



Rewired A Bold New Approach To Addiction And Recovery

Jennifer Landau



Rewired A Bold New Approach To Addiction And Recovery:

Rewired Erica Spiegelman, 2015-04-28 A counselor at one of the most innovative and renowned drug and alcohol treatment centers in the world introduces an empowering approach to addiction recovery that addresses the whole self mind body and spirit This useful and practical perspective on what you can do to recover from addiction can replace or supplement 12 step programs at any stage in your recovery Allen Berger Ph D author of 12 Stupid Things That Mess Up Recovery Rewired is a new breakthrough approach to fighting addiction and self damaging behavior by acknowledging our personal power to bring ourselves back from the brink Centered on the concept of self actualization Rewired will guide you towards not only physical sobriety but a mental emotional and spiritual sobriety by learning to identify key principles within yourself including authenticity honesty gratitude and understanding a need for solitude Rewired addresses the whole self just as addiction affects every part of one's life so too must its treatment By helping us to build a healthy space to support our own recovery we can rewrite the negative behaviors that result in addiction Usable in conjunction with or in place of 12 step programs Rewired allows for a more holistic approach helping to create a personalized treatment plan that is right for you Each section in Rewired includes Personal anecdotes from the author's own struggles with alcoholism and addiction Inspiring true success stories of patients overcoming their addictions Questions to engage you into finding what is missing from your recovery Positive affirmations and intentions to guide and motivate With all the variables both physical and emotional that play into overcoming addiction Rewired enables us to stay strong and positive as we progress on the path to recovery Rewired teaches patience and compassion the two cornerstones of a new humanist approach to curing addiction Remember addicts are not broken people that need to be fixed they just have a few crossed wires [The Rewired Life](#) Erica Spiegelman, 2018-11-27 Train your brain for the best life ever Our brains never stop growing learning and adapting Every day we have the opportunity to form new neural pathways based on what we learn and the decisions we make overwriting the old patterns and self narratives that have held us back from leading a fulfilling and authentic life From self help expert Erica Spiegelman author of the best selling recovery book Rewired The Rewired Life uses the method of self realization which she has developed through years of counseling and motivational speaking The Rewired Life is a new way of looking at life enabling anyone to change their neural pathways by increasing their emotional awareness guiding them on how to take care of their bodies and minds and implementing daily routines that nourish all aspects of life The Rewired Life is the guidebook to rewiring your entire life from how we communicate learn and identify our narratives effective self care strategies improving our quality of sleep understanding healthy diet and exercise practices technology relationships and so much more **From Basement to Sanctuary** Holly Christine Hayes, 2017-09-29 Sometimes it takes a step When we find ourselves at our lowest struggling with addiction and broken lives sometimes it takes one step and one moment to begin a journey to recovery But how do we take that step when we are trapped in a pit of despair and surrounded by a lie seemingly

unable to change unable to live and unable to cry out for help From Basement to Sanctuary is a radical story of conversion and transformation that speaks to how God's strength truly can be made perfect through our weaknesses Author Holly Christine Hayes spent her teen and young adult life mired in alcoholism and drug addiction and she was in the grips of a downward spiral that led to a life of trauma shame and eventual homelessness After an encounter with God in a public bathroom in 2001 her life was forever changed God miraculously healed her and delivered her from her addiction but it took years for her to find out who the God was that saved her Through the telling of her story Holly takes us on a journey through the surrender of the recovery meetings that gather in church basements to the wholeness and healing she found in the sanctuary of the church All the while she shares lessons she learned in the basement about who God really is and the miraculous ways he wants to heal our hurts habits sins and setbacks

The Essential Addiction Recovery Companion

Richard A. Singer, 2018-11-01 The Essential Addiction Recovery Companion builds on Richard Singer's most recently acclaimed book 101 Tips for Recovery from Addictions The companion is a thorough and innovative guide that offers practical applications paired with in depth questions to help the reader discover a new life away from the hell of addiction The book is holistic in its approach covering the psychological physical and spiritual aspects of recovery The writing is simple and empathic which makes it feel as if readers have a therapist right by their side as they dive into the depths of their being and prepare to transform their lives The Essential Addiction Recovery Companion will help the reader Discover the hidden potential that has been clouded by addiction Create an unimaginable life filled with infinite possibilities Build stronger intimate relationships with family and friends Learn to live a life filled with mindfulness and get the most out of each unique moment Learn how to conquer the devious denial system that keeps addiction alive Access the genuine peace and joy that exists within one's being The Essential Addiction Recovery Companion is perfect for addiction professionals recovering individuals family members and anyone interested in truly living life free from any addiction Richard Singer's insightful book will help those learning how to proceed through addiction recovery If you enjoy processing your thoughts as you tackle areas such as How to ask for help When to join a group Checking cravings and Relapsing then this workbook is for you Barbara Sinor Ph D author Tales of Addiction and Inspirational Musings Richard Singer is writing from the heart and provides us with so many helpful strategies and coping skills This book is a fantastic one to have in your hands Erica Spiegelman best selling author of Rewired A Bold New Approach to Addiction and Recovery A thoughtful inspirational must have for anyone in the addiction field or going through addiction themselves Mari Sweeting Recovery Coach and DUI Instructor Sonoma County California This book is full of great ideas for recovery But most of all the book offers comfort AddictionBlog.org Learn more at www.RickSinger.org

