

Putting Out the Fire of ADDICTION



A HOLISTIC GUIDE TO RECOVERY

- Change destructive habits into life-affirming behaviors
 - Strengthen your immune system
- Harness the healing power of ritual, prayer, and meditation
 - Create a healing community

BARRY SULTANOFF, M.D., AND
ROGER F. KLINGER, M.T.S.

Putting Out The Fire Of Addiction A Holistic Guide To Recovery

Benoit Denizet-Lewis



Putting Out The Fire Of Addiction A Holistic Guide To Recovery:

Putting Out the Fire of Addiction Barry A. Sultanoff, Roger F. Klinger, 2000 A Holistic Guide To Recovery **America Anonymous** Benoit Denizet-Lewis, 2009-01-06 America Anonymous is the unforgettable story of eight men and women from around the country including a grandmother a college student a bodybuilder and a housewife struggling with addictions For nearly three years acclaimed journalist Benoit Denizet Lewis immersed himself in their lives as they battled drug and alcohol abuse overeating and compulsive gambling and sexuality Alternating with their stories is Denizet Lewis s candid account of his own recovery from sexual addiction and his compelling examination of our culture of addiction where we obsessively search for new and innovative ways to escape the reality of the present moment and make ourselves feel better Addiction is arguably this country s biggest public health crisis triggering and exacerbating many of our most pressing social problems crime poverty skyrocketing health care costs and childhood abuse and neglect But while cancer and AIDS survivors have taken to the streets and to the halls of Congress demanding to be counted millions of addicts with successful long term recovery talk only to each other in the confines of anonymous Twelve Step meetings A notable exception is the addicted celebrity who often enters and exits rehab with great fanfare Through the riveting stories of Americans in various stages of recovery and relapse Denizet Lewis shines a spotlight on our most misunderstood health problem is addiction a brain disease A spiritual malady A moral failing and breaks through the shame and denial that still shape our cultural understanding of it and hamper our ability to treat it Are Americans more addicted than people in other countries or does it just seem that way Can food or sex be as addictive as alcohol and drugs And will we ever be able to treat addiction with a pill These are just a few of the questions Denizet Lewis explores during his remarkable journey inside the lives of men and women struggling to become or stay sober As the addicts in this book stumble fall and try again to make a different and better life Denizet Lewis records their struggles and his own with honesty and empathy **Finding Killer Real Estate Deals** Bob Boog, 2006-03 Known as Dr Home Seller real estate broker Boog shares seven simple secrets he has used over his career that aren t tricks or gimmicks just solid logical advice Real Estate *Forthcoming Books* Rose Army, 2002-04 **The British National Bibliography** Arthur James Wells, 2002 American Book Publishing Record , 2000-07 **The New York Times Book Review** , 1986 Presents extended reviews of noteworthy books short reviews essays and articles on topics and trends in publishing literature culture and the arts Includes lists of best sellers hardcover and paperback **Congressional Record** United States. Congress, 2009 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 **Breaking the Cycle of Addiction** Self Help Guru, 2023-03-12 Breaking the Cycle of Addiction A Holistic Guide to Overcoming Alcohol and Drug

