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A Time For Change**
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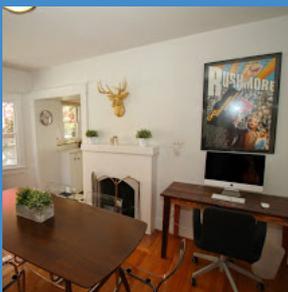
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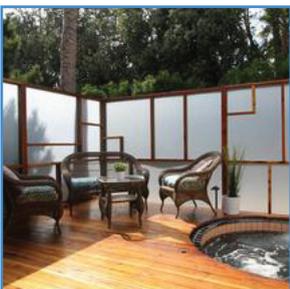
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About Us

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Hi Everyone, I hope you all have made it through the holidays safe and sober. I know for some of us in recovery it can be a difficult time. Seeing family, not seeing family, grieving loved ones, the list goes on. It can all be a bit stressful. But working my program, hitting meetings, and staying close to the herd, gets me through another holiday season.

So now it's January. A new year and fresh starts, to learn, grow, and develop strengths. Heal yourself from past regrets or hurts and move forward, older and wiser. Every new year gives you an opportunity to reinvent yourself, fine tune who you are and build on lessons of what you learned. It's never too late to change things that are not working in your life.

It's also time for reflection. Reflection is the most important part of the learning process. As American Philosopher John Dewey says "We do not learn from experience, we learn from reflection on experience."

Which brings me back to what initially brought me into recovery, and put me on my spiritual path on January of 1993. I definitely wasn't thinking about personal growth, character building, and quitting drugs and alcohol. That was for sure!! I was deep in my disease of addiction. I didn't think much about anything except getting my next drink or fix. I was running from a warrant because when I was using - court dates were not a priority - drinking and drugging were. The judicial system tends to frown upon that behavior. So once again I found myself caught up in the court system and off to jail I went.

It was during that incarceration that I got that moment of clarity that so many of us get. I knew I couldn't keep living like this. But I didn't know any other way, or a way out. So upon release I had been sentenced to 12 step meetings, Caltrans, alcohol program, drug diversion, the list goes on. My party was over, even though at that point in my using the "party" had left a long time ago. I knew I couldn't keep using if I was to complete this. During this process I was able to start my journey to recovery. And by the grace of God and "a nudge from the judge", I took a cake for 22 years November 1st.

Why do I tell you all this? It brings me back to our feature, "Be the Change." Through my painful experiences as painful as they were and that process of getting sober. I was able to be an example and carry the message of recovery. Besides sponsorship, I am able to use Keys to Recovery as a platform. My main goal when I came on board was to make a difference. I suspect it's how most of us infuse our lives with meaning, trying to somehow leave the world a better place than we found it. Keys allows me to do that. Each month we distribute 20,000 copies to over 500 distribution points for FREE. Some of the places are jails and institutions. There are so many alcoholics and addicts in these facilities that are in desperate need to hear hope. Know that we do recover. We recently received mail from a couple of female inmates saying how much they loved the paper. They wanted a subscription, they said it gave them hope. What a gift I have been given. Thank you Keys to Recovery for allowing me to do my part and "Be the Change."

So much is uncertain in life, particularly after we die. We can't understand or control where we are going, but we can influence what we leave behind. And what we leave behind is not what is engraved on a stone monument, but what is woven into the lives of others. Until next time, Beth.



"She felt like doing her part to change the world, so she started by giving thanks for all the blessings in her life, rather than bemoaning all that was missing from it. Then she complimented her reflection in the mirror, instead of criticizing it as she usually did. Next she walked into her neighborhood and offered her smile to everyone she passed, whether or not they offered theirs to her. Each day she did these things, and soon they became habit. Each day she lived with more gratitude more acceptance, more kindness. And sure enough, the world around her began to change. Because she had decided so, she was single-handedly doing her part to change it." Scott Stabile



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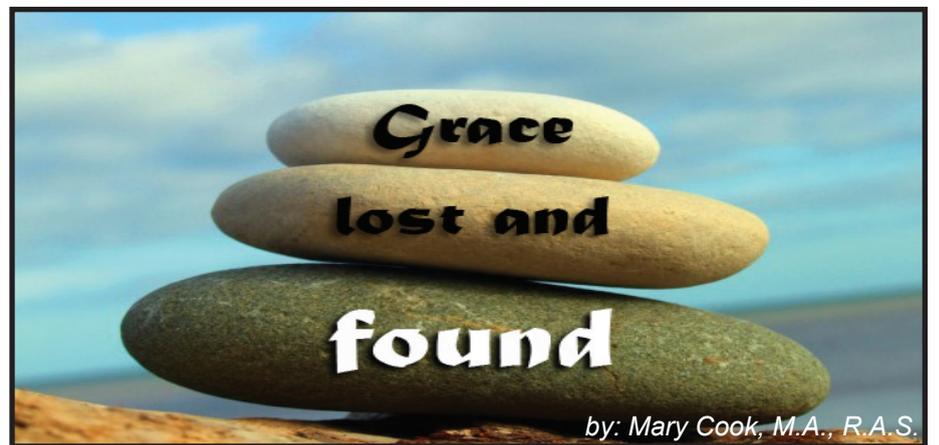
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RESISTANCE EMPOWERS WHAT WE RESIST

Resistance is born of fear. It is not healthy assertiveness and boundary setting. It is not examining, understanding and resolving problems. It is not letting go and letting God. It is pretending that we can extinguish something by pushing it away with negative thoughts.

Resisting sadness increases its energies, attracting sad people and experiences to us, until we acknowledge our own sadness. Resisting the healing of abuse, makes it more likely that further abuse will occur. Resisting society's rules results in more rules and restrictions being imposed on us. Resisting anger means that we become self-destructive, passive aggressive, or repeatedly attract angry people and stressful circumstances. Then we blame others for making us angry. Resisting learning, means that the same lessons we dislike, continue to plague us with escalating negative consequences.

When resistant thoughts alone, fail to protect us from fear, we can use compulsions to aid in our attempt to fool ourselves. Now we combine negative resistant thoughts with resistant compulsions, to give us temporary artificial illusions that our life is the opposite of what we resist.

We can resist feeling weak and inferior, by abusing stimulant drugs that provide false beliefs of power and invulnerability. Eventually however, we end up paranoid and imprisoned in self-hate and tiny spaces. We can resist inner pain and depression, with alcohol induced euphoria, until resistance and alcoholism beat us into overwhelming despair, hopelessness and shame.

We can resist feelings and memories of harmful intrusions, impositions and violations from others, by practicing eating disorders. Controlling what we put in our bodies and what we get rid of and avoid, gives us the illusion of safety, comfort, power and nurturing. Then we end up causing ourselves dangerous physical harm, increasing anxiety, depression and fear.

We can resist painful feelings of powerlessness over sick people who determined our welfare in childhood, by codependently controlling and focussing on others. This results in hostile dependent relationships, futile power struggles and feelings of increasing anger, fear, frustration and helplessness.

We can resist feelings of personal emotional low self worth, by using workaholicism to supply us with external achievements and value. We then experience unrelenting pressure to succeed, and an inability to relax and enjoy ourselves no matter what we accomplish. And our significant others complain that we have nothing to give them.

We can't get to someplace new, when resistance is the tool. Fear creates a future just like the past, and prevents us from experiencing a single moment in the present. And the present is the only place where we have any power for positive change. Resistance is an isometric exercise that keeps our bodies rigid, our minds narrow and our lives victimized by our own false beliefs.

Instead of resistance, we can respond to what we don't like by attempting to understand it, its genesis and what it triggers within us emotionally, mentally and physically. We can then use our psychological and spiritual insight to determine the healthiest response. Life never ceases in its attempts to enlighten us. And once we agree to be a willing and open student, our life will evolve, instead of remaining stagnant and replaying the same themes and heartaches.

Compassionately embracing our sad feelings allows us to mourn and move onward. It releases stress hormones, and we ultimately feel lighter and more energized. Addressing and healing abuse gives us the chance to perceive ourselves as whole and holy, instead of objects to be used, abused and hated. Complying with rules brings learning experiences that result in greater freedoms, and the acquisition of valuable skills. Experiencing anger and the circumstances of its beginnings, in a therapeutic environment, releases its destructive energy and reveals the underlying vulnerable feelings to be felt, understood and healed.

When we stop resisting our inner work of healing and growth, we can examine painful feelings, thoughts and memories in light of adult perspective and spiritual support. We can ask ourselves in what healthy ways or life areas do we experience competence, joy and serenity.

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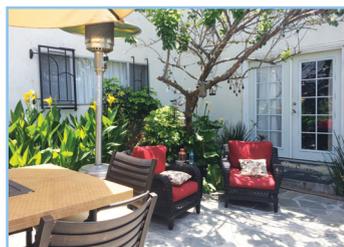
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A NEW YEAR'S RESOLUTION

Martha, my house keeper, was preparing a sandwich while I rested quietly. "What are you giving up for new year?" she shouted from the kitchen. Your sandwiches, I thought to myself, but did not say aloud.

"What is your resolution this year, Father Leo?" Martha insisted.

I thought about my book, "The Wisdom of Letting Go," which I had just reread. I replied somewhat sarcastically, "I'm letting go of what I think I need to let go of!"

"What?"

Long distance communication is not what it is cracked up to be. I crossed into the kitchen and repeated my answer.

"But each year you give up something, Father Leo," Martha protested. "Sugar, cigars, coffee."

"Yes, and each year I return to sugar, cigars, and coffee."

Martha was not going to give up. "But it's a tradition. On New Year's Eve, everyone gives up something. Nobody keeps it up for the whole year. It's something you say or do or hope. Few succeed. So with that in mind, Father Leo, what are you going to give up this New Year?"

I had decided I was not going to get any peace that morning, and that I might as well play with Martha. "I'm going to go against tradition and take something on. Do something extra. Walk on the beach. Meditate for 15 minutes every morning, then ride my bike."

"You haven't got a bike."

"Then I'll buy a bike and ride it. Spirituality is about creativity. Adding to your life. Martha, this new year, I'll take on something new."

"Not a good idea."

"Why?"

"You already do too much. I know! You should give up taking something on. That's it, Father Leo, you give up the idea of doing anything extra. You'll have the satisfaction of thinking about doing something extra, without actually doing it."

"Martha, you're amazing."

"I know. That's why you pay me the big bucks!" she joked. Martha had a twinkle in her eye as she bit into a sandwich.

