

Substance Abuse Resources – Helpful Books

High Achiever: The Incredible True Story of One Addict's Double Life

Tiffany Jenkins

A raw and twisty page-turning memoir that reads like fiction, *High Achiever* spans Tiffany's life as an active opioid addict, her 120 days in a Florida jail where every officer despised what she'd done to their brother in blue, and her eventual recovery. With heart-racing urgency and unflinching honesty, Jenkins takes you inside the grips of addiction and the desperate decisions it breeds. She is a born storyteller who lived an incredible story, from blackmail by an ex-boyfriend to a soul-shattering deal with a drug dealer, and her telling brims with suspense and unexpected wit. But the true surprise is her path to recovery. Tiffany breaks through the stigma and silence to offer hope and inspiration to anyone battling the disease—whether it's a loved one or themselves.

Highlight Real: Finding Honesty & Recovery Beyond the Filtered Life

Emily Lynn Paulson

Highlight Real: Finding Honesty and Recovery Behind the Filtered Life is the true story of what happens when a so-called perfect mother and businesswoman is forced to find reckoning with her past and build a future based on the authenticity she has always sought. Searingly honest, heartbreaking and packed with uncountable did-she-actually-just-say-that moments, *Highlight Real* is a memoir of healing as well as a fully modern look at what happens when the filters fall off and real life emerges into the light.

In the Realm of Hungry Ghosts: Close Encounters with Addiction

Gabor Mate M.D.

Based on Gabor Maté's two decades of experience as a medical doctor and his groundbreaking work with the severely addicted on Vancouver's skid row, *In the Realm of Hungry Ghosts* radically reenvision this much misunderstood field by taking a holistic approach. Dr. Maté presents addiction not as a discrete phenomenon confined to an unfortunate or weak-willed few, but as a continuum that runs throughout (and perhaps underpins) our society; not a medical "condition" distinct from the lives it affects, rather the result of a complex interplay among personal history, emotional, and neurological development, brain chemistry, and the drugs (and behaviors) of addiction. Simplifying a wide array of brain and addiction research findings from around the globe, the book avoids glib self-help remedies, instead promoting a thorough and compassionate self-understanding as the first key to healing and wellness.

Rewired: A Bold New Approach to Addiction and Recovery

Erica Spiegelman

Considered to be one of the best addiction recovery books in recent history, author Erica Spiegelman's lays out a path to recovery that is empowering and easy to follow. As the title infers, *Rewired* is about thinking differently about living clean and embracing recovery. The book presents healthy recovery as the result of living in accordance to twelve time-honored powerful principles, including honesty, evolution, solitude, love, compassion and hope. Erica Spiegelman is a well-respected addiction counselor, author and speaker who has had her own struggles with alcoholism and addiction. She promotes a holistic approach to healthy recovery that goes well beyond abstaining from drugs and alcohol. The smart reality of her book is that the attitudes and beliefs that accompany addiction are what fuels the disease. Change your focus and healthy choices that rejuvenate body, mind and spirit are bound to follow. The book includes action-oriented, positive affirmations and intentions to help you do so.

The Heart of Recovery: Real People. Real Lives. Real Success Stories.

Doug Bopst

"The Heart of Recovery," shares heartfelt interviews of people who entered recovery to start living well again. The people interviewed for this book are experiencing life with a full heart to the best of their ability. Ultimately, "The Heart of Recovery" is about people committing to live and not to die; to love and not to hate; to shine light and not live in darkness. The world is a better place with these beautiful hearts, whose stories you will read and hopefully be inspired by. They have all come forward courageously for a greater purpose. I am a blessed and better man for connecting with them. The interviewees range from celebrities to fitness experts to recovery experts and advocates as well as all other walks of life. Their answers offer tips and tricks that have helped them stay in long term recovery. Interspersed are my "two cents" about fitness, relationships, spirituality, etc. that have helped me stay on track. Let's face it: a person can rarely go anywhere without running into somebody who has not been affected by our country's current drug epidemic. We are unsure of where it will go, what will happen, and what can be done to solve it or even improve it. I am confident that this book will be an important tool in aiding to solve this crisis, and to offer immediate support to those seeking to overcome drug and/or alcohol addiction.

The Recovery Book

Al J. Mooney, M.D., Catherine Dold, Howard Eisenberg

The Recovery Book provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical, and spiritual issues that arise along the way. Its comprehensive and effective advice speaks to people with addiction, their loved ones, and addiction professionals who need a proven, trusted resource and a supportive voice.

This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life

Annie Grace

This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks.

Substance Abuse Resources – Helpful Websites

aa.org

"Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem."

al-anon.org

"Al-Anon members are people, just like you, who are worried about someone with a drinking problem."

ca-online.org

“Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from their addiction.”

drugabuse.gov

“Our mission is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health.”

samhsa.gov

“The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.”

ma-online.org

“Marijuana Anonymous is a fellowship of people who share our experience, strength, and hope with one another that we may solve our common problem and help others to recover from pot addiction. The only requirement for membership is a desire to stop using marijuana. There are no dues or fees for membership. Our primary purpose is to stay free of marijuana and to help the marijuana addict who still suffers achieve the same freedom.”

na.org

“Narcotics Anonymous is a global, community-based organization with a multilingual and multicultural membership. NA was founded in 1953, and members hold nearly 76,000 meetings weekly in 143 countries today.”

shatterproof.org

“Shatterproof is a national nonprofit organization dedicated to reversing the addiction crisis in the United States.”

soberrecovery.com

“SoberRecovery gives you access to the largest online recovery community and various addiction treatment resources to support you in your decision to get sober.”