaking new book is different from anything else on the market As an alcohol and drug counselor for more than 20 years who has helped thousands into recovery the author does not focus on trying to diagnose the problem instead she compassionately guides you through the first 30 days of sobriety the most crucial part of recovery She gives you practical day by day advice for becoming and staying sober from removing alcohol and alcohol related items from your house to picking the recovery program that fits your needs

Being Sober Harry Haroutunian, 2013-08-27 Featured on The Dr Oz Show in Special Addiction Episode with Steven Tyler The disease of addiction affects 1 out of 10 people in the United States and is a devastating often fatal illness Now from the physician director of the renowned Betty Ford Center comes 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 of dependency *Being Sober* walks readers through the many phases of addiction and recovery without judgment or the overly cultish language of traditional 12 step plans It also addresses the latest face of this disease the highly functioning addict or someone who is still able to achieve personal and professional success even as they battle a drug or alcohol problem Dr Haroutunian tackles this provocative issue head on offering new insight into why you don't have to bottom out to get help Dr Haroutunian is himself a recovering alcoholic 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 in his field With a foreword written by Steven Tyler *Being Sober* uses clear straightforward language and offers a proven path toward an emotional sobriety and a rewarding new life based on gratitude dignity and self respect *Who Gets Sober? And Who*

Struggles To Get Sober? Roy Nichols, 2022-08-01 *Who Gets Sober and Who Struggles to Get Sober* explores why some who attempt to get and live sober find sobriety so elusive and difficult Eighty nuanced questions are asked and discussed from the perspective of the fundamental question why did you relapse This book identifies those ways in which a person is vulnerable to a relapse Then that person can choose to study and address those vulnerabilities and lower the possibility of a relapse These eighty nuanced questions about relapse are an excellent diagnostic tool for those who relapse for sponsors of the still struggling alcoholic and as an assessment tool for alcohol and drug treatment programs **Why You Failed to Get Sober!**

Joel Drotts Esq., 2023-11-08 The self help book dedicated to aiding you finally end the cycle of addiction **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

Being Sober Harry Haroutunian, 2013-08-27 The disease of addiction affects 1 out of 10 people in the United States and is a devastating often fatal illness Now from the physician director of the renowned Betty Ford Center comes 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 of dependency Being Sober walks readers through the many phases of addiction and recovery without judgment or the overly cultish language of traditional 12 step plans It also addresses the latest face of this disease the highly functioning addict or someone who is still able to achieve personal and professional success even as they battle a drug or alcohol problem Dr Haroutunian tackles this provocative issue head on offering new insight into why you don't have to bottom out to get help Dr Haroutunian is himself a recovering alcoholic 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 in his field Using clear straightforward language Being Sober offers a proven path toward an emotional sobriety and a rewarding new life based on gratitude dignity and self respect Including a Foreword written by Steven Tyler

The Unexpected Joy of Being Sober Catherine Gray, 2017-12-28 Going sober will make you happier healthier wealthier slimmer and sexier Despite all of these upsides it's easier said than done This inspirational aspirational and highly relatable narrative champions the benefits of sobriety combining the author's personal experience factual reportage contributions from experts and self help advice

A Conversation for Sobriety Thomas J. Turner, 2023-07-20 About the Book Thomas J Turner has used his nearly half century of sobriety to discuss the positives and negatives of twelve step programs specifically Alcoholics Anonymous and what he believes truly makes for a conversation for sobriety About the Author The author has been sober for over 45 years and has helped countless others with addiction problems recover He is a two tour Marine Corps Vietnam Veteran was a criminal