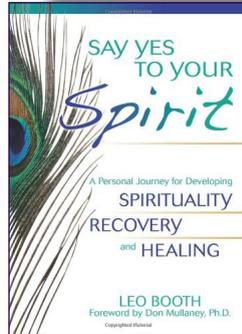
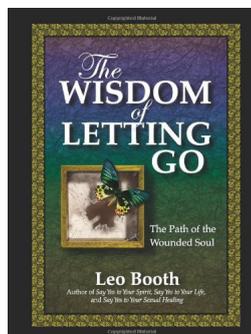
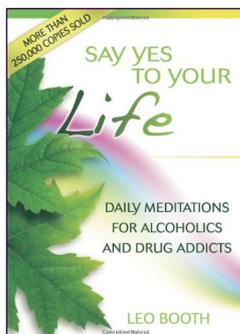
"What are you giving up for new year, Martha? What is your resolution?"

"Being punctual. I've decided I'm going to give up being on time, because God is timeless."

That was a "Martha-ism" if I have ever heard one. "But you're never on time!"

"Then it's a resolution I can actually keep!"

Leo Booth, a former Episcopal priest is today a Unity minister. He is also a recovering alcoholic. Spiritual advisor for New Found Life – in Long Beach, California For more information about Leo Booth and his speaking engagements visit www.fatherleo.com or email him at fatherleo@fatherleo.com. You can also connect with him on facebook: Reverend Leo Booth. Read more from Leo Booth www.Amazon.com



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Ask Dr. Nita



THE DOCTOR
IS IN

by: Nita Vallens

Dear Dr. Nita,
 My sobriety is going well. But, it's hard to take myself seriously when it comes to goals. Since I'm not very far along on my 2015 goals, I'm wondering if it's even worth setting goals for 2016? I need help because I'm frequently on social media feeling like I'm missing something, or I get preoccupied with texting back and forth with friends. It occurred to me that because I want to upgrade my life, something has got to change. Any suggestions?
 signed: Monica in Santa Monica

Dear Monica,
 I'm glad your sobriety is going well and that you wrote in about your issues about goals, and wanting a change. Nowadays, if you hear a song playing in the background, and you don't recognize the artist you can join over 100 million others who turn to Shazam to search for an answer. And to connect with friends you and 1.55 billion active users can say hello to each other on Facebook. So you aren't the only person driven to distraction by social media. The internet has transformed life as we know it, but you don't have to let your smart phone make you act in a way that isn't in your best interest.

If you have the desire to upgrade your life, and you are not accomplishing what you want, what stories are you telling yourself about this? When you say the words, "hard to take myself seriously." Are you putting yourself down? If so, over time these self-recriminations can erode your self-esteem.

Whatever has been going on, I urge you to be kind and gentle to yourself by letting go of criticizing and judging yourself. If you start this right away, it will make a difference for you quite quickly. Take some of that compassion that you are able to show others, and re-direct it to yourself.

You mentioned becoming preoccupied with texting and social media. I'm not against social media as a way to stay connected in your free time, but not if it gets in the way of your commitments and goals. If you're puzzled as to why this is happening, I have something to share with you. There's a theory UCLA professor Gary Small discovered in his research suggesting that over time, internet use changes our brain's neural pathways. So you may want to give some thought about the toll this is taking on your life, and your ability to achieve your goals.

On the other hand, are you torn between a goal you want and something you think you should be doing? Or, are you procrastinating, or afraid of change? If you are familiar with the expression "Stop 'shoulding' on yourself," it's sometimes used in counseling to bring attention to the fact that you may want one thing, yet you're willing to sacrifice your wants for what other people say you "should" do (or not do). The problem with this is the burden of a tug of war that can occur between who you think you are supposed to be, and the fact that you have lost sight of the person you are deep down inside.

To ground yourself start categorizing the choices you are considering making as a "should" or "want", and you'll find that most shoulds are connected to someone else's idea for you, and wants are connected to something you want for yourself.

Let's get back to strategy for a moment. Here are a few ideas to help you create a winning plan:

1. Visualize yourself achieving your goal and how great you'll feel
2. Get an accountability partner to help you stay on track
3. Reward yourself for staying on track and celebrate your wins
4. Surround yourself with winners who have accomplished the goal or something similar
5. Believe in yourself. In the literary classic "As A Man Thinketh," written in 1903 by James Allen he says "As he thinks, so he is; as he continues to think, so he remains."

An important part of recovery is moving forward on numerous levels, and if you're working the steps with a sponsor that has given you an experience of meeting goals and deadlines for which you may not be giving yourself credit. We may feel powerless over our addictions, but we have power over our recovery.

