

**One Alcoholic's Journey to Lasting Sobriety and How You Can
Break Free with this Cutting-Edge and Holistic Recovery
Approach that Gets to the Root of Alcoholism**

Get Sober Stay Sober

The Truth About Alcoholism



**How to Achieve Permanent, Craving-Free Sobriety
Without the 12 Steps, Religion, AA or
Succumbing to Powerlessness**

Cynthia Perkins, M.Ed.

Get Sober Stay Sober The Truth About Alcoholism

Peter Finn, Jane Lawson, Linda Abrams



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Get Sober Stay Sober Cynthia Perkins, 2009 One alcoholic's journey to lasting sobriety and how you can break free with this cutting edge and holistic recovery approach that gets to the root of alcoholism Discover how to achieve permanent craving free sobriety without the 12 steps AA religion or succumbing to powerlessness

War Between Souls Over First Universe Tiffany Thompson, 2011-03 SYNOPSIS This volume is laced with notions of reincarnation and afterlife For that same reason WAR BETWEEN SOULS OVER FIRST UNIVERSE is a supernatural story about the pure elder immortal souls who want nothing more than to teach their young delinquent souls how to earn immortality and stop reincarnating their tainted demonic souls Likewise this book confirms that you cannot separate the soul from the notion of the afterlife That afterlife consists of reincarnating demonic souls Hellitheons Hellish as they are they refuse to obey the Creators They have reincarnated themselves in bodies human and otherwise for billions and billions of years In addition they are lingering here on earth pretending to be MOVING ON trying to take over what does not belong to them Reincarnation is not a rarity It is a daily occurrence Remember Plato as well as Christianity tells us in essence that the soul is the power that runs the body machine and that souls are capable of reincarnating recollecting Tiffany is telling you that before that body is worn out its souls are tormented manipulated and even ripped out forcing displaced souls to transfer their energy power essence into another body be that animal or human

Facts about Alcohol and Alcoholism National Institute on Alcohol Abuse and Alcoholism (U.S.), 1980

Father Ralph Pfau and the Golden Books Glenn F. Chesnut, 2017-01-04 Father Ralph Pfau was one of AAs four most published and most formative authors along with Bill Wilson Richmond Walker and Ed Webster during the new movements earliest thirty years during which it grew from only 100 members to almost 300 000 In the first ten years Pfau spent working to spread AA he said I have traveled nearly 750 000 miles I have spoken before nearly two hundred thousand members of AA at retreats meetings and conventions and personally discussed problems with more than ten thousand alcoholics He produced fourteen extremely popular books called the Golden Books under the pen name Father John Doe along with other books and recordings When he joined Alcoholics Anonymous in 1943 he became the first Roman Catholic priest to get sober in the newly formed movement An alcoholic and drug addict he had spent the previous ten years being removed from parish after parish as his drinking and addiction to downers got out of control over and over again He taught the spirituality of imperfection drawing from St Threse of Lisieuxs Little Way and St Augustines teaching of God as Truth Itself the forgiving God who touches us in our fallenness in acts of sudden psychological insight in which our whole perspective on life undergoes sweeping positive quantum changes Over and over he calmed peoples fear of God by reminding them that perfection was a myth and that no human being could do it all He was one of the most creative and interesting American Catholic theologians of his era

Drug Alcohol Addiction: Evil from Within Bruce Dutchuk, 2016-12-08 This book is about what the life of the alcoholic or drug addict is like You will learn the lifestyle is destructive costly and may run