Overcoming Opioid Addiction

Adam Bisaga MD, Karen Chernyaev, 2018-05-01 From a leading addiction expert a desperately needed medical guide to understanding treating and finally defeating opioid use disorder Drug overdoses are now the leading cause of death for Americans under the age of 50 claiming more lives than the AIDs epidemic

did at its peak Opioid abuse accounts for two thirds of these overdoses with over 100 Americans dying from opioid overdoses every day Now Overcoming Opioid Addiction provides a comprehensive medical guide for opioid use disorder OUD sufferers their loved ones clinicians and other professionals Here is expertly presented urgently needed information and guidance including Why treating OUD is unlike treating any other form of drug dependency The science that underlies addiction to opioids and a clear analysis of why this epidemic has become so deadly The different stages and effective methods of treatment including detoxification vs maintenance medications as well as behavioral therapies How to deal with relapses and how to thrive despite OUD Plus a chapter tailored to families with crucial potentially life saving information such as how to select the best treatment program manage medications and reverse an overdose [Teens Talk About Drugs and Alcohol](#)

Jennifer Landau,2017-12-15 Drug and alcohol abuse can have a devastating effect on friendships and families In this compelling book young adults offer true life tales that detail the price of addiction Many of these first person accounts highlight the fallout from a loved one s substance abuse issues such as estrangement neglect and abuse One writer can no longer see his beloved grandfather because of his alcoholism while another feels betrayed by a friend who is addicted to drugs As they struggle with feelings of anger and grief these brave teens offer a way forward for others working to overcome these difficult life circumstances [What's the Big Deal About Addictions?](#) James J. Crist,2021-08-30 Help teens make informed decisions about their health and wellness with judgment free information about addictions From drugs and alcohol to pervasive use of electronic devices more teens are exhibiting addictive behaviors What s the Big Deal About Addictions provides teens with lecture free reliable and factual information about a range of addictions from drugs and alcohol to electronic devices social media and other addictive activities such as pornography eating gambling and sex among others A practicing psychologist and a certified substance abuse counselor Dr Crist shares advice for teens who are having serious troubles with addiction and for teens with casual levels of use who may be concerned about their use With teen stories and quotes included What s the Big Deal About Addictions speaks directly to teens about the real life struggles with casual use and addictions they re seeing and experiencing among peers in school and in the broader community Packed full of information to help teens make informed decisions What s the Big Deal About Addictions covers The difference between casual use and addictive use and the consequences of using The types of addictions addictive behavior and the risks associated with each How to overcome an addiction and the types of treatments available How to know and accept when recovering from addiction may require giving up certain friendships Tips for preventing relapse or developing a secondary addiction Additional resources for help and information are provided at the back of the book **Emotional Intelligence for Students, Parents, Teachers and School Leaders** Mabel Gonzales,2022-03-10 This book heightens readers awareness of the importance of emotional intelligence and how it impacts our lives It inspires parents teachers and school leaders to learn more about emotional intelligence as a process of self improvement relational skills and to help our students to develop

emotional intelligence from an early stage of their lives There are four parts in the book Part 1 explains the importance of emotional intelligence in every aspect of our lives It presents models and theories of emotional intelligence and explains how our emotions control our mind body and spirit Part 2 gives insights into how emotions play a significant role in our relationships with others Part 3 takes the reader from family to the workplace and highlights the importance of becoming more aware of our emotions at work and how we relate to others Part 4 emphasises the importance of helping our students to develop essential emotional intelligence to face this increasingly complex and challenging world Rewired Workbook Erica Spiegelman, Marsha Stone, 2017-12-05 Offering practical applications and everyday guidance The Rewired Workbook takes the breakthrough addiction recovery method of best selling book Rewired by Erica Spiegelman and expands on it providing new and improved ways to rewire your brain and restore your health The Rewired Workbook helps readers to discover new healing strategies and coping methods ideally suited for those trying to achieve true and lasting sobriety Featuring discussion questions group and individual activities and intuitive self inventories to help you better understand your addiction the workbook provides a framework healing for those in addiction recovery An essential companion piece to Rewired and a guide to anyone wanting to work through their addiction and rewire their mind The Rewired Workbook is the brand new solution for beating addiction for good **The ReWired Brain** Dr. Ski Chilton, Dr. Margaret Rukstalis, A. J. Gregory, 2016-08-02 Trade Negative Thinking for Confident Fearless Living Most of us don't realize that we have a surprising amount of control over our own thoughts and behaviors and can unintentionally influence our brains negatively causing cycles of bad choices and experiences The ReWired Brain offers a clear framework for understanding our brains and the decisions we make showing how certain fears and instincts drive unhealthy emotional dysfunctions and related behavioral patterns in the most important areas of life This book shows how to reframe negative experiences experience emotional and spiritual healing and ultimately rewire our brains empowering to live fearlessly

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