As you begin to increase your focus on what you want in your life, achieving your goals will become much easier. You can take a digital Sabbath or implement the 10-minute rule to limit binging on social media. Let me know how you're progressing now that you are setting a new intention for yourself.

~~~~~  
 Dr. Nita Vallens is a licensed Marriage Family Therapist and Certified Hypno-therapist in Sherman Oaks for more info visit [DrNitaVallens.com](http://DrNitaVallens.com) or for consultation and appointments call 818.783.6258. Dr Nita is now providing career testing, call for information! Her radio show is on Tuesdays, @1:00 PT, KPFK Los Angeles, 90.7 FM or live stream at [www.KPFK.org](http://www.KPFK.org) (FREE podcasts on the Audio Archive Link).  
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MAKING EACH DAY A TIME FOR CHANGE

Do you have a New Year's resolution? As the last seconds of the year tick away, we often become introspective and think about ways that we can improve our lives. Some of the most common promises we make to ourselves each January 1st, involve spending more time with friends and family, taking better care of our bodies, and sticking to a budget.

This year my New Year's resolution is to stop making New Year's resolutions. Don't get me wrong. It is a good thing to want to change our lives for the better on January 1st. But we must not forget that it is also a good thing to want to improve our lives on February 1st, May 12th, December 30th, or any other day. My point is that each moment is a time for positive change, not just the beginning of the year. So maybe I do, in fact, have a New Year's resolution - to make each and every day an opportunity for growth.

Unfortunately, many promises we make to ourselves are broken fairly shortly after they are set. When I was struggling with an eating disorder, I used to make promises to myself daily only to break them by nightfall. I had great ideas about how to recover, but I did not make a solid commitment to follow through with any of these concepts. So the concepts remained just that: concepts. Making real change in my life required a new kind of commitment. It required action.

Whether we make a commitment on January 1st or another day, we must learn to describe our goals in specific terms. I used to promise myself, "I will never again engage in eating disordered behaviors."

After failing over and over again with the "never again" part, I realized that my goal was too broad. I needed to start smaller and to be more specific. So, I made a commitment to eat lunch every day for a month without restricting. I could make this happen. But making it happen required a plan.

When it comes to goals, we need plans. In my life, I have discovered that setting a goal without formulating a plan ends in the same result, as if I had never set the goal in the first place. Without a plan, ideas remain ideas; concepts stay concepts. We need clear steps that can be put into action. For instance, when I became interested in exploring my spirituality, it helped for me to set aside a specific time each day to read spiritual literature, meditate, and pray.

Within our plans for progress, it is often beneficial to include accountability to others. When I made the commitment to eat lunch everyday, I was accountable to Nikki, a woman in my eating disorders support group. I made a promise to call Nikki everyday at noon and tell her my lunch plans. Regarding my work in spirituality, I became accountable to my sponsor in a Twelve-step group. Other people cannot only help with monitoring our progress, but they can also offer encouragement and provide a new perspective. A support team of friends, family members, health care professionals, and others is invaluable.

My support team encouraged me to write down my commitments to my recovery and myself in a journal. I have since realized that writing is a helpful step in accomplishing goals.

When we write down our goals, we must remain flexible. Just because a goal is written in some notebook does not mean that it cannot be changed. Life is all about change and being flexible. We must give our goals room to breathe and to thrive.

And we must acknowledge our successes - big and small. While celebrating small successes, we keep our eyes set on the big change. At one point in my recovery from my eating disorder, my therapist said that the same small steps I had been making for years were just not going to cut it anymore.

I was not making progress, so I needed to concentrate on drastic change. Any drastic change I have ever accomplished in my life was the result of persistence and hard work. Nothing ever happened just because I woke up one morning and decided to change. No, things happened when I decided to change, took real action, and never gave up. Each morning, each moment is an opportunity for a new life.

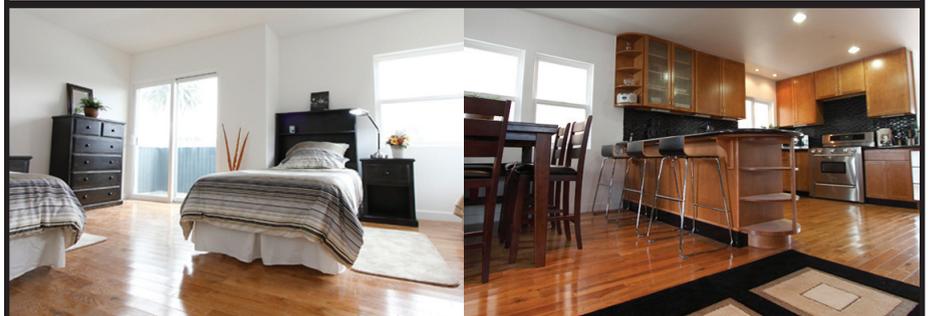
I am not saying that we should never make a New Year's resolution. I am saying that we should not limit ourselves to change at only one time of the year. The best time to change is not always January 1st. And the best time to change is not tomorrow. It is today.

In 2016, let's ring in the new you! Through our #DefiningME™ initiative at Eating Disorder Center of Denver, we encourage you to find your true passions, become your authentic self, and push your eating disorder out the door. As an active way to start your journey, download our free Challenge Calendar at www.definingme.com.

Jenni Schaefer is a singer/songwriter, speaker, and author of Goodbye Ed, Hello Me, and Life Without Ed, which has recently been released in audio as well as a tenth anniversary edition. She is the co-author of Almost Anorexic: Is My (or My Loved One's) Relationship with Food a Problem? For more information about Jenni's work, visit JenniSchaefer.com. Connect with her at [Facebook.com/LifeWithoutEd](https://www.facebook.com/LifeWithoutEd) and [Twitter.com/JenniSchaefer](https://twitter.com/JenniSchaefer).



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by: Mara

LIVING IN THE GREY

I've been a negative thinker since I could think. My earliest memory is of me and my father in Sweden when I was a mere baby. Everyone in Sweden is blonde and blue-eyed, and I have dark hair, dark eyes and pale skin. I stood out. A woman at the grocery store was commenting on how beautiful I was, but all I could hear was that I was different. I called her a "dum dum lady."

I know, baby with attitude! As I got older, the negative voices in my head got stronger. On every first day of school I would convince myself that I was screwed! I was sure I would have no friends, that I would do horribly in classes, etc. You get the picture. I don't live in the present, but on some future island where everything is a colossal catastrophe.

It is no wonder that I turned to drugs and alcohol to cope with a brain that turns on me like an informant! Now that I'm 10 years clean and sober I still have the same brain, but I have tools today to deal with my negativity.

I could barely enjoy my second wedding, because the night before I was worrying about all the negative scenarios my brain cooked up for my wedding day. Here were some of my thoughts... "OMG I'm going to get a migraine and be unable to function and walk down the aisle." "No one is going to show up for the wedding." "What if the caterer doesn't have enough food?" There were all these what ifs and I had a horrible case of anxiety because of it. The anxiety was so bad that my rabbi put it in his wedding speech. He reminded me to live in the moment. Thanks Rabbi Zalman.

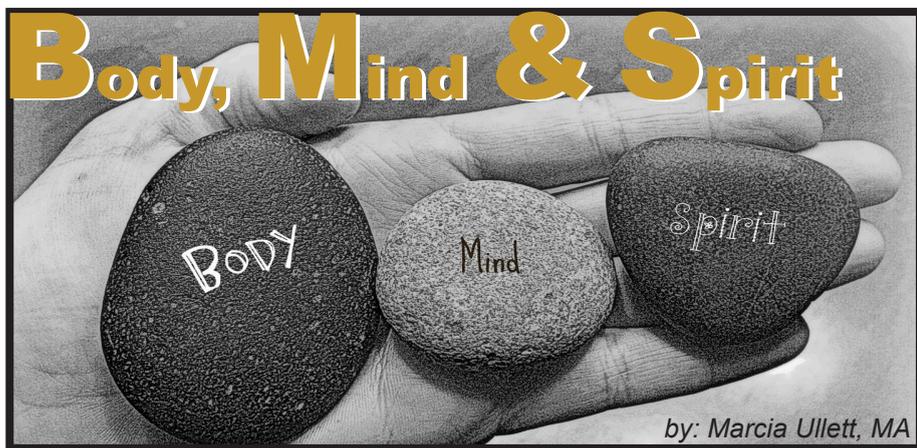
So what is really going on with my brain? Well, that would be black and white thinking. It's all or nothing with me. I'm missing out on the subtle grey. Life is grey. It's rarely, rarely black or white. My worst fears have never come true, ever, and I have always been taken care of by my higher power. This kind of black and white thinking is just old habit. It's where I feel comfortable because I know it so well.

By my thinking negatively, I think that it somehow buys me insurance. That by thinking the worst I won't be disappointed when it happens. That's no way to live.

The answer like many people will tell you is NOT to just suddenly think positive. I've got decades of this old thinking going on, and it's not going to be cleared up by just thinking positively. I have to work on it. I have to practice living in the grey. Here are seven ways to practice the grey:

1. Write down your worst negative thoughts (your black and white thinking) then write the shades of grey statement below it. The grey statement is much more likely to happen and isn't based in unrealistic fear. This will allow you to think more clearly about the negative thought.
2. Meditate. The only way to shut off this brain sometimes is to meditate, and thankfully I can do that for hours if need be.
3. Get out of yourself and go help someone else.
4. Force yourself to smile for one minute. It will not be a pretty smile and you may look like a crazy person, but it works.
5. Listen to The Secret, Sandy Beach AA speaker recordings, read spiritual literature or anything uplifting.
6. Write immediately 10 things you're grateful for.
7. And most importantly, as George Michael says, HAVE FAITH. You can't be in fear and faith at the same time. As my sponsor says, "If you are in fear, waiting for the other shoe to drop, then you need to get a God with one shoe."

Visit my blog:<http://selfworthdiet.com/>, Read "Junky American Princess" on Wattpad<http://www.wattpad.com/myworks>, [www.facebook.com/https://twitter.com/](https://twitter.com/)



AH...BALANCE!

Everyone I know is busy. That's because our lives are so full – there are lots of choices in life, many ways to communicate, work and have fun. There are emphases on family, friends, relationships, work, and ways to make money. There are many spiritual paths to take as well. Our lives are so busy that we don't get enough sleep, quiet time, time for leisurely meals in a relaxed atmosphere. The results? Frustration, exhaustion and stress. In all of this, chaos can ensue, and life becomes overwhelming. Our very health is threatened.

Balance – physical, mental, and spiritual – is essential to our daily sense of happiness and fulfillment as well as long-term health. Balance is all about being able to stay focused and true to your priorities. It's about making choices that move you in the direction of your own authentic self.

If our lives are in balance, we feel more satisfied and pleased with ourselves. We can sense when we're paying attention to all the important aspects of our lives – work, physical and emotional health, spirituality, and relationships – and to the moments that are worth experiencing and celebrating. Balance is about having a full life, but also taking good care of ourselves, and making sure there's time for whatever it is in life that makes it feel complete. If life is not in balance, we tend to feel anxious, confused, and overwhelmed.

Staying balanced requires that we pay attention to the signs that tell us we're getting out of balance, and re-calibrate. It's like riding a bike. There will always be bumps in the road that threaten our ride. As long as we expect this, we can deal with it.