bankruptcy attorney and is currently a Certified Recovery Specialist Thomas is the father of three wonderful children and grandfather to seven exceptional grandchildren Here is what a dear friend of his has to say about him I have known Tom for 43 years and have witnessed his sobriety and his passion for Alcoholics Anonymous Tom is dedicated in his beliefs and in helping others overcome the bonds imposed by the disease of alcoholism and drug addiction In his book he is giving his perspectives developed over his lifetime and especially over the 45 years of his recovery A Vietnam Veteran a successful attorney a devoted father and grandfather and a staunch friend he has thoughtful experiences to share elle Elle Macpherson,2024-11-19 A revealing account of Australian supermodel Elle Macpherson s extraordinary life of celebrity under pressure of relentless perfectionism and trauma of addiction Elle shares her hard earned well learned insights and understandings empowering us all to discover our own uniqueness and life purpose In the dazzling world of fashion Elle Macpherson is synonymous with elegance and timeless beauty Her inimitable give it a go spirit underpins all her achievements as an iconic supermodel businesswoman and wellness advocate a remarkable career concealing profound inner challenges A powerful journey of personal transformation and a meditation on public image self image and the meaning of real beauty Elle peels back decades of curated perfection to share rare wisdom and intimate messy realness from life in the limelight including Elle s early life lessons as a teenager modeling in 1980s New York building a remarkable career with professionalism strong values real results and her breakthrough opportunity with Sports Illustrated A meteoric rise to fame as a runway model for iconic designers like Azzedine Ala a and Calvin Klein and actress in Hollywood films like Sirens and Batman Robin Nuanced reflections on relationships divorces and the delights of raising her two sons Previously undisclosed traumas with addiction burnout overall mental emotional and physical health and the startling realization that gave her life new meaning This open hearted book reveals the authentic journey of personal transformation that empowered Elle to prevail over adversities illness and inner conflicts Told with Elle s irrepressible humor and honesty elle offers a wise perspective on resilience recovery self trust and authentic love that empowers readers to value their own uniqueness embrace life and love unconditionally *The 30-Day Sobriety Solution* Jack Canfield,Dave Andrews,2016-01-19 A groundbreaking program to help you cut back or quit drinking entirely in the privacy of your own home Mystic Peter James Ford,2023-10-19 Mysticism in Newburyport is a seven book series revealing ancient secrets from masters of all cultures along with modern day breakthroughs by scientists and quantum physicists of our times These tales began flowing after Peter s powerful spiritual awakening in Newburyport Massachusetts Newburyport is a quaint little historic seaport on the coast of Massachusetts heading toward New Hampshire Peter had been sober in the 12 step recovery program for many years and had recovered from his alcoholism Peter s love of Nature had brought him to the Newburyport area This area is rich with Nature s treasures Native American Heritage and many tales from the tall cargo ships of olden days High Street was lined with homes of these Sea Captains Peter s awakening had given him new eyes and new highly evolved senses Peter

was to have powerful past life experiences with his Mystery Woman guide named Layne Layne was a mystic who would tell people things about themselves that there was no way she could know She would look you in the eyes and tell you your deepest secrets She also knew about the Earth's electromagnetic grids and helped Peter understand what he was experiencing in Newburyport Peter's new heightened senses could feel the electromagnetic flow of energy and the convergence right below Market Square in Newburyport Market Square was one of the crossroads for these powerful electromagnetic energies that give life to our planet Peter was to share the secrets that were revealed to him in his writings

The Cocaine Wars Dorothy May Mercer, 2011-11 *Getting Married* Theresa Alan, 2013-10-08 You are not the first and you are definitely not the last And probably you are not the best It's never a good idea to take messages scrawled in bar bathrooms personally Eva Lockart knows this really she does Still such things tend to take on a weird sort of significance when one is in the throes of a panic attack prompted by irrational jealousy of one's boyfriend's ex wife Something that's been happening lately a lot Not that Eva has anything to worry about really X she has a name but why dwell on details is long gone and Will loves Eva now loves her enough in fact to want to move in and get married So she's got a guy she's crazy about a thriving business and fun wedding plans to make including finding an affordable reception site that doesn't have dead animal heads hanging from the walls a non poofy dress that adequately corrals her cleavage and a cake that isn't orange inside Still what's a little stress in exchange for wedded bliss When Eva thinks of all the married people she knows she's positive that this may turn out to be the biggest mistake of her life because all those married people are now either acrimoniously divorced or seemingly on the brink But once the bridal ball is rolling downhill it's damn near impossible to stop it without getting crushed And now the fact that Will's done this once before has Eva running that much faster to make things perfect and getting herself into more trouble than she ever dreamed possible [The Warrior's Guide to Successful Sobriety](#) Dr. KJ Foster, 2025-06-11 Discover your inner warrior Reclaim your strength Transform your life Sobriety is more than just abstaining from alcohol it's about building a powerful foundation for lasting change The Warrior's Guide to Successful Sobriety offers a holistic path to recovery by helping you develop the mental clarity emotional resilience and spiritual strength needed to stay grounded and thrive in a sober life Written by Dr KJ Foster a leading expert in addiction recovery and mental health this empowering guide blends practical tools with motivational insight You'll learn how to break through limiting beliefs manage emotional triggers and connect to a deeper sense of purpose Whether you're just beginning your journey or seeking renewed strength in long term recovery this book equips you with the inner armor to fight forward one courageous step at a time In this guide you'll discover how to Build recovery muscles in your mind heart and spirit Overcome cravings and emotional triggers with compassion Establish a warrior mindset rooted in self discipline and self worth Cultivate spiritual growth even if you're not religious Create a lifestyle of balance courage and lasting sobriety This is your invitation to become the strongest version of yourself Your journey starts here **It's Getting Ugly Out There** Jack