Dependence is a comprehensive guide to addiction recovery that takes a holistic approach This eBook is designed to provide individuals with the tools and strategies they need to break free from addiction and maintain long term sobriety It includes 10 chapters that cover topics such as understanding addiction the holistic approach to addiction recovery identifying addiction overcoming addiction with mindfulness nutrition and addiction recovery exercise and addiction recovery healing through creativity healing relationships in recovery spiritual practices in recovery and staying on the path to recovery Throughout the eBook readers will gain a deeper understanding of addiction and the impact it can have on their lives and relationships They will learn how to identify addiction overcome denial and seek professional help The eBook also provides practical strategies for coping with triggers and cravings developing healthy coping mechanisms and building a fulfilling life in recovery It includes exercises tips and techniques for integrating holistic practices into daily life such as mindfulness nutrition exercise creativity and spirituality Breaking the Cycle of Addiction A Holistic Guide to Overcoming Alcohol and Drug Dependence is a valuable resource for anyone struggling with addiction or supporting someone in recovery It is designed to provide individuals with the tools and strategies they need to maintain long term sobriety and build a fulfilling life in recovery This eBook is a must read for anyone seeking a holistic approach to addiction recovery [A Holistic Look at Substance Use Recovery](#) Dr Richard D Davila Ph D,William B. Secor, Ph.d.,Dr William B Secor Ph D,2016-08-21 There has been a paradigm shift of promoting multiple pathways to recovery in the Substance Use Disorder field The authors of this book wanted to show multiple treatment and recovery approaches in the field Many of these approaches move towards the concept of global wellness The Substance Abuse and Mental Health Services Administration SAMHSA the lead national governmental branch promoting many initiatives in the field of addiction and recovery has put out Eight Dimensions of Wellness We have presented holistic approaches in this book that included many that address these eight dimensions of wellness The Eight Dimensions of Wellness are 1 Emotional Coping effectively with life and creating satisfying relationships 2 Environmental Good health by occupying pleasant stimulating environments that support well being 3 Financial Satisfaction with current and future financial situations 4 Intellectual Recognizing creative abilities and finding ways to expand knowledge and skills 5 Occupational Personal satisfaction and enrichment from one s work 6 Physical Recognizing the need for physical activity healthy foods and sleep 7 Social Developing a sense of connection belonging and a well developed support system 8 Spiritual Expanding a sense of purpose and meaning in life This book is a good companion to our other book published in 2015 Living Your Life Not Your Story The authors have brought their collective personal and professional experience into the writing of these books Davila and Secor present an insightful discourse on the experience of recovery from addictions Their approaches suggest a shift in consciousness from the bonds of one s story to living a life with purpose meaning and service to humanity as one of holistic multiple pathways to recovery A must read for those in the field at every level of care Henry Singleton MS HS BCP **The Alcoholism and Addiction Cure** Chris Prentiss,Pax Prentiss,2010-04-20 The Alcoholism and Addiction

Cure contains the powerful three step program to total recovery that is the basis of the miraculous success of the Passages Addiction Cure Center in Malibu California You ll learn the three steps to permanent sobriety the four causes of dependency how your thoughts emotions and beliefs are key factors in your recovery and how to create your own personalized treatment program with the help of health professionals where you live one that gets to the real underlying causes of dependency Freedom from dependency starts with understanding that alcohol drugs and addictive behaviors are not the real problems say Pax and Chris Prentiss cofounders of Passages Alcohol street drugs nicotine prescription medications food bingeing gambling and the like are merely the substances or behaviors you or your loved ones are using to cope with the real problems anything from deep emotional pain ill health or depression to hypoglycemia a sluggish thyroid or brain wave pattern imbalances Once the underlying problems are discovered and cured the need for drugs alcohol or addictive behavior will disappear along with the craving Chris Prentiss should know His son Pax was addicted to heroin cocaine and alcohol for ten years They sought help everywhere but Pax relapsed again and again In desperation they finally created their own holistic hand tailored program that was a complete break from all other programs and that combined several effective therapies It saved Pax s life Together father and son founded Passages to help others find their own freedom For decades we ve been hearing that alcoholism and addiction are incurable diseases but The Alcoholism and Addiction Cure proves that this is a dangerous myth and that the label of alcoholic or addict destroys the promise of full recovery Visionaries and innovators Pax and Chris Prentiss bring new hope to people everywhere who are dependent on drugs alcohol or addictive behaviors This groundbreaking approach will show you how to end relapse end addictive behavior and end your suffering **Ending**

Addiction for Good Richard Taite, Constance Scharff, 2012-11 There is hardly a family in the post industrial world that hasn t been affected in some way by addiction Yet seeking treatment for a struggling loved one is for most people a frightening and overwhelming prospect Ending Addiction for Good offers a powerful message of hope Drawing on their own histories of addiction recovery authors Taite and Scharff examine the unique and highly successful treatment protocol practiced at the Cliffside Malibu Addiction Treatment Center Using clear and direct language they look beyond the limits of conventional treatment to show how creating an individualized evidence based and integrated approach that targets the whole person mind body and spirit not just the addiction can provide a sure path to recovery In doing so they empower both the addict and the families of addicts to begin their recovery Ending Addiction for Good may well be the most important book dealing with alcoholism and drug addiction to come along in years **The Warrior's Guide to Successful Sobriety** Dr. KJ