Creating balance is up to each of us. The personal choices we make each day either lead to or take away from our balance. We can't do everything at once; we have to pick and choose. My idea when I first took on the task of writing about balance was to explore – to learn all about balance so that I could be productive, have fun, include everyone I love in my life, take good care of myself, and not go crazy trying to do all of this. As I began my research, I was struck by how many experts stated that they found balance difficult. I was relieved because I knew then that I was in good company; that it was normal. I'm not the only one who has many interests and a desire to include most, if not all of them in my life – and neither are you.

How do you know when you're off balance? Well everyone's different. I begin to feel overwhelmed – like I've got more to do than I can possibly accomplish – and I get panicked. So I need to slow down and meditate or exercise, something to help me chill and take my mind off things, until I can see the situation in perspective. Usually, it's a simple fix. I need to re-prioritize and decide what's next. I need to understand what's important to me, make a plan and stick with it.

Most people, when asked about life balance, talk about their work life and their personal life as two separate entities. When attempting to achieve a life of balance, it's important to consider your work as an integral part of your life, not separate from it. That way you are not conflicted about feeling like you are leading two lives. Things seem to flow better, and your life is more congruent.

You might relate to being out of balance in several ways. Maybe you work so much that you don't spend as much time as you'd like with your family and friends. Maybe you've been so busy that you haven't paid much attention to your exercise program and diet. Maybe you used to get a great deal of joy out of a hobby (say photography), and now it's been years since you've taken photos. Maybe you haven't taken a vacation in years. Whatever your situation is, you can make the choice to seek more balance in your life.

In order to have balance and happiness in life, there needs to be sustainability. Below are some tips for finding and sustaining balance.

- Build and nurture your relationships: Everyone needs to feel love and connection with other people.

- Expand your spiritual life: Each of us has our own personal interpretation of what this means.

- Practice self-care: Exercise, healthy food, plenty of water, rest and relaxation and alone time are vital.

- Be of service: Generosity of spirit and giving to others makes us feel really worthwhile.

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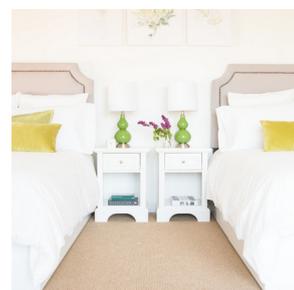
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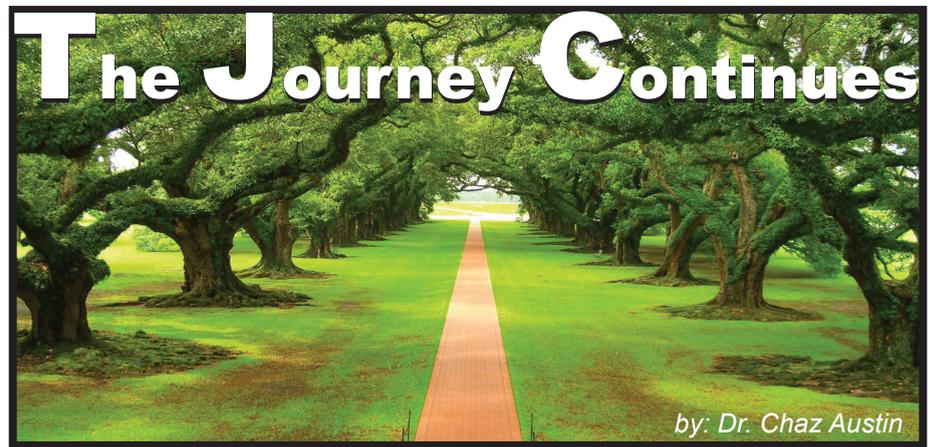
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by: Dr. Chaz Austin

SIXTEEN SWEET TIPS ON HOW TO FIND A JOB

The definition "job" that we're used to - working for a company long-term with hope of a promotion, while collecting a salary and benefits - is becoming passé. More and more, companies hire people on a project basis. This means no benefits, no long-term commitment, little or no training. Like rented furniture, when they're done with you, you're gone. It's now a freelance working world and virtually everyone is on their own.

Given this is the new normal, you may need to adjust your strategy for finding work. Here are some proven tips to help you realize your career goals:

1. Brainstorm about various ways you might generate income based on your core skill set. For example, let's say you're a musician. Some of the ways you could make money would be: studio musician, touring musician, teacher (private lessons, clinics, K-12, after school programs, high school and/or college level), producer, audio engineer, arranger, manager of other artists, mixer, songwriter, booking agent, product endorsements, etc.

2. Like it or not, you're in sales. You're a brand. So you need to look at what distinguishes your brand from competing brands (other people who offer similar skills and experience).

3. Your resumé is the script for your pitch. It's a marketing document. Like makeup, it highlights your best features, while hiding your flaws. It's not confession; the employer is only interested in what you've done that can be of use to him or her. But you can spin it so you look as attractive as possible.

4. Resumé rules: Include details such as: specific accomplishments, quantifiable results, and the names of the people and companies you've worked with. And no typos or lying are permitted.

5. Be ready to explain and defend everything on the resumé. Employers have a right to ask. Prepare two or three stories for every educational and job experience listed.

6. Given we now all live in a freelance marketplace, you'll always be hustling for work. So you'll need to devote a great deal of your time to self-marketing. This needs to become a practice for as long as you continue to work.

7. Learn to articulate your brand message (A.K.A. sound bite or elevator pitch) to people who can potentially hire or refer you for work. Practice this and refine it so you're comfortable saying - in as few words as possible - what it is you offer. You'll know it's working when they understand it - and want to know more about you.

8. Practicing will also increase your confidence - while grounding you in reality. For example: say you want to own a restaurant. But you discover you don't have the experience and capital and network to do so - yet. You also learn that you're a first-rate line cook and can get a job doing that. So that's your short-term goal, and owning your own restaurant is something you can strive for in the future.

9. Get comfortable talking about your life story - your narrative. Think of yourself as the hero of your own movie. How did you get here? What are your passions? What obstacles did you need to overcome?

10. Assuming you can do the job, a big part of whether you get hired - and rehired - is if the client/ employer likes you. How personable you are may well be the deciding factor in how long your relationship with this client will last.

11. Practice interviewing. Always remember that the person who really matters in the interview is the client/employer. What you want is not the point; it's what you can do for them.

12. People do not necessarily hire the best person for the job. They hire someone they know and trust (or was referred by someone they know and trust) who can deliver. Identify everyone you know who could potentially hire or refer you, and work to develop and/or deepen your relationship with them. This also needs to become a lifelong practice.

13. Have a strong online presence (or "footprint"). In order to be perceived as relevant, you need to be participating on LinkedIn - and Facebook, Twitter, Instagram, etc. You may also need your own website. The world is moving online. Your pages and posts and tweets remind the people you're targeting about what you've been doing - and that you're out there and ready to do business.

14. Don't post anything online that may embarrass you in the future. That cute photo of you getting hammered may cost you in five years. Employers check Facebook pages; don't give them a reason not to hire you.

15. Along the way, find mentors. These are the people who have done what you want to do, and from whom you can learn. Listen to them and follow their coaching.

16. Follow these tips. They work - so you can.

Dr. Chaz Austin, Ed.D. is a recognized authority in Career Packaging & Marketing. His latest book is "101 Ways to Find Work...and Keep Finding Work for the Rest of Your Career!". He currently works with individual clients, and conducts weekly workshops at Chabad Regional Treatment Center, and Valley Recovery Center. He holds a Doctorate in Organizational Leadership from Pepperdine University, and can be reached by www.comchazaustin.com email: chaz@chazaustin.com

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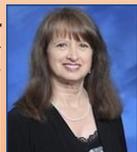
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CONSCIOUS ATTRACTION

For some of us, growing up doesn't always provide the tools we need to have successful or fulfilling relationships. We come into the world innocent and dependent on our caregivers to show us how to maneuver the world. Whatever we are surrounded with becomes our frame of reference. If we are raised by emotionally mature and available parents, then we are more inclined to gravitate toward that type of relationship. Disinterested, addicted, or otherwise neglectful caregivers can set us up for disappointment in our choices, and a feeling of never getting it right. Some of us can transcend that...it took me a long time. I realized after several years of sobriety and a lot of therapy, that I had to feel complete as a person, and like who I was in order to ready myself to receive the kind of love I had longed for.

Every relationship prior to my marriage with my current and "favorite" husband, was a competition, and filled with compromise. I spent all my energy trying to figure out how to fix or how to change what I perceived as being wrong with me, and was sure I could do that with others as well.

I depended on others to shape my reality. I kept looking for someone who would show me HOW to be happy, and being angry because THEY couldn't figure it out. How unfair of me to run through relationship after relationship, expecting them to guess what would please me, when I didn't know myself. The poor men were branded "losers" without being invited to participate in a fair game. They never had a chance. Because I didn't possess the fundamental tools to create peace in my own heart, I created a battleground in every relationship I participated in.

I found someone who ignited my lust, then tried to fashion them into someone I could love. I finally got it after an extremely painful breakup, when one day he walked out to go to work and never came back. There was no fight. No phone call. Nothing.

So I took a break for a time and learned who I was. I tried new things. Attended concerts and events on my own.

I created beautiful meals for one and explored the kinds of things that interested me. I journaled and tried painting.

I became an observer of my own feelings about the world around me, and changed the language I used to speak to myself and others. I experimented with mirror work, and read loads of books on every subject that I thought would enrich my life. I created a dream book with pages devoted to every area of my life, and what I desired and felt curious about. I had coffee dates and more coffee dates, and analyzed my feelings about the conversations and got clear on the things I had given up to be in relationships. Next I made a list of all the characteristics I desired in a partner (not a thing about how he looked), and stuck it into a corner of my bookshelf. I said a prayer and went on with life, enjoying the new "me" I was discovering and the new energy I was creating for myself.

Then one day I wrote an ad that was an expose on who I had discovered in those 3 months. I laid myself emotionally bare without holding back, and described all of the things that I found joy in. I spoke of my love for family, the joy I found in dancing alone to change the way I felt what I found interesting, my spiritual beliefs, and all of the things that I believed gave me wings. And I invited anyone who found that interesting to contact me. And he did.

Six years later we are happily married and a fantastic team.

And the list? I was able to check off everything on it. When I became the person I wanted to be loved by, that person naturally came into my life.