in families for generations You may think an alcoholic is a simple willful misconduct and the addict is a selfish person who enjoys his or her lifestyle You are as I once was wrong The life of an alcoholic or addict is a very painful lonely life They may never be able to overcome this horrible disease that has had a chokehold on them maybe since the day they were born If you like many others are touched by someone with the disease of alcoholism or addiction then you will want to read this book Come to understand just what the real life facts are You see I am an alcoholic and drug addict so I speak the cold hard truth I will tell you how people fall victim to alcohol and drugs and how I overcame the power of addiction held on me You or a loved one deserve all that life has to offer Inside are some suggestions that might help improve the quality of life of the alcoholic or addict and those that love and our loved by them On the Military Firing Line in the Alcoholism Treatment Program Bill S,Sgt. Bill S.,2003-07 An insightful very readable book The father of military alcoholism treatment tells about his own life and recovery from alcoholism and describes how he set up the first officially sanctioned military treatment programs for alcoholics in the 1940s and 50s when the Alcoholics Anonymous movement was first spreading across the United States A survivor of the attack on Pearl Harbor he almost died after the war from his own out of control drinking Using his own recovery as a guide he persuaded the Air Force to appoint him full time to working with other alcoholics The success story which he and psychiatrist Dr Louis Jolyon West related in the American Journal of Psychiatry in 1956 was distributed all across the country by the National Council on Alcoholism If you think that you may have a problem with alcohol or drugs yourself this book can save your life The author describes in simple terms the processes which drive people to drink and use drugs and the route to recovery He talks about genetics physical addiction and the social and psychological pressures which produce subconscious conflicts and massive guilt in alcohol and drug abusers For mental health professionals he discusses the relationship between the twelve step program and basic psychiatric principles and shows how the professionals and the A A and N A groups can work together to produce impressive recovery rates This A A old timer fifty five years sober also talks about his early mentor Mrs Marty Mann the first woman to gain long term sobriety in A A He describes his conversations with Sister Ignatia and the good old timers in Akron Ohio his work with the noted alcohol researcher E M Jellinek at the Yale School of Alcohol Studies and the way early A A meetings were organized and conducted His book is a lasting monument to those early years when it was first discovered that alcoholics could be saved Alcoholism, Getting the Facts ,1999 **How I Stop Drinking & Stay Sober For Over 13 Years (And Counting)** Walter L. Kramer,2015-03-10 A lot of drunks say Quitting is easy I ve done it a hundred times Not very funny perhaps but very true The problem is not just quit drinking it s quitting for good that s problematic And that s what this book is for It s a simple guide consisting of five steps that are guaranteed to start working for you today Just read it all the way through and you ll have the best knowledge on recovering from alcohol addiction staying sober and getting your life back To help you identify and understand this book you ll have a built in guide who has been there drank that and even wears the T Shirt Vienna is a real person who volunteered to share her

experiences as a drunk how and why she got sober and how she's staying sober for over 13 years and counting Of course as long as alcohol exists there will be alcohol addicts If that's you then reading this book is your chance to stop the process right now before it grabs your soul And if that's not you then this is likewise a chance for you to call a halt to whatever dark place alcohol is leading you

Alcoholism Maria L. Gifford, 2009-10-22 An intriguing look at the history of alcoholism and its dramatic effects from the first fermented grape to current advances in genetic research Alcoholism tells the story of a disease familiar to many yet not well understood It is the first biography of alcohol abuse that gauges its devastating effects on the body the family the economy and the community Alcoholism provides the latest understanding of the disease as a behavioral dysfunction and a biological condition Coverage includes the origins of alcohol and the discovery of alcoholism as a medical disease the biology of alcoholism and its effects on the body and current diagnostic and treatment methods for alcoholism In addition the book explores the effects on society of such alcoholism related problems as domestic abuse fetal alcohol syndrome drunk driving and suicide as well as promising new directions in alcoholism research awareness treatment and prevention