Cafferty,2010-12-16 Very little of my backstory qualifies as Hallmark Card material but it may help you to make sense of the way I see and interpret what's going on around me Jack Cafferty For the millions who watch the Cafferty File on CNN's The Situation Room Jack Cafferty stands for common sense the much needed voice of reason who skewers right wing nut jobs and liberal eggheads alike For years he's voiced the views hopes and fears of the average American in inimitable style Now in It's Getting Ugly Out There he brings that level headed wisdom to bear on the most critical issues facing us today and explains why Americans must take our country back from those who are harming it It's been a target rich seven years for someone like me who enjoys pushing people's buttons and sticking pins in things that need pricking from rich and fatuous celebrities offering foreign policy analysis to the latest lying Beltway blowhard impaling himself on his sword of pomposity Anyone familiar with my daily Cafferty File segments on CNN's The Situation Room knows I'm not exactly what you'd call the mainstream media's poster boy for feel good news and commentary In your face is more like it I'm no shrink but I have the sense Bush has carried an angry chip on his shoulder much of his pampered life seething just beneath the good old boy surface The bottom line is that our government no longer works for us The government works for the lobbyists who have had a big hand in influencing if not helping to draft legislation favoring not the average American citizen but instead big business health insurance pharmaceutical and oil companies and defense contractors among others These are the guys who can make the kinds of political contributions that are needed to finance today's multi million dollar political campaigns **Successful**

Recovery and Relapse Prevention Bill McCausland Ph.D.,2016-11-11 The workbook addresses several concepts and starts with the prevention of relapse The major part of the workbook is how to develop support systems for maintaining recovery that contribute to successful recovery The text shows many elements that contribute to addiction It goes into detail about the genetic aspects of addiction There is also a segment of how executive functioning of the brain can get impaired with addiction that compromises judgment impulse control and the ability to organize But these impairments can be temporary with practicing having good judgment and impulse control since new neuropathways can develop with exercising these functions The stages of recovery and change are reviewed as well as the twelve steps of Alcoholics Anonymous and Narcotics Anonymous One chapter is dedicated to powerlessness and unmanageability At the end of each chapter there are references for the reader to consult that have been used for the content of the workbook chapters **No Lost Causes Club** Lauren

McQuistin,2025-07-15 Brutally honest darkly funny and deeply empathetic No Lost Causes Club is a guide to the process of sobering up when it feels like the party's just getting started from the voice of the popular Instagram brutalrecovery When she was told that her life expectancy could be as low as twenty five if she did not stop drinking Lauren McQuistin felt absolutely nothing then despair and disbelief How was she here Surely sobriety was for middle aged divorcees who'd lost everything not young struggling singers who didn't have anything to lose in the first place Besides when alcohol is the only medicine that makes the world feel bearable how can you possibly stop taking it Six years later Lauren has found her way to

an intricate answer Entwining practical empathetic suggestions with intimate memoir *No Lost Causes* Club is an intrinsically vulnerable and brutally honest exploration of what it looks like to live a full life after getting clean From delving into the social complexities that often leave people hopelessly dependent on alcohol to centering the struggles of those newly navigating sobriety this book is a soothing balm for anyone wondering how to carve out a beautiful life in a world that never made sense before

Second Year Sobriety Guy Kettelhack,2011-02-14 In this second volume people in recovery share their experiences and insights in dealing with long suppressed feelings of anger loss guilt love and self acceptance This second volume in Kettelhack s series takes on the terrible twos Here people in recovery share their experiences and insights in dealing with long suppressed feelings of anger loss guilt love and self acceptance Kettelhack shows how sticking with it persevering with the struggle to deal with new feelings and refusing to give in to addictive impulses ultimately creates the sense of life as an ongoing adventure one more vivid exciting and sustaining than had ever been thought possible 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

Seeds of Sobriety Liz Purcell,2006-10 RAVE REVIEWS FOR xSeeds of SobrietySeeds of Sobriety also gives hints on coping with differentissueswithout drinking or using

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

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