

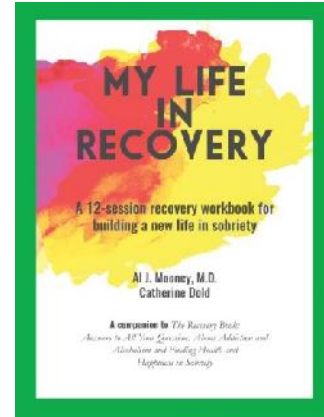
New Release

My Life in Recovery

A 12-session recovery workbook for building a new life in sobriety

Al J. Mooney, M.D.

Catherine Dold



Free sample at MyLifeinRecovery.com / Print: \$15.95; Kindle: \$9.95

A continuing care workbook companion to *The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety*

More than 20 million people in the U.S. are addicted to drugs or alcohol. Many are trying to get sober and build a new life in recovery. But recovery is about *so much more* than just getting sober.

For many people, recovery means learning how to *stay* sober, while also repairing relationships, restoring physical and mental health, and picking up the pieces of an education or career. It can all be overwhelming for someone who is newly sober and just trying to get through one day at a time.

My Life in Recovery is a 12-session continuing care workbook that guides readers through developing a complete, personalized plan for staying sober, avoiding relapse, and living in recovery. It is used in conjunction with *The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety*, the award-winning “Bible of recovery” by Al J. Mooney, M.D., Catherine Dold, and Howard Eisenberg.

The Recovery Book provides an easy-to-follow road map—the Recovery Zone System™—for building a new life in recovery, slowly but surely. The Recovery Zone System™ gives clear guidelines on *when* and *how* to address all aspects of life in recovery—addiction treatment, fellowship activities, sober living, relationships, recreation, education, career, finances, and physical and mental health.

My Life in Recovery, in 12 sessions, gently guides readers through *The Recovery Book* with reading assignments, homework questions, discussion topics, journaling prompts, and personal exercises. In the process, readers learn about addiction and recovery and develop their own personalized and detailed plans for moving through the Recovery Zones and thriving in sobriety—for a lifetime.

My Life in Recovery can be used as a 12-week lesson plan for a continuing care program, as the basis for a book study group or sober coaching program, or as an individual self-paced program. Recovery professionals, peer counselors, sponsors, coaches and individuals in recovery will all find it to be an immensely useful and practical tool for building a strong and solid recovery.

Note: the Recovery Zone System™ works hand-in-hand with Twelve Step programs, but it can be used with *any* recovery program or treatment plan. Those who use medication-assisted treatment, and those who

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have shied away from Twelve Step and abstinence-focused programs will also find it to be a very useful “on-ramp” to building a lifetime of recovery.

About the Authors

Al J. Mooney, M.D., is an internationally recognized expert in addiction and recovery. Dr. Mooney has been involved in this field since he was a teenager, when his parents entered into recovery and then founded an addiction treatment center, Willingway Hospital (now part of the Summit BHC network of treatment centers). Dr. Mooney was CEO of the hospital for many years, and has helped thousands of people find recovery. He lives in North Carolina.

Catherine Dold is an award-winning freelance health and environment writer in Boulder, Colorado.

Contact

My Life in Recovery: A 12-session recovery workbook for building a new life in sobriety

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