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## Reader response to Recovery by Choice:

It's the best book written for a person in recovery that I've come across in a long time. I suggest it daily here at the Hospital. -- S. H., CADC

A very thought-out and down to earth approach... Anyone making the decision to obtain and maintain sobriety should get this book. -- P. H., LSW, BASW, CDCA

Simply the most useful, well written, pithy, thoughtful, inclusive book of its kind that I've come across. We've used worksheets from the workbook with our clients ... with excellent results and feedback. -- C.T.

Do order the workbook! It's a good structure to start on the sobriety path. -- S.Y.

The workbook really has made me re-evaluate my life and helped me through some tough times already. -- N.D.

I think you'll really like the workbook. It is easily the most useful exercise book I've ever seen. Simply full of wisdom for building a recovery program. -- J.X.

It is helping clients of all ages (16-60). I am a licensed addictions counselor. -- V.S.

I've got to say I love this book, I wish I had done this when I first got sober, the questions make me think, think, think! -- J. H.

The workbook helped me to create a staying-sober plan that has worked well. Now I'm off to review it and make some updates. One whole year with NO hangovers and NO regrets! -- L.L.

# Recovery by Choice

Living and Enjoying Life  
Free of Alcohol and Drugs

A Workbook



Martin Nicolaus



LifeRing Press  
Oakland, California

A different kind of workbook  
for addiction recovery ...

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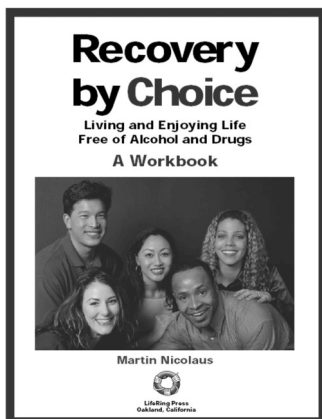
**E**ffective professionals tailor the treatment to fit the client. This is as true in treatment of addictions as in any other practice. The National Institute on Drug Abuse (NIDA), after a nationwide study of addiction treatment programs, found that:

*"No single treatment is appropriate for all individuals. Matching treatment settings, interventions, and services to each individual's particular problems and needs is critical to his or her ultimate success in returning to productive functioning in the family, workplace, and society."*

**Recovery by Choice**, written by a founder of the LifeRing Secular Recovery support groups, is the first workbook that applies this basic principle of effective professional treatment to the recovering person's own self-treatment, or self-help.

**Recovery by Choice** provides a structure for the recovering person to build an abstinence-based recovery plan that matches his or her particular problems and needs — an abstinence-based Personal Recovery Program.

Based on ten years' work in support groups, the book presents the recovering person with a series of real-life choices. The options are highly detailed, concrete, and knowing. Readers quickly recognize themselves and their world, and take up the work of



making seemingly small decisions that, when strung together, will constitute their personal recovery pathway.

The opening chapter presents a tool for making everyday decisions that reinforce recovery. The book then moves through ten big problem areas where most people in recovery find they have work to do:

- My Body
- My Exposure to Addictive Substances
- My Activities
- My People
- My Feelings
- My Life Style
- My History
- My Culture
- My Treatment and Support Groups
- My Relapse Prevention Plan

The concluding chapters lead the reader through the process of building a Personal Recovery Program for periods as short as a day and as long as a lifetime.

**T**he basic idea here is that the client attains the capacity to make wise choices — heavily impaired in addiction — through repeated and progressive exercise of the choice-making "muscles." It is a strength-based, empowering approach that resonates with the best elements within the recovering psyche. It respects the recovering person's intelligence and the sincerity of their desire to recover.

Building a Personal Recovery Program with **Recovery by Choice** stimulates the client's motivation to get well. Through dozens of worksheets and other exercises, the client engages in an intensely personal reconstruction effort that

yields deep learning and personal investment in recovery.

**Recovery by Choice** offers an eclectic, pragmatic, empathetic, positive, optimistic and sometimes humorous perspective. The author clearly has "been there." Hundreds of authentic recovering voices speak in its pages. The text is gender-neutral and includes a broad and diverse range of people, situations, and resources. Sidebars grounded in the best modern research anchor the presentation.

**R**eaders response to **Recovery by Choice** is overwhelmingly positive (see a sample of testimonials, over). Most readers take it up individually as bibliotherapy. Some use it for group study within the LifeRing support group network. A growing number of solo professionals provide it for their clients at intake. Inpatient, outpatient, and criminal justice programs use **Recovery by Choice** wherever an abstinence-based, structured, positive, secular complement to the 12-step approach is called for. **Recovery by Choice** plays well with any abstinence-based recovery philosophy.

Now in its third printing, **Recovery by Choice** is available exclusively online from LifeRing Press, [www.lifering.com](http://www.lifering.com), or from LifeRing support group meetings. Browse to [www.lifering.com](http://www.lifering.com) to order a copy using your Visa/MasterCard.

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