The Psychology of Alcoholism William E. Swegan, Glenn F. Chesnut, 2011-11 William E Swegan Sgt Bill was the major spokesman for the psychological wing of early Alcoholics Anonymous that group within the newborn A A movement of the 1930 s 40 s and 50 s which stressed the psychotherapeutic side of the twelve step program instead of the spiritual side This book is Swegan's major work in which he lays out the psychiatric theories which formed the foundation of that variety of A A thought He also talks about his association with Mrs Marty Mann Yev Gardner E M Jellinek at the Yale School of Alcohol Studies Bill Dotson A A No 3 and Searcy Whaley in addition to recording his memories of the year he spent observing Sister Ignatia at work at St Thomas Hospital in Akron In 1953 Sgt Bill teamed up with famous American psychiatrist Louis Jolyon Jolly West at Lackland Air Force Base in San Antonio Texas to develop a method of alcoholism treatment given further development in the mid 1960s by Dr Joseph J Zuska and Dick Jewell at Long Beach Naval Station called the Lackland Long Beach Model It became one of the three basic types of A A oriented alcoholism treatment program along with the Minnesota Model and Sister Ignatia's more spiritually oriented approach Sgt Bill does not just talk psychiatric theories in this book He uses his own life story to show how traumatic loss poverty inadequate self-esteem envy self-pity and rage can drive children and youths into isolationism rebellion self-sabotage and ultimately the descent into uncontrollable alcoholism or drug addiction But in his humanistic understanding of the twelve step program he also shows us how to make use of the healing power of the spirit of Love and Service to our fellow human beings to restore ourselves to new life

Alcohol Use and Abuse Bonnie B. Graves, 2000 Presents information about alcohol and why it is used and abused especially by teenagers Also provides sources of help for alcohol related problems

Addiction Vatsal Thakkar, Christine Elaine Collins, 2006 Discusses addiction its causes the types of things people get addicted to available treatments and recovery programs

Mystic Peter James Ford, 2023-10-19 Mysticism in Newburyport is a seven book series revealing

ancient secrets from masters of all cultures along with modern day breakthroughs by scientists and quantum physicists of our times These tales began flowing after Peter s powerful spiritual awakening in Newburyport Massachusetts Newburyport is a quaint little historic seaport on the coast of Massachusetts heading toward New Hampshire Peter had been sober in the 12 step recovery program for many years and had recovered from his alcoholism Peter s love of Nature had brought him to the Newburyport area This area is rich with Nature s treasures Native American Heritage and many tales from the tall cargo ships of olden days High Street was lined with homes of these Sea Captains Peter s awakening had given him new eyes and new highly evolved senses Peter was to have powerful past life experiences with his Mystery Woman guide named Layne Layne was a mystic who would tell people things about themselves that there was no way she could know She would look you in the eyes and tell you your deepest secrets She also knew about the Earth s electromagnetic grids and helped Peter understand what he was experiencing in Newburyport Peter s new heightened senses could feel the electromagnet flow of energy and the convergence right below Market Square in Newburyport Market Square was one of the crossroads for these powerful electromagnet energies that give life to our planet Peter was to share the secrets that were revealed to him in his writings

Alcohol - Pleasures and Problems Peter Finn,Jane Lawson,1976 Many teenagers and adults drink alcohol Many do not Whether you choose to drink is up to you In fact you ll frequently have to decide whether to drink and how much to drink Even if you decide never to drink you ll be making such decisions as whether to attend a party where alcohol is served and whether to offer alcohol to your guests There are many things this booklet does not tell you It won t tell you whether or not you should drink or how much to drink It won t make any decisions for you at all That s because when it comes to drinking the decisions are always yours If you would like more information about alcohol you can read some of the pamphlets and books listed on the inside front cover You can also write telephone or visit one of the agencies which are also listed

Self-disclosure in Psychotherapy and Recovery Gary G. Forrest,2010 Self Disclosure in Psychotherapy and Recovery includes a unique mosaic of theoretical and practical clinical information rich case studies research findings and a wealth of evidence based practice guidelines related to therapist and client self disclosure in the psychotherapeutic encounter Experienced clinicians neophyte therapists and counselors in training will find this book provides a wealth of insight and useful information that will significantly benefit their therapeutic work Gary G Forrest elucidates a diversity of self disclosure topics that pertain to a wide range of issues impacting every facet of the process and outcome of psychotherapy relationships Self Disclosure in Psychotherapy and Recovery represents a seminal contribution to the counseling and psychotherapy literature specific to chemical dependency counseling addictions focused therapy and the self help based recovery model This book will be an essential resource for individuals pursuing graduate training and advanced education or supervision in the various behavioral health professions

