

Drug and Alcohol Addiction

Addictive Thinking, Second Edition: Understanding Self-Deception (Paperback)

by Abraham J. Twerski

AA Not the Only Way —Your One Stop Resource Guide to 12 Step Alternatives

Melanie Solomon, Capalo Press, 2005

This is the first-ever comprehensive global resource guide that tells counselors and sufferers alike what their options are and where to find them. "AA-Not the Only Way" responds to the growing demand from recovery experts, recent court rulings, problem drinkers and drug addicts for a global resource directory of alternative treatments.

Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered From Alcoholism

Alcoholics Anonymous World Services, Inc., New York, NY, Third Edition, 1986

The Big Book has served as a lifeline to millions worldwide. First published in 1939, Alcoholics Anonymous sets forth cornerstone concepts of recovery from alcoholism and tells the stories of men and women who have overcome the disease. With publication of the second edition in 1955, the third edition in 1976, and now the fourth edition in 2001, the essential recovery text has remained unchanged while personal stories have been added to reflect the growing and diverse fellowship. The long-awaited fourth edition features 24 new personal stories of recovery.

Alcoholism: The Genetic Inheritance

Fitzgerald, K.W., Whales Tale Press, Lake Forest, IL, 1993

Some critics maintain that the concept of alcoholism as a disease has been pushed too far because it tends to absolve heavy drinkers of responsibility. Fitzgerald brushes over this controversy, arguing that compulsive drinking is a hereditary, progressive illness caused by irregular body chemistry. This primer on the causes and cure of "Jellinek's disease," as she calls alcoholism (after the Yale doctor who investigated its biochemical roots) summarizes the clinical evidence for physical dependency and outlines stages of addiction. The author is herself a recovering alcoholic and novelist (*The Good Sisters*). She illuminates the crucial roles played by the problem drinker's family members, the spouse who acts as Enabler, children who become Mascots, Scapegoats or Super Kids. Helpful advice on influencing the alcoholic to confront his or her problem is interwoven with mini-case histories. Appendixes include six checklists for alcoholics and family members seeking help.

Alcohol: How to give it up and be glad you did

by Phillip Tate.

Abstinence is only the beginning. Learning to be happy in sobriety is usually the greater challenge. Tate offers good solid advice on putting the principles of Cognitive Behavior Therapy into practice in daily life. Although Amazon lists this book as being out of print, you might still be able to buy a copy at your local bookstore, or through the library.

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself (Paperback)

by Melody Beattie

Combining Medication and Psychosocial Treatments for Addictions

by Joseph Volpicelli, et.all.

Also known as the "BRENDA Model", this book is a must for treatment providers interested in incorporating Naltrexone and other medications into a comprehensive program of recovery.

<http://www.amazon.com/exec/obidos/ASIN/0786881852/assistedrecov-20>**Hope: New**

Choices and Recovery Strategies for Adult Children of Alcoholics

Marlin, Emily, Harper & Row, New York, NY, 1987

As family therapist Marlin indicates, although most adult children of alcoholics (ACOAs) do not identify their background as a source of trouble, the majority of their problems stem from having grown up in alcoholic households. Marlin's strategies for recovery involve breaking through denial; exploring the tasks involved in recovery, e.g., forgiveness; and rebuilding parent and sibling relationships in order to intervene in the family member's alcoholism. This comprehensive look at growing up in a dysfunctional family emphasizes that survival is not enough. Interesting and readable; an excellent self-help or source book.

Sex, Drugs, Gambling, Chocolate: A Workbook for Overcoming Addictions.

by A. Thomas Horvath

California : Impact Publishers, 2003.

There is an alternative to 12-step! You can reduce almost any type of addictive behavior - - from drinking to sex, eating, and the Internet -- with this practical and effective workbook. Treats addictive behaviors in general, not one at a time -- because if you're prone to addictions, you've probably got more than one.

Addictive behavior can result from the use of almost any substance, or involvement in almost any activity. The harm that results from the addictive behavior, and the individual's difficulty in controlling it, is what matters. Supported by scientific research, Dr. Horvath approaches addiction as a bad habit, not a disease. He emphasizes taking responsibility, without requiring an allegiance to a "higher power," and teaches general principles of addictive behavior change, so readers can apply them as often as they need.

Horvath teaches the consequences (and even possible benefits) of addictive behavior, alternative coping methods, choice, understanding and dealing with urges, building a new lifestyle, preventing relapse. Includes dozens of exercises, self-study questions, guidelines for individual change plans.

SOBER FOR GOOD: New Solutions For Drinking Problems-Advice From Those Who Have Succeeded

by Anne M. Fletcher

For this best-selling book, author Anne Fletcher went straight to the experts: hundreds of

men and women who have resolved a drinking problem. She also consulted the scientific literature and leading authorities in the field to come up with this unbiased guide for problem drinkers, one that shatters long-held assumptions about alcohol recovery--such as, "A.A. is the only way to get sober" and "one drink inevitably leads back to the bottle." Weaving together success stories of ordinary people, Fletcher reveals that there are many ways to overcome drinking problems--in addition to abstinence, this book is friendly to the concepts of moderate drinking and harm education.

