

SECOND YEAR SOBRIETY

Getting Comfortable Now That Everything Is Different



GUY KETTELHACK

Second Year Sobriety Getting Comfortable Now That Everything Is Different

Daniel F McAuley



Second Year Sobriety Getting Comfortable Now That Everything Is Different:

Second Year Sobriety Guy Kettelhack, 2011-02-14 In this second volume people in recovery share their experiences and insights in dealing with long suppressed feelings of anger loss guilt love and self acceptance This second volume in Kettelhack s series takes on the terrible twos Here people in recovery share their experiences and insights in dealing with long suppressed feelings of anger loss guilt love and self acceptance Kettelhack shows how sticking with it persevering with the struggle to deal with new feelings and refusing to give in to addictive impulses ultimately creates the sense of life as an ongoing adventure one more vivid exciting and sustaining than had ever been thought possible Guy Kettelhack has written seven books on recovery He is completing a Master s degree in psychoanalysis and is an analyst in training at the Boston and New York Centers for Modern Psychoanalytic Studies A graduate of Middlebury College Kettelhack has also done graduate work in English literature at Bread Loaf School of English at Oxford University He lives in New York City

Third Year Sobriety Guy Kettelhack, 2011-02-14 The insights skills and experiences gained through three years of recovery have prepared us to be of service during times of crisis like the coronavirus pandemic This book celebrates the hard won success of long term sobriety and challenges us to keep growing In the final book of this series author Guy Kettelhack offers moving and triumphant stories of individuals in their third year of sobriety Through these stories Kettelhack brings alive the ongoing process of building self esteem and explores what this process means at this point in recovery turning it over to a Higher Power doing service developing an increasingly positive attitude toward health relationships and family and creating a new definition of success in sobriety We begin to discover writes Kettelhack the greatest adventure sobriety offers us discovering who we are and what we have the capacity to become Guy Kettelhack has written seven books on recovery He is completing a Master s degree in psychoanalysis and is an analyst in training at the Boston and New York Centers for Modern Psychoanalytic Studies A graduate of Middlebury College Kettelhack has also done graduate work in English literature at Bread Loaf School of English at Oxford University He lives in New York City

First Year Sobriety Guy Kettelhack, 2009-07-23 If the coronavirus pandemic has coincided with your first steps towards sobriety and recovery welcome Here s a guide for navigating the early days of life without alcohol and drugs The first in a series of three recovery guides First Year Sobriety uses personal stories to show that despite their differing experiences all are united in the process of living without alcohol or drugs First Year Sobriety uses the voices of many women and men who are struggling in the often baffling territory of their first year of sobriety to show that despite their differing experiences all are united in the process of giving life without alcohol or other drugs a chance These are people who are alternately amazed appalled delighted depressed illuminated disturbed or simply thrown by their first days weeks and months of sobriety Author Guy Kettelhack explores the challenges all seem to face learning to break through loneliness isolation and fear finding ways to deal with anger depression and resentment and learning how to deal with a new and sometimes overwhelming happiness Kettelhack

has written seven books on recovery He is completing a Master s degree in psychoanalysis and is an analyst in training at the Boston and New York Centers for Modern Psychoanalytic Studies A graduate of Middlebury College Kettelhack has also done graduate work in English literature at Bread Loaf School of English at Oxford University He lives in New York City

Second-year Sobriety Guy Kettelhack,1992 A guide to the second year of sobriety presents the stories of recovering alcoholics who share their insights on dealing with long suppressed feelings of love anger and loss Original **Second Year Sobriety** Guy Kettelhack,1998-09-30 Second Year Sobriety **Forthcoming Books** Rose Arny,1993 *The Publishers Weekly* ,1992 **Alcoholic Thinking** Danny M. Wilcox,1998-03-25 Based on long term observation of Alcoholics Anonymous the author focuses on cultural rather than personal causes of drug dependence The author also discusses how the symbolic action of AA language and culture is the key to recovery This study yields critical information about the development and practice of alcoholism and other drug dependence Through the shared linguistic and cultural interaction of AA the U S cultural ideology that emphasizes individualism personal achievement self control and self reliance is shown to result in conflict thus the gap between the perceived ideal and reality intensifies feelings of separation alienation and isolation leading to dependency This detailed ethnographic narrative of Alcoholics Anonymous is based on three years of participant observation The study suggests that anyone can be victimized by alcoholic thinking Anthropologists sociologists psychologists health care and professional social services organizations will be interested in this book **The Cumulative Book Index** ,1994 A world list of books in the English language Subject Guide to Books in Print ,2001

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