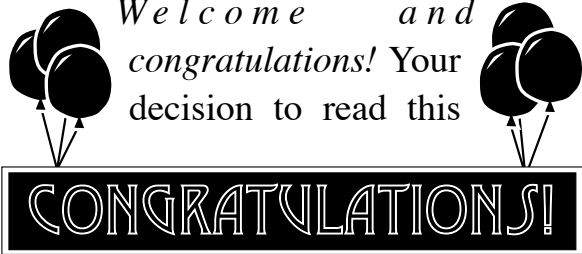


RECOVERING FROM ADDICTION™

PREFACE



Welcome and congratulations! Your decision to read this

book as part of your recovery program will be rewarding to you. Congratulate yourself for taking a 1st step.

Recovering From Addiction offers information, resources and wisdom in a very user-friendly format, helping you move out of your haze, travel through the maze that is recovery, and believe your best days are ahead of you. The process is stimulating, and yet your beliefs and mental-emotional-physical response, will determine whether that stimulation will feel scary, sad and limited, or happy, joyous and free.

**Are you ready to get started?
Great, Let's Go For It!**



TABLE OF CONTENTS

(Overview/Highlights of)

- The First Step
- Introduction: **Your Recovering Future™** Model
- Seven Task Areas: **Your Recovering Future™**
- Using This Book
- Chapter 1: Immediate Recovery
- Chapter 2: Early Recovery
- Chapter 3: On-Going Recovery
- Chapter 4: Marriage & Family
- Conclusion
- Attachment 1: Before Recovery Can Start
- Attachment 2: Nutrition
- Attachment 3: **Your Recovering Future™**
- Attachment 4: Definitions
- Attachment 5: Recovery Resources
- Attachment 6: Introduction To AA
- Attachment 7: Introduction: Group Process
- Attachment 8: Book List

GETTING STARTED

Read some and then start taking action! *If you have extra time, read on, but not instead of taking action*, such as calling your MD, going to a meeting or reaching out to a supportive friend. Reading the content without taking action will be interesting, but that's an intellectual experience. Recovery is also an *emotional* experience. As soon as you get what needs to be done, immediately set-yourself-up-for-success by taking action. *The time is now!*



Never Before

Never before has such a complete overview of the process of recovery been available and in one book.

Who Will Benefit

Recovering From Addiction is useful for people in recovery - early and later, and families with addicted members, as well as addiction treatment professionals - students and seasoned, and the clients of those professionals.

User Friendliness

Every attempt has been made to have to be user-friendly, even for the reader that has no addiction knowledge, many illustrations and larger type, are all examples of this effort. The the is a book that anyone can use it.

To clarify the more important points of the book, highlighted areas are used. Below are examples:

Recovering Intelligence™

- ◆ **Structure creates your outcome: use the "set-yourself-up-for success" strategy so that staying on your recovery path is easier than sliding off**

Recovering Intelligence™

- ◆ **Ask...Ask yourself, your core group, your Higher Power**

The Seven Task Areas of the **Your Recovering Future™** Model

1. The Approach: Learning/using resources
2. Addiction/Recovery Knowledge & Skills:
Follow a path that has proven effective
3. Awareness: An opportunity
4. Managing Your Life: Responsibility
5. Personal Work: Resolving/managing
6. Personal Growth: Create/become.
7. Mental Shifts: **Your Recovering Future**

Since 1972, it's been Dr. Rohrer's passion to study addiction treatment and many outcome-oriented models for helping people get what they need and want. He's most drawn to the cutting edge, yet research proven tools and strategies, such as the field of Positive Psychology.



*There's never been a better time to answer the call to action and make a difference. "Your Recovering Future" begins with your **Recovering From Addiction™**.*

Choose a life worth living!

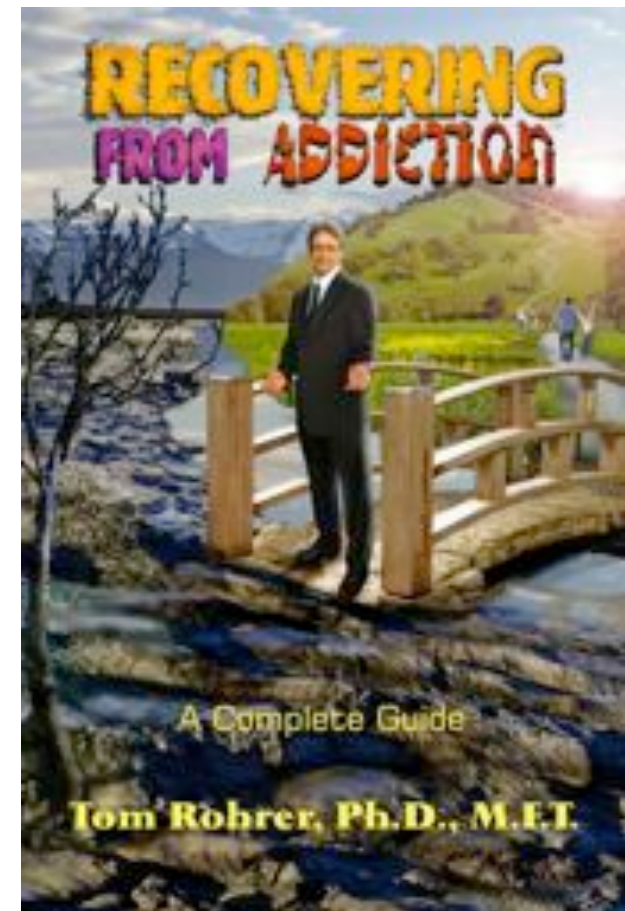
Visit:

www.recoveringfromaddictionguide.com

and

www.recoveringintelligence.com

where you can find others in recovery sharing their experiences and learning successful recovering lifestyle strategies.



Let this user-friendly book take your hand and walk you through the journey. Dr. Rohrer reviews recovery from Day One, into the long-term. **Recovering From Addiction** is your roadmap and go-to resource. He teaches you how to develop "Recovering Intelligence," and offers his model for quality recovery - "Your Recovering Future," the future that's so desirable that you feel pulled into it and want to do whatever it takes to create it *and* keep it. You can do it!

RECOVERING FROM ADDICTION™

ORDER FORM

Estimated Publishing
Date: July 1, 2010

Name _____

Address _____

Phone _____

City/State _____

Total _____

Number of Copies _____

US & Canada
includes tax, S & H X \$25.00

Please allow 4-6 weeks for delivery. Add this form, along with check or

Dr. Tom Rohrer

1250-I Newell Ave., No. 225,
Walnut Creek, CA 94596-5373