Mom's Idea Nathan Smith,2010-10-08 Nathan Smith has struggled with schizophrenia his entire life Overwhelmed by thoughts of suicide and depression he disappeared

into a haze of alcoholism to deal with the daily challenges of his disease But instead of alleviating his disease the alcohol made it ten times worse Spending most of his time in an alcoholic stupor he was not in control of his thoughts or actions thanks to his schizophrenia Each time he tried to get control of his life he failed miserably Mom s Idea is the heartbreaking story of Smiths struggles to deal with his schizophrenia while ultimately realizing that he also had to find a way to stop drinking With the encouragement of his mother he began the long road to sobriety and a more productive life Moms Idea offers an in depth account of an average person suffering from schizophrenia it chronicles the frequently changing ups and downs of dealing with a debilitating disease and the compounding problem of alcoholism 'Pass It On' Alcoholics

Anonymous World Services, Inc.,2016-02-25 Full of first person accounts and primary source material this portrait of Bill W recounts his journey from Vermont youth to army officer to Wall Street success story to hopeless drunk until a series of remarkable events leads him to stop drinking and to meet Dr Bob with whom he would found Alcoholics Anonymous We follow Bill through his tireless work for Alcoholics Anonymous the publishing of the Big Book the development of the Twelve Traditions the formation of the General Service Conference Closing chapters walk us through Bill s final years of challenge and change With every word documented and every source checked Pass It On is the definitive biography of a fascinating yet enigmatic individual whom we get to know better in these pages For the A A history buff as well as the member simply curious about Bill W Pass It On offers a wealth of information that sheds light on how the unique movement that is Alcoholics Anonymous came to be what it is today With 39 archival photographs Pass It On is General Service Conference approved

ALCOHOL ABUSE AND ADDICTION rodney cannon,2019-02-06 No one can tell you everything there is to know about alcoholism or the perfect way to break free of this addiction With this book I offer a basic overview of the problems presented by alcohol abuse Some of the underlining reasons that one might find themselves addicted to this substance and treatment options From drug used to treat the addiction To natural treatments for this addiction I will share with you the problems one can expect this addiction to cause not only the one who suffers from it but friends and family The dangers to women while pregnant The effects on finances and your job The dangers of trying to detox without medical assistance The drugs that are used during detox and the side effects Along with all natural solutions to detoxing from alcohol Alcoholics Anonymous and the 12 step program and other treatment options including those available in the UK Also life after treatment Having a plan for living that life day by day and avoiding the things that may tempt you to relapse The road to a sober life is not an easy one and you may stumble a few times along the way but it is a road that thousands upon thousands walk each year and with effort and determination you will succeed **The Alcoholism Handbook** Greg Robinson,2017-10-13 If alcohol is causing you problems then alcohol is the problem This book is a comprehensive volume on alcoholism and its causes prevention treatment recovery and long term maintenance of the disease for the alcoholic who still suffers and his or her family The Alcoholism Handbook provides you with the tools needed a step by step process for treatment recovery and a positive living

lifestyle change that will heal alcoholics and their families There are only two requirements to stop drinking willingness to learn something new and a desire to stop drinking If an alcoholic possesses willingness and desire then by the grace of God a miracle can be achieved Most every alcoholic can become one of those miracles if he or she wants to This book is written for the alcoholic who still suffers The Alcoholism Handbook gives you an overview of alcohol addiction and covers alcoholism in the family and at the workplace It provides testimonials and case histories of the incomprehensible demoralization of the disease The charts provided for nutrition and vitamin supplements can be referenced in the path back to health from the disease Lastly The Alcoholism Handbook provides a step by step process to achieve a positive living lifestyle change for the alcoholic and his or her family The Alcoholism Handbook is also written for all professionals the legal profession medical personnel law enforcement judges social workers psychologists treatment centers counselors clergy physicians and anyone indirectly affected by the consequences of alcohol It is also written for family members who are directly affected by alcohols consequences

Adult Group Leader Guide for Use with Dial A-L-C-O-H-O-L and Jackson Junior High Peter Finn, Jane Lawson, Linda Abrams, 1977

Reviewing **Get Sober Stay Sober The Truth About Alcoholism**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Get Sober Stay Sober The Truth About Alcoholism**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Get Sober Stay Sober The Truth About Alcoholism Introduction

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