Sherri lives the question "What Next?" and believes that within each of us is something more powerful than we know. As a recovered alcoholic (with 29 years sober) and professionally trained life coach, she founded Happiness InSight Life Coaching to carry the message of hope, passion and purpose to as many people as possible in the second act of life. Visit her website at www.thislifecoach.com or email her at sherri@thislifecoach.com.



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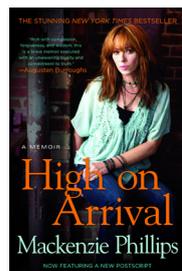
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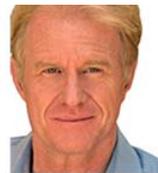
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NEW YEARS RESOLUTION DON'T JUST MAKE A CHANGE

BE THE CHANGE



“Be the change that you wish to see in the world.” - Mahatma Gandhi

We here at Keys to Recovery Newspaper heard about the “Be the Change” Movement along with the “Challenge Day” program and we were so moved by the concept and the possibilities we had to share it with our readers, and of course we found a way to tie it in with recovery.

“Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

The joy of living is the theme of A.A.’s twelfth step, and ACTION is its key word. Here we begin the kind of giving that asks no rewards. Here is where we practice, in the words of Gandhi to, “Be the change you wish to see in the world.”

So this year, we invite you to practice the twelfth step:

Be the Change and make a positive impact on the world.

The “Be the Change” movement uses Challenge Day’s formula for change (NOTICE-CHOOSE-ACT) to change the world. They invite people to

NOTICE what’s happening in the world around them, to CHOOSE actions that create positive change, and to ACT on those choices. By practicing random acts of kindness, we become a living example of what is possible from kindness and compassion.

“Be the Change” Movement:

- is designed to inspire peace from the inside out and to create hope while challenging individuals to find their passion for all people.
- is a service based movement designed for youth and adults of all ages.

• provides immediate hope, inspiration and inclusion to every individual committed to living their lives in service to others.

• is a self perpetuating membership organization open to anyone who shares in it’s vision and principles.

• is a way of life that anyone can live in every moment.

• challenges it’s members to stop waiting for others to change things and to be the heroes they have been waiting for; to commit to doing at least one intentional positive act of change each day for the benefit of others.

• is a movement of “attraction” and inspiration that challenges non-members to consider joining the movement and to “pay forward” any service or contribution they personally benefit from.

Why Be the Change?

Given the current state of our world family, with violence, pollution, poverty, addiction, social oppression, isolation and threats of war leaving many of us feeling fearful, victimized or alone. The “Be the Change” movement provides individuals with a clear and powerful way to be at least a part of the change we wish to see in the world.

By joining the “Be the Change” movement, people not only commit themselves to being the change they want to see, they also immediately serve as an inspiration and support to others.

By maintaining a commitment to perform at least one intentional positive Act of Change per day and document it, individuals not only experience the immediate satisfaction and pride associated with making a difference, they are also invited to create a clear and powerful record of their accomplishments. With this evidence, there can be no denying the difference they are making.

Think of the Possibilities

With millions committed to being the change, there is no limit to the possibilities.

Imagine families where every family member is consciously looking for ways to contribute.

Imagine schools where every student is given time to share, and celebrate their positive contributions.

Imagine corporations where contribution and service are the basis of the company’s culture.

Imagine a world where the people of every country commit themselves to making positive contributions; where international competition and gamesmanship focus not on winning or losing, but on generating the most impactful positive change; and where our daily news is no longer dominated by violence, poverty and destruction, but instead celebrates and recognizes positive change.

Imagine young people and adults all over our country and the world being honored daily, weekly, monthly and annually for the change they are making.

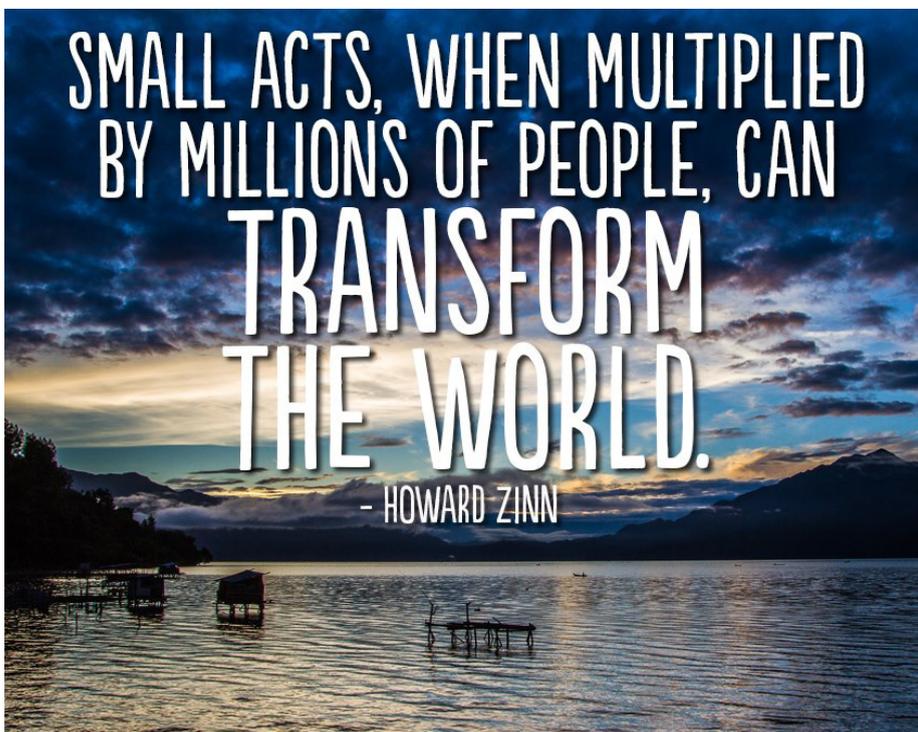
What if people all over the world were inspired to share food, shelter and resources? What if our human family could unite as one?

Would you call that a “*miracle?*” Or could it be simply the result of “change?”

Now is your time to “Be the Change”!

Because we are all valuable parts of our human family, contributions to ourselves can be some of the most significant Acts of Change. Remember, we must love ourselves before we can love others!

On the next page are some ideas, but feel free to make up your own ways to “Be the Change”.



- Consciously smile at everyone you see, even strangers
- Be vulnerable
- See the good in everything, and point it out!
- Say hello to someone you would normally ignore
- Help someone carry their groceries
- Listen to someone in need - the gift of listening
- Buy lunch for a homeless person
- Write Positive messages on post-its
- Tell the truth
- Hold the door for a stranger, even if you're in a hurry
- Ask for help when you need it
- Tip generously
- Write thank you letters to people you love
- Visit a friend or relative you haven't seen for a while
- Let someone in on the freeway
- Pick up litter, even if you didn't drop it
- Pay the toll for someone behind you
- Stop smoking
- Create a meal for your family
- Call just to say "I love you"
- Share a poem or a book with a friend
- Choose to care for rather than hurt yourself
- Rest
- Drive the speed limit
- Eat lunch with someone new
- Give an unexpected gift
- Appreciate someone for a job well done
- Offer your point of view without trying to change someone else's mind
- Organize an outing with friends
- Plant a tree
- Dance • Sing • Draw • Exercise
- Vote
- Read to a child
- Keep your word
- Volunteer at a homeless shelter
- Say you're sorry
- Welcome someone's tears
- Do a task or chore that you wouldn't normally do
- Share the beauty of a sunset
- Hug a friend
- Visit a retirement home

About Challenge Day: Motivated by memories of their own experiences of being teased and bullied in school, Yvonne and Rich Dutra-St. John created the award-winning Challenge Day program in 1987. As parents of four young children, their goal was to create a program that brought everyone together. "If we settle for tolerance, we have failed. Our goal is love," they said. In the last 28 years, Challenge Day has reached over a million people across the world and received numerous awards for this life changing work.

Challenge Day is a world leader in providing empowering and transformational workshops for teens as well as adults. Our life changing programs create a safe, open, and caring space for people to connect in a nurturing and fun environment, helping us realize that we are not alone in the issues we face (bullying, drugs, violence, abuse, poverty, prejudice, racism, etc.).

Our programs provide real empathy and real hope and catalyzes us to "be the change" in the world. People often describe their experience with Challenge Day as "the best day of my life." Challenge Day has received numerous awards and has been featured on The Oprah Winfrey Show, MTV, the Emmy Award-winning documentary, Teen Files: Surviving High School and the book Chicken Soup for the Teenage Soul. We are a 501(c)(3) nonprofit with EIN 94-3386810. We offer programs around the world in schools, businesses and communities, as well as workshops for adults. www.challengeday.org.



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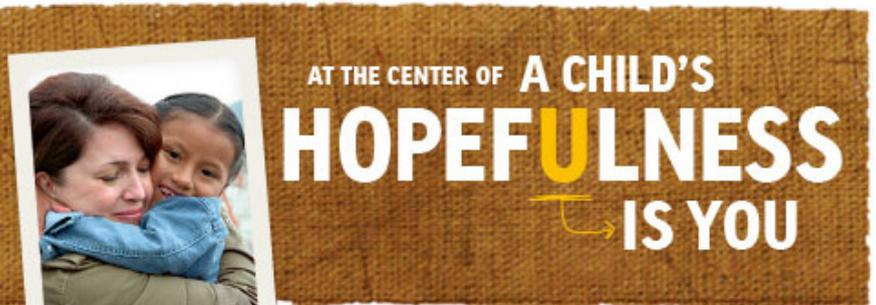
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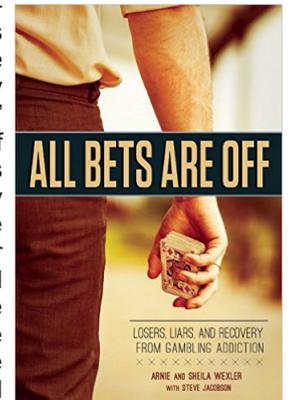
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Book Reviews

All Bets Are Off: By Arnie and Sheila Wexler with Steve Jacobson. Published by Central Recovery Press (CRP)

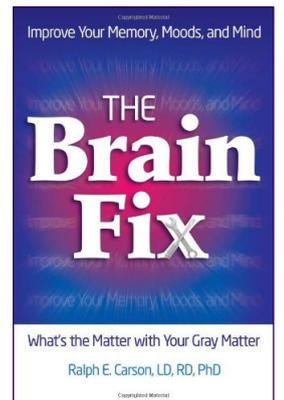
Arnie Wexler's intensely personal journey into a compulsive gambler's life is extremely raw and honest. He gives insight into the depths that compulsive gambling can take a person, and the family around them. Arnie is painfully honest to where his addiction took him. "All Bets Are Off" provides us with the harsh reality of the viscous cycle of the gamblers life, always chasing that next win. Oblivious to the consequences it delivers. But Arnie gives us hope by sharing his journey into recovery, and showing us that we can all recover. Arnie has been free from that addiction for over 40 years. He is involved with a 12 step program and now works with others and carries his message of hope. He takes his story to help educate thousands on the negative effect of gambling addiction. Arnie and Sheila Wexler have provided extensive training on compulsive, problem and underage gambling. Sheila also is executive director of the Compulsive Gambling Foundation, In addition to running the toll free national helpline 1-888-last-bet. A MUST READ. You can buy the book on Amazon. Beth S.



The Brain Fix...Improve Your Memory, Moods, and Mind. Written by Dr. Ralph E. Carson, LD, RD, PHD Published by Health Communications, Inc.

Dr. Ralph Carson is one of the leading experts on how food and supplements can help rebuild the brain to function and perform at optimal levels. Physical and psychological limitations caused by wrong nutritional choices, can be corrected by having the knowledge of what foods, supplements and drinks are best for the mind, body and for one's overall well-being, when incorporated into diet. Dr. Carson's book has a vast array of information regarding how to obtain your mind's full potential, and maintain optimal health for a brighter future.

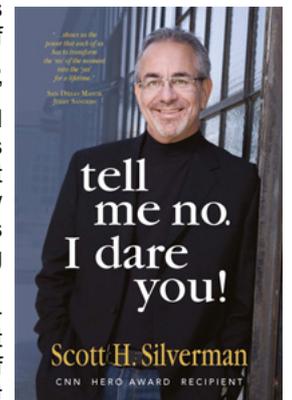
This book is a must read for Clinical Professionals working in addiction, those in recovery, and anyone hoping to improve the function of their brain. Dr. Carson is clear and simple with his delivery of information, this is one of those books that you just can't put down, until you finish learning about how to increase the quality of your brains functioning ability. Available at Amazon.com. Marcus M.



Tell Me No. I Dare You! Written by Scott H. Silverman, published by GKS Books.

"Heroes are made not born." proclaims Scott H. Silverman, CNN Hero Award Recipient. Scott walks like he talks which in my book makes him a Hero. This book is his story and his journey from self destruction, drug and alcohol addiction, attempted suicide, to finding his true self deep in his heart, where the "YES" lived. He gives the reader HOPE and INSPIRATION. Read how one man found the courage to find, and live up to his highest potential. To live from a place of confidence not shame. Scott, through his own experience shows you how to do the same. Read and find where your "YES" lives. This book made laugh out loud and then I found myself tearing up... He makes the reader stop and think!