Recovery Options: The Complete Guide

by Joseph Volpicelli, Maia Szalavitz

Physician and psychologist Volpicelli has considerable experience in treating addicts. He met Szalavitz, an addict, on the Internet. Their shared goal is to give potential recovery patients sufficient information about various kinds of problems and treatments to make informed choices that answer their specific, personal needs. Alcoholism, for example, has many causes and several treatments, each with its own philosophy; Volpicelli reports his success with naltrexone. He and Szalavitz stress the importance of the stages of change in the treatment process. The patient must realize that reaching each stage is a positive step and that progress is to be measured by where one is in relation to where one has been, not by how much further there is to go. Volpicelli emphasizes the importance of relapse prevention and having the right approach to a relapse. "Making one mistake doesn't make you a mistake," he proclaims. This is realistic, open-minded, and humane guidance for dealing with addiction.

William Beatty

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CHANGING FOR GOOD

by *Prochaska, Norcross, and DiClemente*

The authors describe the stages of change and what must be done at each stage before moving on to the next.

The stages are:

1. Precontemplation (resisting change and consciousness raising)
2. Contemplation (emotional arousal and self-reevaluation)
3. Preparation (continuing self-reevaluation and commitment)
4. Action (countering, environment control and reward)
5. Maintenance (strategies, self efficacy)
6. Recycling (learning from "relapse")
7. Termination (exiting the cycle of change)

WHEN AA DOESN'T WORK FOR YOU

by *Albert Ellis and Velton*

From the founder of Rational Emotive Behavior Therapy, an approach based on challenging your thoughts and beliefs. Insightful for those who choose abstinence or moderation.

THE CODEPENDENCY CONSPIRACY

by *Katz and Liu*

Explores and exposes the entire "Recovery Movement" (meaning those programs and institutions that use the 12-step/disease/abstinence model). The authors outline steps for change based on personal responsibility.

MANY ROADS, ONE JOURNEY

by *Charlotte Kasl*

Especially for women breaking away from AA or NA. Shows women who have had bad experiences in 12-step groups how it is built into those recovery groups and is a common experience for those who become entangled in them. Highly empowering. The more information you have, the better you'll be able to choose whether moderation or abstinence is best for you.

Sexual Addiction

Out of the Shadows

by Patrick Carnes, Ph.D. One of the original books on sexual addiction and still a classic! Dr. Carnes is a foremost therapist and world-renowned speaker on addiction and recovery issues. 173 pages.

Hope & Recovery

A Twelve Step guide for healing from compulsive sexual behavior. Developed and written by recovering people, this compelling, inspirational work offers a unique combination of practical help and healing insights. Used by individual SAA members as a tool for personal recovery and by SAA groups for book study. 327 pages.

Hope and Recovery - The Workbook

A companion to *Hope and Recovery*. Helps bring the text of that book into practice in the sex addict's life.

Addicted to Sex - A DVD about Sexual Addiction.

This documentary is a rare uninhibited look at sexual addiction. A cross-section of sex addicts tell their stories honestly and openly, taking us from their first childhood sexual experiences through their worst act of compulsion to how they are recovering today. Interwoven with the testimonies, three sex addiction specialists discuss the history and treatment of this disorder. Some strong language. A good outreach tool. (Black & White, 58 minutes).

Sexuality In Perspective - A story of recovery from sex addiction and a view of healthy sexuality.

Discoveries made by a recovering sex addict with 19 years in SAA

Staying Sober

by Terry Gorski & Merlene Miller.

A guide for relapse prevention which outlines management techniques and explores mistaken beliefs about relapse.

The Steps We Took

by Joe McQ.

A student of the 12-steps shares his experience, strength, and hope with those recovering from addictions, those who want to recover, and those who love them. A down-to-earth guide to working each step.

Answers in the Heart

Contains a short meditation for each day of the year. The only daily meditation book written specifically for sex addicts. Written by a man and a woman recovering from sex addiction, these 366 meditations offer both female and male perspectives.

Facing the Shadow

by Patrick Carnes Ph.D. A tool to help the addict in early recovery set solid foundations for lasting sobriety. This workbook is also useful as a book study or for individuals who want to review their early recovery as a way of reinforcing and building on their progress.

From Generation to Generation

by Anne Stirling Hastings, Ph.D.

"Understanding Sexual Addiction to Children" is the subtitle of this book. A rare hope-filled work specifically for the perpetrator in recovery.

A Gentle Path through the Twelve Steps Second Edition

by Patrick Carnes, Ph.D.

A guide and workbook for all people who are in the process of recovery. 310 pages.

Sexual Anorexia

by Patrick Carnes, Ph.D.

Subtitled "Overcoming Sexual Self Hatred." An examination of the extreme fear of sexual intimacy and the obsessive avoidance of sex.

Twelve Steps and Twelve Traditions

published by Alcoholics Anonymous.

A detailed explanation of the meaning and application of the Twelve Steps and Twelve Traditions. Applicable to any 12-step recovery program. 192 pages.

AA Big Book in English - Fourth Edition.

The story of how thousands and thousands of men and women have recovered from Alcoholism. The "Big Book" is the basic source of information and inspiration for many members of our fellowship. 575 pages.

AA Big Book in Spanish.

The Third edition of the AA Big Book in Spanish.

At the Altar of Sexual Idolatry

by Steve Gallagher

Don't Call It Love

by Patrick Carnes

Every Man's Battle

by Stephen Arterburn and Fred Stocker

Every Woman's Battle

by Shannon Ethridge

Faithful and True

by Mark Laaser

Healing the Wounds of Sexual Addiction

by Mark Laaser

Pornography Trap: Setting Pastors & Laypersons Free From Sexual Addiction

by Ralph H. Earle and Mark Laaser

When His Secret Sin Breaks Your Heart

by Kathy Gallagher