



# **The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety**

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

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# The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety

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“A classic. Read it. Use it. It can help guide you step by step into the bright light of the world of recovery.”  
—from the Foreword by Harry Haroutunian, M.D., Physician Director, Betty Ford Center

“*The Recovery Book* is the Bible of recovery. Everything you need to know you will find in here.”  
—Neil Scott, host, Recovery Coast to Coast radio

Hope, support, and a clear road map for people with drug or alcohol addiction.

Announcing a completely revised and updated second edition of *The Recovery Book*, the Bible of addiction recovery. *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.

The new edition of *The Recovery Book* features the revolutionary Recovery Zone System, which divides a life in recovery into three chronological zones and provides guidance on exactly what to do in each zone. First is the Red Zone, where the reader is encouraged to stop everything, activate their recovery and save their life. Next is the Yellow Zone, where the reader can begin to rebuild a life that was torn apart by addiction. Finally, the reader reaches the Green Zone, where he can enjoy a life a recovery and help others. Readers also learn how to use the Recovery Zone ReCheck, a simple, yet very effective relapse prevention tool. The Recovery Zone System works hand-in-hand with the 12-step philosophy and all other recovery methods.

In addition, *The Recovery Book* covers new knowledge about addiction mechanisms and neuroplasticity, explaining how alcohol and drugs alter the brain. The authors outline a simple daily practice, called TAMERS, that helps people to use those same processes to “remold their brains” around recovery, eventually making sobriety a routine way of life.

Written by Al J. Mooney, M.D., a recovery activist who speaks internationally on recovery, and health journalists Catherine Dold and Howard Eisenberg, *The Recovery Book* covers all the latest in addiction science and recovery methods.

In 26 chapters and over 600 pages, *The Recovery Book* tackles issues such as:

- **Committing to Recovery:** Identifying and accepting the problem; deciding to get sober.
- **Treatment Options:** Extensive information on all current options, and how to choose a program.
- **AA and other 12-Step Fellowships:** How to get involved in a mutual-support group and what it can do for you.

- **Addiction Science and Neuroplasticity:** How alcohol and drugs alter pathways in the brain, and how to use the same processes to remold the brain around recovery.
- **Relapse Prevention:** The Recovery Zone ReCheck, a simple new technique to anticipate and *avoid* relapses.
- **Rebuilding Your Life:** How to handle relationships, socializing, work, education, and finances.
- **Physical and Mental Health:** Tips for getting 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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**From reader reviews:**

**James Cooper:**

Why? Because this The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will jolt you with the secret that inside. Reading this book adjacent to it was fantastic author who else write the book in such amazing way makes the content inside of easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this ever again or you going to regret it. This book will give you a lot of rewards than the other book possess such as help improving your ability and your critical thinking way. So , still want to hold off having that book? If I were you I will go to the e-book store hurriedly.

**Gordon Rollins:**

Do you really one of the book lovers? If so, do you ever feeling doubt when you find yourself in the book store? Try and pick one book that you never know the inside because don't determine book by its protect may doesn't work at this point is difficult job because you are scared that the inside maybe not as fantastic as in the outside seem likes. Maybe you answer may be The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety why because the wonderful cover that make you consider about the content will not disappoint an individual. The inside or content will be fantastic as the outside or cover. Your reading sixth sense will directly assist you to pick up this book.

**Clarence Frey:**

In this period of time globalization it is important to someone to acquire information. The information will make anyone to understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You can observe that now, a lot of publisher which print many kinds of book. The actual book that recommended to you is The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety this reserve consist a lot of the information of the condition of this world now. That book was represented how do the world has grown up. The words styles that writer use to explain it is easy to understand. The particular writer made some research when he makes this book. Honestly, that is why this book suited all of you.

**Irene Hoyt:**

Is it you who having spare time subsequently spend it whole day by watching television programs or just lying down on the bed? Do you need something totally new? This The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety can be the response, oh how comes? It's a book you know. You are and so out of date, spending your time by reading in

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