Scott Silverman's creation: **Second Chance** helps ex-cons regain their self-esteem. Most law-abiding people get second chances, but how often do people coming out of prison get second chances? Not often and not many. Yet over 14,000 ex-cons who live in San Diego area, over the past years have learned how to create new lives for themselves. Silverman mixes his own life trials with the stories of those he has brought back to life. Nothing could be more inspirational. This book rates a BIG "YES" . Available at Amazon.com



Do you have a book you want us to review? Send us a copy to at: 6930 De Celis Pl. #35, Lake Balboa, CA 91406.



BREAKING THE CYCLE

Coping With an Alcoholic Parent: If your mom or dad is an alcoholic, you already know how difficult that is to explain to anyone else. You wonder why your parent can't be normal. Why can't they show up to every game or school event? When they do show up, you worry that they'll embarrass you - none of your friend's parents slur their words or get loud and argumentative. You think you're the only one. Every other kid goes home to a cleaner house with dinner on the table, rather than the weird chaos that always surrounds your family.

The truth is that no one's life is "normal." Everyone has oddities in their family that they worry about. Everyone has problems. But that knowledge doesn't do a lot of good when you feel like no one understands you. In fact, you often feel like your parent's alcoholism makes them, and you, not as good as anyone else. These are hard feelings to get past. And they're not true. The feelings of "less than" are negative self-talk that just don't hold true in reality. They're also the same kind of negative self-image that goes hand in hand with addiction.

Comprehension: It's Not Just Something They Measure On Standardized Tests. Understanding your parent's addiction can be your strongest asset - it will help you to remove the guilt and negative self-talk. It can also help you avoid walking in their path.

Alcohol addiction takes many forms. A lot of people don't admit they have a problem and, even when they do, they may not be able to fix the issue. For you, the solution may seem easy - just stop drinking! Your emotions on this might range from fear and embarrassment to complete rage. And you have every right to feel how you feel. A parent is supposed to put your needs before their own and alcoholics usually can't. Their need to drink often looks like selfishness. You learn not to count on them and go without, because they didn't take care of things most parents would.

While your feelings are all valid, what you need to understand is that an alcoholic doesn't love any less than someone who isn't dependent. Their inability to do what you need doesn't say anything negative about you. They love you in the best way they can, and their lack of showing they care doesn't make you unworthy of love.

They may be so dependent that they literally can't stop drinking, because their body needs the alcohol. If they're severely addicted, quitting will lead to physical withdrawal that can be dangerous. Some alcoholics have mood swings or temper problems while drinking. They also might be moody when they're trying not to drink. Many alcoholics also suffer from other problems, such as depression - these dual situations can be very difficult for the addict and their family, because the mental issues increase the alcoholism symptoms and the substances increase the symptoms of depression, making a very dark cycle to withstand.

You're Not Bob The Builder - You Can't Fix This: Most children of alcoholics wonder how they can fix the situation. How do you get them to quit drinking? How do you get them to be happy without the alcohol? The short answer is that you can't. No one can make an alcoholic quit drinking. They need to make this decision on their own and forcing an alcoholic to seek treatment will not work, unless they are willing to quit.

That doesn't mean that you can't talk with them about the issue. It doesn't mean that you shouldn't seek guidance from people who can help. What it means is that you cannot take responsibility for their decisions. You can't feel guilty because you didn't get them enough help or make them quit. Those things are largely out of your control.

From Coping to Hoping: So, what can you do to cope? What can you do to make your life hopeful, even though your parent's life might be spiraling out of control? While you can't control what other people do, you can take control over your own decisions and your reactions to your parent's issues. Here are some methods you can use to help you cope with your parent's addiction.

Talk to someone. It's important that you have a support system - someone you can trust and be honest with. Whether this person is a friend, family member or teacher at school. Pick a supportive person who can give you sound advice when things get hard.

Join a support group. Alateen is an excellent group for teens and children of alcoholics. Whether or not your parent goes for treatment, you can still join a group that will help you deal with the addiction. Groups such as these will let you talk with other kids your age going through the same issues.

Education. Take some time to read and learn about alcoholism. The more you understand about the disease, the more clearly you can deal with its impact on your life and the better prepared you'll be to avoid suffering from it down the road.

Alcoholism often runs in families. Having a parent who is an alcoholic puts you more at risk for developing the problem. This doesn't mean that you're destined to have a drinking problem. What it does mean is that you should become familiar with the triggers and find healthy alternatives to build a better life for yourself.

Mendi Baron, LCSW, is the founder and CEO of Evolve Treatment Centers, a treatment center for teens struggling with mental health and addiction issues, based in Southern California. A passionate advocate for teens in the field of mental health and addiction, Mendi is a go-to expert to start the conversation on critical issues that impact teens and their families. For more info go to www.evolve-treatment.com or email Mendi at Mendib@evolvvetreatment.com.



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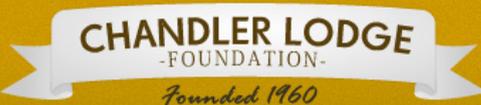


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THURSDAY, JANUARY 7 TO SUNDAY, JANUARY 10, 2016: 26th Annual River Roundup Don Laughlins Riverside Resort Hotel and Casino , 1650 South Casino Dr., Laughlin Nevada. For info. visit www.rcco-aa.org/round-up-january.html

SUNDAY JANUARY 10TH, 2016: Area 93 District 11 presents a Sponsorship Workshop. 1-3pm at The Windsor Club 123 W. Windsor Rd. in Glendale. Free event, coffee and refreshments provided. Panelists and question & answer format. Call Dave L. for information 818-572-5086.

SATURDAY JANUARY 16TH, 2016: Windsor Club Clean & Sober DANCE Party: 9:45pm-1:30am with DJ Nicole OLD SCHOOL & new music, \$7 SUGGESTED DONATION. - 123 West Windsor Rd, Glendale California 91204. 818-242-1350

FRIDAY JANUARY 22ND 2016 TO SUNDAY JANUARY 24TH: Hilton Head Mid-Winter Conference Hilton Island, The Westin Resort and Spa, South Carolina for info call 888.584.9282 or visit www.hiltonheadmidwinterconference.com

FRIDAY JANUARY 22ND 2016 TO SUNDAY JANUARY 24TH: Sobriety Under The Sun Sheraton Baganvillas , Blvd. Francisco Medina Ascencio #999, Zona Hotelera Las Glorias, Las Glorias, , 48333 Puerto Vallarta, Jalisco MX. For Info Visit <http://aapvconvention.com/wp>

TUESDAY, JANUARY 26, 2016 AT 6:30PM: Wits End Step Study Group presents 30th Anniversary Party, Grace United Methodist Church , 2540 Taraval St, San Francisco California.

FRIDAY JANUARY 29TH, 2016 TO SUNDAY JANUARY 31ST: Imperial Valley Roundup, located at Lions Recreation Center, 225 A St, Brawley, CA 92227 for info call 760.560.8643 or visit www.area8aa.org.

FRIDAY JANUARY 29TH, 2016 TO SUNDAY JANUARY 31ST: We are not a Glum Lot: 41st Annual San Fernando Valley AA Convention Alcoholic Anonymous (AA) Event, Warner Center Marriott World Hills Hotel 21850 Oxnard St., Woodland Hills, California. For Info Call 818-734-0383 or go online www.sfvaconvention.org.

SUNDAY JANUARY 31ST, 2016: Radford Hall Monthly Birthday Meeting. The Last Sunday of the Month come celebrate your sober birthday with the fellowship. 2pm to 5pm. Join us for a meeting, cake and coffee. 13627 1/2 Victory Blvd., Van Nuys California.

SUNDAY JANUARY 31ST, 2016: Broads Without Booze #27, 11:30am Fellowship, 12pm Lunch, Speaker 1pm. United Irish Cultural Center , 2700 45th Ave, San Francisco California, For more information contact Kathy F. at 415-710-3026.

UPCOMING EVENTS:
TUESDAY FEBRUARY 16TH, 2016: 7th Annual Experience, Strength & Hope Awards, Honoring Mackenzie Phillips, Author of *High On Arrival*. Host Ed Begley Jr., Special Guest Comedian Alonzo Bodden. Skirball Cultural Center. Tickets \$75 for more information contact (818) 762-0461.

SATURDAY FEBRUARY 20TH, 2016: Windsor Club Clean & Sober DANCE Party: 9:45pm-1:30am with DJ Nicole OLD SCHOOL & new music, \$7 SUGGESTED DONATION. - 123 West Windsor Rd, Glendale California 91204 - 818-242-1350.

FRIDAY MARCH 18TH TO SUNDAY MARCH 20, 2016: "Keep Coming Back" Radford Hall Mini Conference; Meetings, dances, panels, bake sale... food fun and fellowship. Radford Hall 13627 1/2 Victory Blvd., Van Nuys California.

Send us your upcoming SOBER or recovery related events. We will list it for fun and for free. Email events to: info@KeystoRecoveryNewspaper.com

Fit This In Your Recovery

by: Boris Schaak

NO PAIN, NO PAIN

The vast majority of fitness routines are based on a "no pain, no gain" ego based philosophy. I would say 90% and maybe more. Force the body, push through, work harder, just do it and do it anyway. These are all philosophies that feed the ambition by driving on inner pain as fuel. I want to move completely away from that. I want to be on the other side of the spectrum. I want to bring a spiritual aspect into the fitness philosophy. Of course, you still have to take action and follow through, but I want the reasons for the limits to be different. Let me use my story as an example of how the approach to fitness training could be changed for people in recovery.

I used to be a great bodybuilder, winning Championships, but I had internal turmoil. I used to be in pain internally. There were things going on in my life that I didn't know how to deal with. Luckily, I was introduced to working out at an early age, first martial arts and then weights. Otherwise, I'm convinced that I would have become a drug addict much earlier in my life. I found a way to match and cover up the pain I felt on the inside, by masking and fueling my workouts with the inner pain that I was feeling. When other people were claiming they couldn't handle the stress of a tough workout or deal with their muscles burning, I thought it was awesome. I could cover up the pain I felt on the inside with the pain I could add from the outside. It was like a medication to me, a mask, a band-aid. I was that guy who didn't have a pain barrier. I was in so much agony on the inside, my pain levels were completely different from other people. That's what made me a great athlete, but that was my only tool to cope with the inner pain. Have a bad day, go to the gym and then punish myself some more.