Foster, 2025-06-27 Discover your inner warrior Reclaim your strength Transform your life Sobriety is more than just abstaining from alcohol it s about building a powerful foundation for lasting change The Warrior s Guide to Successful Sobriety offers a holistic path to recovery by helping you develop the mental clarity emotional resilience and spiritual strength needed to stay grounded and thrive in a sober life Written by Dr KJ Foster a leading expert in addiction recovery

and mental health this empowering guide blends practical tools with motivational insight You ll learn how to break through limiting beliefs manage emotional triggers and connect to a deeper sense of purpose Whether you re just beginning your journey or seeking renewed strength in long term recovery this book equips you with the inner armor to fight forward one courageous step at a time In this guide you ll discover how to Build recovery muscles in your mind heart and spirit Overcome cravings and emotional triggers with compassion Establish a warrior mindset rooted in self discipline and self worth Cultivate spiritual growth even if you re not religious Create a lifestyle of balance courage and lasting sobriety This is your invitation to become the strongest version of yourself Your journey starts here **Fuel Your Recovery!** Nicole

Fetterly,2024-10-29 Finally a holistic guide to aid in healing from alcohol and drug addiction with better nutrition In Fuel Your Recovery Nicole Fetterly shares how she battled her addictions to alcohol and cannabis for over a decade And yet her life as a professional dietitian remained separate from her struggle for personal wellness Once in recovery she discovered that most treatment programs didn t directly address the nutritional deficits appetite loss and changes to the gut microbiome that result from prolonged alcohol and drug abuse After completing a four week in patient treatment program Fetterly was inspired to bring together her professional expertise and her personal experience with addiction and recovery to help others heal and thrive long term Fuel Your Recovery outlines the small changes that can improve your health and success in recovery In addition to examining common nutrient deficiencies and how to reverse them it guides your journey through meal planning effective hydration stimulating your appetite and increasing rest **Drug Addiction Recovery Guide** Steve Davis,2023-02-28 Drug Addiction Recovery Guide Healing from Drug Addiction is a powerful and practical book that provides readers with a comprehensive roadmap for overcoming addiction and rebuilding a fulfilling life in recovery Drawing upon his decades of experience in the field of addiction recovery the author shares insights tools and resources to help readers break free from the grip of addiction The book provides a deep understanding of the science behind addiction and the many different factors that can contribute to it It explains how drugs and alcohol affect the brain and body leading to addiction and how addiction impacts an individual s mental emotional and spiritual well being The author also provides readers with a step by step plan for overcoming addiction and building a fulfilling life in recovery This includes guidance on how to safely and effectively detox how to manage withdrawal symptoms and how to build a support system of friends and family to aid in the recovery process The book emphasizes the importance of a holistic approach to addiction recovery focusing on not just physical health but also mental and emotional well being The author provides tools and resources for addressing these different aspects of recovery including mindfulness practices therapy support groups and more Throughout the book the author shares stories of individuals who have successfully overcome addiction and rebuilt their lives These stories provide inspiration and hope to readers who may be struggling with addiction and help them believe that recovery is possible Overall Drug Addiction Recovery Guide Healing from Drug Addiction is an invaluable resource for anyone who is struggling with

