



# Climbing Mountains

inspiring stories about  
substance misuse recovery  
in Nottingham

edited by Paula Torres-Silva

# Climbing Mountains Inspiring Stories About Substance Misuse Recovery In Nottingham

**Paula Torres-Silva**



## **Climbing Mountains Inspiring Stories About Substance Misuse Recovery In Nottingham:**

Climbing Mountains Paula Torres-Silva, 2011      *Climbing the Holy Mountain of Recovery* Adrian Auler, 2015-12-02 This story is about the development of my heroin addiction and my recovery from it I struggled to escape from addiction for 17 years but only succeeded after an ibogaine treatment It is autobiographical but I only describe traumatic episodes that contributed to addiction and sketch the highlights and milestones in my recovery It is a memoir as it offers a thematic view of my life and is moderate in scope and a personal essay in which I offer insights about societys role in addiction My intent is that addicts and their loved ones may better understand the nature of addiction so their approaches to treatment are better informed and more compassionate At 66 I am a gentleman hipster Seeker and scholar but Im not an armchair academic who wrote this book from a library I was an addict for 22 years Now I am blessed to be alive and have 18 years clean My mission is to help addicts by educating the public and the professional community about addictions complexity and the efficacy of ibogaine for its treatment I hope my story supports a change in social and medical attitudes so that the unheard voices of addicts will be honored instead of just seeing them as social problems Addiction put my life into suspended animation when I had a third of the credits I needed for a bachelors degree 27 years later I returned to school now I have bachelors degrees in Anthropology and Psychology and a Masters degree in East West Psychology EWP I am currently a PhD candidate in EWP at the California Institute of Integral Studies in San Francisco California

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