When I stopped competing and slacked off with my workout routine (which at the time was my therapy, my solitude), I quickly slipped into an oblivion of drugs and alcohol, which at first was fun (stupid fun), then it was fun with problems, and then it was just problems which ended with me being homeless. I remember my very first meeting like it was yesterday. I was homeless and I had nothing. I was thinking, Oh, this is so going to suck. What kind of fun am I going to have? Now, having been in recovery, I'm having more fun than ever. Things that I now perceive as fun I didn't before, because I simply didn't know the difference. My life is like Groundhog Day. I eat the same things at the same times. I work out at the same time, I train clients at the same time, and I sleep at the same time. My Fridays are not all that different from my Tuesdays. Ten years ago, I would have told you that would be the most horrible thing that could ever happen.

When in recovery, having a lot of free time is not a good thing. Filling an addict's day with things to do is something that automatically benefits them. Just like knowing when and where my next meeting is, going to the gym requires commitment and planning. Let me explain this further. I need to take the time to plan when and how I'm going to get to the gym, at the gym I need to figure out what muscle group(s) I'm training and what equipment I'm going to use and the proper way to workout, if I want results from my workouts I now need to implement a fit and healthy meal plan that requires me to educate myself on nutrition and implementing that into my daily life, which further requires me to educate myself about what foods I'm shopping for, so that I can prepare my meals for the week, and then lastly knowing how much sleep my body needs to re-cover and ensuring that I get enough sleep every night. All of a sudden, they have this regimen of a "program" that implement in their lives. If you add a job to that, then their days are full.

When I was younger, my only motivation came from pain. After I began recovery and changed to a more spiritual focus, my training became much less ego-oriented and was based on a more stable structure. If you can do the same amount of pushing through those limits coming from a place of joy and happiness, it's a totally different mind-set. If you're a happy person, you become happy to do the necessary work.

That is why training is such a powerful tool for recovery. It can bring relief to people who are desperate. It's gratifying to train people in recovery because you give them a tool to improve their lives.

Boris Schaak: As a Professional Trainer and Sober Coach, my fitness approach integrates the elements of physical fitness and nutrition within the scope of recovery and sobriety. This is TOTAL integration- the convergence of mental, spiritual and physical fitness! Seeing the transformation and growth in my clients; physically, emotionally and spiritually, is my passion and mission in life! I'm glad to share it with You." email: Boris@SoberFitness.com Or Facebook under SOBERFITNESS.



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WWW.MARYCOOKMA.COM: Mary Cook is an addiction counselor in private practice, with 39 years of experience and 29 years of University teaching. She has a Master's degree in psychology and is a registered addiction specialist. Mary is a speaker and the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", available from Amazon.com, etc.

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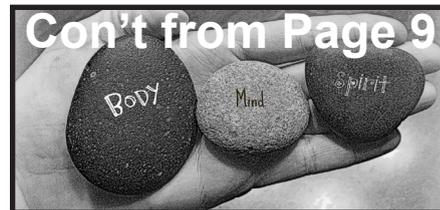


by: Mary Cook

We can identify areas to set appropriate boundaries, and demonstrate personal safety and self-nourishment. We can find healthy role models to learn about relationships, re-parent ourselves, develop our true identity and learn to live with integrity. We can listen to others who are comfortable with personal reflection and sharing of feelings, and learn to trust this process and the inner strength and bonding that it brings.

In order to evolve, we need to set aside fear in favor of faith. We must practice assertiveness rather than aggressiveness or passivity. When we face our problems and pain with a calm mind and compassionate heart, we are on the path to resolution. Embracing curiosity, open-mindedness and humility facilitates freedom, peace, perpetual learning, meaningful purpose and fulfillment. Surrendering willfulness and character defects allows God to work through us. When resistance falls away, everything can be transformed into its highest good.

WWW.MARYCOOKMA.COM Mary Cook is an addiction counselor in private practice, with 39 years of experience and 29 years of University teaching. She has a Master's degree in psychology and is a registered addiction specialist. Mary is a speaker and the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", available from Amazon.com, etc.



by: Marcia Ullett, MA

- Meditate and stay focused: Create well-being and calm in your day. Renew your energy.
- Establish priorities: Remember that priorities change as we change. Don't waste energy on things that don't matter to you.
- Plan for fun and laughter- This one's about nourishing the soul.

If you have a handle on the various elements in your life that matter most to you, chances are you won't feel that your heart or mind are being pulled too hard in any direction. Finding balance in life is a juxtaposition of perseverance, acceptance, and letting go. Choose what to work at and keep working at it, while at the same time understand that, at some point, you just might need to accept that it's not working well for you and that you need to let it go or change what you're doing. You have embarked on the journey of finding and keeping balance in your life that, while immensely rewarding, is not for the fainthearted. It takes work, commitment, consistency, and plenty of heart. It's important to note that balance feels terrific and helps us live smoothly.

Marcia Ullett, MA is a Licensed Marriage & Family Therapist as well as a Certified Professional Coach. She is the author of "Your Best Life Yet: A Journey of Purpose and Passion". She can be reached at (310) 600-5091 or via email: marciaullett@gmail.com www.marciaullett.com, www.yourbestlifeyetbook.com.

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1/3 Page - Horiz.	10" width x 4" height
1/4 Page - Vertical	4.85" width x 5.9" height
1/4 Page - Horiz.	10" width x 2.9" height
1/6 Page - Vertical	3.25 width x 5.95 height
1/6 Page - Horiz.	4.85" width x 3.9" height
1/8 Page - Horiz.	4.85" width x 2.95" height
1/12 Page - Horiz.	3.25" width x 3" height
Business Box	2.38" width x 2.38" height
Front Cover Banner	10" width x 1.5 height

Materials & Deadlines

Terms and Conditions

Advertising Materials: The best type of artwork/graphic to send is a PDF (with all artwork and fonts embedded), we can also accept JPEG's, Photoshop files and In-Design files, again make sure that you include all artwork and fonts.

Advertising Deadlines: Keys to Recovery Newspaper, Inc. hits the streets the first week of each month. Camera ready artwork is due the 15th of the month prior to publication.

All ads are due and payable upon acceptance of ad prior to publication unless otherwise authorized. The publisher assumes no liability if for any reason it becomes necessary to omit an ad. The publisher assumes no liability if for any reason we are unable to print an issue of the newspaper. It is the advertisers responsibility to proof ads, we will do everything we can to help but the publisher assumes no liability for any errors in ad. All advertising is subject to publisher's approval. The publisher reserves the right to reject advertising that we feel is not in keeping with our standards. The publisher does not assume responsibility for the contents of advertisements and all representatives or warrants made in such advertising are those of the advertiser and not the publisher. Publisher is not liable to advertiser for any misprints in advertising.

www.KeysToRecoveryNewspaper.com

If you would like to receive Keys to Recovery Newspaper FREE of charge at your facility you can go online and fill out the "Distribution" form or e-mail your information to: info@KeystoRecoveryNewspaper.com or call us at 818.386.8400.

Our purpose and our mission is to give hope that recovery is possible. Incorporated in the state of California Keys to Recovery Newspaper, Inc. is a 501(c)3 non-profit entity.

Our main objective is to carry the message of Hope and Recovery from all types of addictions and disorders to as many people as possible and to offer resources that may provide treatment and support. We do that by printing a traditional type newspaper as well as having an online presence. Our newspaper is filled with columns from today's top experts in the recovery field.

Keys to Recovery Newspaper, Inc. is educating our communities about alcoholism, drug addiction, eating disorders, sex addiction, gambling addiction, homelessness, domestic violence and so much more. We also print, at no charge, a resource guide listing free services and vital help offered within our community.

Keys to Recovery Newspaper, Inc. is making a strong effort to reach the many individuals currently in jails or other types of institutions and offer them information that will assist in their future recovery.

We are NOT affiliated with AA, NA, Al-Anon or any other 12-step program. We do, however, believe in the power of the 12-steps and the principles behind them. We strive to operate Keys to Recovery Newspaper, Inc. using these principles as a guideline - Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Brotherly Love, Justice, Perseverance, Spirituality and Service.

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 13 other U.S. States. Having a current print run of 20,000+ newspapers and a readership exceeding 90,000 per month, we are already a solid and formidable presence. Although we have digital access to our publication, our primary focus is distributing hard copies. Our newspaper targets readers who are seeking recovery from all types of addictions, disorders and alcoholism and the loved ones who are affected as well as anyone wanting to know more about addiction and recovery. Here are some of the types of facilities we are distributing our recovery newspaper to:

- 12 Step Alano Clubs
- 12 Step Meeting Halls / Central Offices
- Churches
- Clinical Professionals
- Coffee Shops
- Correctional Facilities
- Counseling Office & Services
- Department of Health
- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Employee Assistance Programs
- Homeless Shelters
- Hospitals
- Intensive Outpatient Centers
- Judges & Lawyers
- Libraries
- Medical Centers
- Mental Health Professionals
- Police Departments
- Parole - Probation Departments
- Recovery Stores
- Rehabs and Treatment Centers
- Rescue Missions
- Veterans Hospitals
- Sober Livings
- Transitional Housing
- Therapist Office
- Related Conventions
- Recovery Industry Networking Events & many more locations each and every month.

From the most prestigious neighborhoods and facilities of all types to the impoverished streets of Skid Row, we carry the message of Hope & Recovery to everyone we can. Join us!

Vital Services Resource Guide

Keys to Recovery Newspaper, Inc. publishes this monthly "Vital Services Resource Guide" FREE as a community service to assist those in need of help or information. You are welcome to submit listings and volunteer needs.

Southern California COUNTY RESOURCE GUIDE

12 Step Recovery Info Line: Phone meeting info & recordings of recovery 951-262-3623, Lisa Moss 818-293-2222. Alcoholics Anonymous (A.A.) World Services, P.O. Box 459 New York, NY 10163, www.alcoholics-anonymous.org, (212) 870-3400.

A.A. San Fernando Valley Central Office (818) 988-3001. A.A. L.A. Central Office 4311 Wilshire Blvd., #104 Los Angeles, CA 90010, www.lacoaa.org (323) 936-4343 (800) 923-8722

A.A. 8752 S Broadway Los Angeles, CA 90003, www.aa.org (323) 750-2039

A.A. San Gabriel / Pomona Valley - Central Service Office, www.aasgvco.org (626) 914-1861.