addiction or who knows someone who is It is a comprehensive guide that provides readers with the knowledge tools and inspiration to take the first steps towards a fulfilling life in recovery Healing from the Inside Out Manish Powar,2025-05-26 Addiction is more than a physical dependency it s an emotional and spiritual struggle that demands deep holistic healing In Healing from the Inside Out Overcoming Addiction certified counselor Manish Powar offers a compassionate practical and transformative guide to recovery that goes beyond abstinence Drawing from years of counseling experience Powar explores the emotional wounds spiritual disconnect and trauma that often lie at the root of addiction This book empowers readers through 15 insight rich chapters covering the nature of addiction brain science emotional and spiritual restoration and the development of personalized relapse prevention strategies Through relatable stories reflective practices and actionable tools Powar shows how true recovery begins from within Whether you re struggling with addiction supporting someone in recovery or working as a counselor this book is a powerful resource for fostering long term healing resilience and a renewed sense of purpose **Break Away from Drug Addiction** Erica Reily,2023-04-29 The groundbreaking book Break Away from Drug Addiction The Ultimate Self Guide to Drug Addiction Recovery by Erica Reily provides a full understanding of the science of addiction including how genes environment and brain chemistry all play a role in the genesis of addiction The book also looks at the many risk factors for addiction including trauma social isolation and a lack of purpose and offers workable alternatives This book offers in depth guidance on understanding drug addiction overcoming drug addiction overcoming barriers to recovery leading a healthy lifestyle after recovery Reily uses the experiences of those who have successfully overcome addiction to show that recovery is possible and that it requires a holistic approach that addresses the root causes of addiction and fosters the development of a healthy fulfilling life Because of its compassionate and observant approach Break Away is a must read for anyone seeking a new perspective on addiction and a guide to recovery **Habits of Holistic Health Transformation Manual for Those with Substance Abuse Addictions** Harmony Harbison,2023-12-27 Holistic Health Accelerator Achieve Recovery in 10 Easy Steps Without Relapsing by Harmony Harbison is a transformative manual that offers practical guidance on inner struggle tips and advice for individuals dealing with substance abuse addiction encouraging them to integrate mind body and spirit for lasting well being Having emerged victorious from a decade long battle against addiction the author Harmony Harbison shares her inspiring journey of resilience and intentional change With the help of her personal experiences and holistic health recovery Harmony offers valuable insights toward overcoming challenges healing self discovery and joy Holistic Health Accelerator is a unique blend of recovery tips mindfulness and practical advice to keep you on the route to a lasting relapse recovery It focuses on the power of habit formation and is specifically designed for individuals struggling with substance abuse The book teaches readers the importance of self awareness strategies for maintaining a healthy lifestyle resilience and a deeper understanding of the underlying cause of addiction Through its simple 10 step guide and holistic steps you can shut the door on addiction

rediscover your purpose in life rebuild relationships and live a brighter more meaningful life Whether you re an adult dealing with substance abuse or a friend or family member supporting someone in recovery Holistic Health Accelerator Achieve Recovery in 10 Easy Steps Without Relapsing offers a positive mindset on personal growth and practical answers for mind body and spirit healing for a drug free life Death to Addiction Leanne Walters,2019-10 What is the scariest thing you can think of For me it was blacking out 27 years old in my friend s basement Knocked out cold alone helpless and at death s door it was the culmination of a decade long battle against my desires and addictions In the time leading up to this I had been reckless towards not only the people around me but myself and my body The addictions that had me imprisoned stemmed from simple issues like overeating on a daily basis to more extreme problems like abusing drugs in the search for that next high By the time I left high school I was already addicted and completed the full cycle soon enough I was a hundred pounds overweight I underperformed at work and at home I spent my days on a high or planning the next one I had lost all hope in myself and my future I was a nobody living in an empty body I took down my mirror because I couldn t bear to look at the stranger that I saw within its depths I was killing myself yet I could not bring myself to stop the rut I made resolutions to quit on a daily basis I hated what was happening to me yet could not stop it Things came to a head when I came within a whisker of death a few weeks after my 27th birthday That near death experience saved my life and gave me a new chance to fight off my addictions I fought a winning battle and I stand here almost three decades later an expert in addiction recovery I was one of the lucky ones many people get killed or fail to live due to their addictions Addictions are something we all neglect till they become too powerful to ignore Many people wish away their addiction until it becomes too strong that it becomes their life and truth I combined my personal experience during my detrimental decade and two decades of professional work helping addicts to produce Death to Addiction In this book you will learn All about your brain and why it yearns for that next hit How to spot a new and upcoming addiction from a mile away The one MAIN reason your addictions occur Why you might be addicted to alcohol without even knowing How an eating addiction can sneak up out of nowhere How to turn into the master of yourself and perfect self discipline The amazing benefits of healthy relationships The two superpowers I used to end hundreds of people s addictions Why meditation and mindfulness are the secret weapons to success The 1 surefire way to putting death to your addiction And so much more Everyone has their fair share of addictions but nearly 90% of people with them have no idea what to do about them So they clear some space for the addictions to exist People simply choose to live with them and act like they are not there when in reality addictions are the biggest reason why they live their entire life asking themselves what if Take a moment and ask yourself this what would life have been like if I ended my addiction 30 years ago And then ask yourself What will my life look like in ten years if I don t end this addiction now Putting death to my addictions by applying the tips and strategies in this book flipped my world upside down for the better and I know it will do the same for you So do you want to make a change in your life for the better Do you want to regain control over the real you

Do you want to learn how you can put an end to that addiction that's been eating away at you day in and day out? Then scroll up and click the add to cart button. I can't wait to see you on the other side. 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.

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