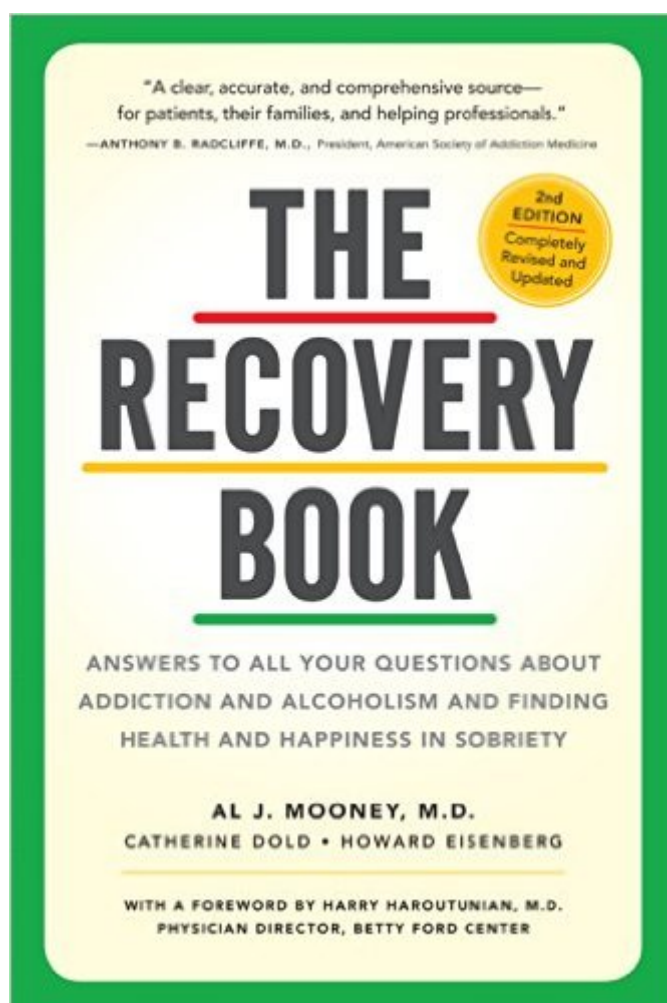


The book was found

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



healthy; how to handle common ailments. • 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. • 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. • The Recovery Book will help millions gain control of their mind, their body, their life, and their happiness.

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Book Information

Paperback: 624 pages

Publisher: Workman Publishing Company; Revised edition (September 9, 2014)

Language: English

ISBN-10: 076117611X

ISBN-13: 978-0761176114

Product Dimensions: 1.5 x 6.2 x 9.2 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

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Best Sellers Rank: #228,788 in Books (See Top 100 in Books) #203 in Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #252 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #358 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism

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Focussing on substance abuse the updated • The Recovery Book • 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 • zones •: 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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