A.A. Santa Clarita Valley Central Office: http://www.aas-cv.org (661) 250-9922

Al-Anon Family Groups www.al-anon.alateen.org 1-888-425-2666

Al-Anon/Alateen LA County WWW.ALANONLA.ORG (818) 760-7122.

Al-Anon/Alateen Spanish, LA County, (562) 948-2190.

A.C.A. (Adult Children of Alcoholics) World Service Organization: www.adultchildren.org (562) 595-7831

Adult Children/Codependents 12 step & recovery based meetings, Every Thurs. & Sun. at 6pm 8742 Mulberry Drive, Sunland, CA. For info call Lisa Moss 818-293-2222 Addicts for Christ Los Angeles www.addictsforchrist.org (310) 452-4328.

Anaheim Alano Club, 202 W. Broadway, Anaheim, CA

92805 - Meetings 7-days a week 714-535-0900

California Dept. of Health Care Services - www.dhcs.ca.gov (800) 735-2922

California Hispanic Commission on Alcohol & Drug Abuse - www.chcada.org (916) 443-5473

Cocaine Anonymous of the SFV, (818) 760-8402

Cocaine Anonymous World Service Office - www.ca.org. 1-800-347-8998 or (310) 559-5833.

Clutterers Anonymous (866) 402-6685.

Co-Dependents Anonymous (CoDA) Los Angeles (323) 969-4995.

Co-Dependents Anonymous (CoDA) San Fernando Valley (818) 379-3300.

COSA for friends and family of Sex Addicts, www.cosa-recovery.org - (866) 899-2672

(HOW) Compulsive Eaters Anonymous: www.valleyhow.org (818) 503-7484.

Crystal Meth-Anonymous (CMA) (855) 638-4373

Debtors Anonymous www.SoCalDA.org 310-822-7250.

Emotional Anonymous -www.emotionsanonymous.org - World Services (651) 647-9712.

Food Addicts Anonymous www.foodaddictsanonymous.org - World services (772) 878-9657

NEW: DefiningME™ free resources www.definingme.com Food Addicts in Recovery Anonymous (FA) - www.foodaddicts.org (781) 932-6300 Families Anonymous - www.familiesanonymous.org (800) 736-9805.

Gamblers Anonymous (GA) www.gamblersanonymous.org - (626) 960-3500

Problem Gambling 24-Hour Help Line (Calif.) (800) Gambler or (800) 522-4700.

Love Addicts Anonymous (LAA) www.Loveaddicts.org

Laughing Yoga Recovery, for Stress reduction and wellness, breathe, love, laugh and be happy, 760-832-9992.

MADD Mother Against Drunk Drivers, www.madd.org - 877.MADD.HELP

Marijuana Anonymous - www.marijuana-anonymous.org - World Services (800) 766-6779.

Marijuana Anonymous - www.marijuana-anonymous.org Los Angeles 310.494.0189

Marijuana Anonymous - www.marijuana-anonymous.org Van Nuys (818) 759-9194.

Narcotics Anonymous (NA) www.todayna.org Regional Office (800) 863-2962.

Narcotics Anonymous of the San Fernando Valley - www.nasfv.com (818) 997-3822.

Nicotine Anonymous - www.nicotine-anonymous.org - (877) 879-6422

Nar-Anon Family Groups - www.nar-anon.org/naranon (800) 477-6291 or (310) 534-8188

National Council on Alcoholism and Drug Dependence Headquarters, (All NCADDs provide help & info and other alcohol/drug related services). www.ncadd.org - (800) 622-2255

National Council on Alcoholism and Drug Dependence - San Fernando Valley www.ncadd-sfv.org - (818) 997-0414

International OCD Foundation - Obsessive Compulsive Disorder - www.ocfoundation.org (617) 973-5801

Our House Grief Support Center - WLA & Woodland Hills, CA (888) 417-1444 - www.ourhouse-grief.org

Overeaters Anonymous -www.oa.org - World Services 505-891-2664

Overeaters Anonymous Meeting Hotline 24 Hour (323) 653-7499.

Overeaters Anonymous LA Intergroup - www.oalaig.org (323) 653-7652.

Pills Anonymous (PA) www.pillsanonymous.com

Rageaholics Anonymous - www.rageaholicsanonymous.org

Recovering Couples Anon. www.Recovering-Couples.org - 781-794-1456

RumRadio.org the most comprehensive Twelve Step sponsorship informational resource website in the known and in the unknown Universe. 512-267-4707

Secular Organization For Sobriety (323) 666-4295.

Sex Addicts Anonymous (SAA) https://saa-recovery.org - (800) 477-8191

Sex & Love Addicts Anonymous (SLAA) - www.slaalos-angeles.org (323) 957-4881

Sexaholics Anonymous (SA) -www.sa.org (866)424-8777

Sexaholics Anonymous (SA) www.sasocal.org (310) 491-8845

Sexual Compulsive Anonymous www.sca-recovery.org 1-800 / 977-HEAL

Sexual Recovery Anonymous (SRA) - www.sexualrecovery.org (323) 850-8565.

S-Anon (Friends and Families of Sex Addicts) www.sanon.org (800) 210-8141

SHARE - www.shareselfhelp.org - (310) 846-5270

Survivors of Incest Anonymous (SIA) (410) -893-3322. www.siaawso.org

TEEN LINE: 800-TLC-TEEN (in CA) 310-855-HOPE, Teens helping teens. www.teenlineonline.org

The Other Bar: free. 12 step based peer recovery network for lawyers & law students 800-222-0767; www.otherbar.org

Workaholics Anonymous - www.workaholics-anonymous.org - (510) 273-9253

DOMESTIC VIOLENCE

Amanecer/Community Counseling Services (walk-in center only) (English, Spanish) (213) 481-1792

Battered Women/Children Hotline, (818) 887-6589.

Bienvenidos Children's Center, Inc. (walk-in center only) (323) 726-9790

Bilingual Shelter for Victims of Domestic Violence, (800) 548-2722 (24 Hour).

Center for the Pacific Asian Family 1-800-339-3940

Chicana Service Center (English, Spanish) (323) 268-7564

Child Protection Helpline, (800) 540-4000 (24 Hour).

Children's Institute International (walk-in center only) (213) 385-5100

Domestic Violence (SAFE): (800) 799-7233 Crisis Hotline.

Domestic Abuse Center (walk-in center only) (818) 904-1700

East Los Angeles Women's Shelter (walk-in center only) (323) 526-5819 - 24 Hour Hotline (800) 585-6231

Family Crisis Center (South Central) - (323)737-3900

Glendale- YWCA Domestic Violence Project (818) 242-1106

Haven Hills, www.havenhills.org - (818) 887-7481 (818) 887-6589

Helpline Youth Counseling (walk-in center only) (562) 864-3722

House of Ruth - (909) 623-4364

Human Services Association (walk-in center only) (562) 806-5400

Institute for Multicultural Educational Services I.M.C.E.S (walk-in center only) (213) 381-1250

Jenesse Center www.jenesse.org (323) 299-9496

Jewish Family Service of Los Angeles/ Family Violence Project/Tamar House www.jewishla.org (818) 789-1293

Foothill Family Services (walk-in center) - (626) 338-9200

Legal Aid Foundation of LA (LAFLA) (323) 801-7991

Mental Health Center Inc. SFV Community (walk-in center only) (818) 838-1352

Project: Peacemakers, Inc.(walk-in center only) (English, Spanish) (323) 291-2525

Prototypes (walk-in center only) (323) 464-6281

Safe Horizons 800.621.4673 (HOPE)

San Pedro- Rainbow Services - (310) 547-9343

Santa Monica- Sojourn - (310) 264-6644

So. California Alcohol & Drug Program/ Angel Step Inn - www.scadp.org (562) 949-5358

The Good Shepherd Shelter - (323) 737-6111

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995 - 24 Hour Hotline (626)967-0658

EMERGENCY HEALTH & MENTAL SERVICES

AIM HealthCare Foundation, physical & emotional needs of those who work in adult entertainment (818) 981-5681.

Armenian Relief Center, Prevention of drug/alcohol abuse (818) 242-2390.

Because I Love You, Nationally Known Parent And Teen Support Group. (818) 882-4881 or www.bily.org

County of L.A. Depart. of Mental Health has complete listing of mental health providers at www.dmh.co.la.ca.us/providers/allprov.htm, (800) 854-7771

Fetal Alcohol Syndrome Information (626) 793-7350.

HHS The U.S. Dept. of Health & Human Services, www.dhhs.gov - (877) 696-6775

Hope of the Valley (Mission Hills) Recuperative Care Shelter 818-392-0020.

National Alliance on Mental Illness (NAMI) San Fernando Valley Chapter, Free

National Runaway Switchboard (800) Runaway.

Meetings (818) 994-6747

San Fernando Valley Counseling Center, affordable mental health services (818) 341-1111.

MEALS SERVED: Call the Homeless Shelters we have listed as most have food programs.

The Midnight Mission meals served 3 times a day 213-624-9258.

Hope of The Valley (Van Nuys) - Victory Blvd. & Tyrone - Monday Thru Friday 12:15pm. call for more info 818-392-0020.

San Fernando Valley Rescue Mission:call (818) 785-4476

FOOD BANKS

APLA's Necessities of Life Program 7336 Bellaire Ave., N. Hollywood Thursday 10:30am to 4:pm, (213) 201-1600

As You Are Church, 7855 Lindley Ave., Wednesdays & Fridays, call for hours, (818) 758-1700

Catholic Charities/Guadalupe Community Center 21600 Hart St., Once a month, or on emergency basis. Food recipient must register (818) 340-2050

Children's Hunger Fund 12820 Pierce St., (818) 899-5122

Congregational Church of Chatsworth 20440 Lassen, Chatsworth, CA (818) 882-3474

First United Methodist Church 18120 Saticoy St., Reseda, CA - Wed. 11:00am to 1:30pm, (818) 344-7135

INFO LINE of Los Angeles Phone: (800) 660-4026

Los Angeles Food Bank (323) 234-3030

North Hollywood Interfaith Pantry - 4390 Colfax Ave., M & F open from 9:am to 1:pm - (818) 980-1657

Manna, Ministry to the Poor 6642 Reseda Blvd., Every Saturday, (except the first Saturday of each month) 11:am to 12:15pm, (818) 776-9696

Our Redeemer Lutheran Church 8520 Winnetka Ave., WINNETKA, CA (818) 341-1629

St. Jane Frances Food Pantry 13001 Victory Blvd, North Hollywood, CA (818) 766-7393

St. Bridget of Sweden Catholic Church - Tuesday 11:am to 4:pm 7100 Whitaker Ave., Van Nuys, CA (818) 780-8294

Vital Services Resource Guide

Keys to Recovery Newspaper, Inc. publishes this monthly "Vital Services Resource Guide" FREE as a community service to assist those in need of help or information. You are welcome to submit listings and volunteer needs.

FOOD BANKS

Shepherd's Nest, Feeding the Homeless 9237 Crebs Ave., Northridge, CA (818) 557-6247
SOVA Food Pantry, Jewish Family Services (open to all in need) 16439 Van Owen St., (818) 988-7682
West Valley Pantry - 7304 Jordan Ave, Canoga Park, CA (818) 887-6101
West Valley Food Pantry (Prince of Peace Church) 5700 Rudnick Ave., Woodland Hills(818) 346-5554

HOMELESS SHELTERS & RELATED

At The Fountain Transitional Living 310-631-1600
Beyond Shelter - Homeless Services (562) 733-1147
Casa Youth Shelter (562) 594-6825
Centennial Place Permanent Housing 626-403-4888
Children of the Night (818)908-4474 ext. 0
Children's Hunger Fund (818) 899-5122
City of Refuge Rescue Mission Personal Good Service (323) 759-2544
Covenant House California (CHC) provides shelter and services for homeless, at-risk, & trafficked youth 18-24, 1325 N. Western Ave. Hollywood, CA 90027. (323) 461-3131. www.covenanthousecalifornia.org
Dimondale Adolescent (323) 777-6258
East San Gabriel Valley Coalition For The Homeless (626) 333-7204
Ella's Foundation Homeless Services (323) 761-6415
Fervent Heart LLC 626-319-7479
Family Promise of Santa Clarita Valley (661) 251-2867
Family Rescue Center (818) 884-7587
Global Childrens Organization (310) 581-2234
GRCN Connecting Communities (562) 293-7595
Glendale YWCA Domestic Violence Project 818-242-4155
Global Human Service Inc (818) 507-6026
Friends helping Friends Inc: Homeless, No Money, We can help - Sober Living. (323) 293-9778.
Family Promise (818) 847-1547
First Step Transitional Living Foundation (323) 830- 6517
HPRP Los Angeles Homeless Assistance (213) 683-3333
HPRP Pasadena Homeless Services (626) 797-2402
HPRP Huntington Park - Homeless Services (323) 388-7324
HPRP Lynwood - Homeless Assistance (310) 603-0220
HPRP - Compton - Homeless Assistance (310) 605-5527
Habitat For Humanity (818) 899-6180
Harbor Rose Lodge (310) 547-3372
Hazel Transitional Housing (213) 327-7986
Higher Goals Inc. (323)755-9702
Homeless Health Care Los Angeles www.hhcla.org, (213) 381-0515
Homeless Adult Center (626) 403-4888
Hope for Homeless Youth (213) 353-0775
House of Hope (323) 663-1215
Hope of The Valley - (818) 392-0020 • www.hopeofthevalley.org December 1st thru March 15th Cold Weather Shelter (Pacoima & Sylmar) - Hotline (818) 207-8776
Jenesse Center (323) 299-9496
Joshua House For The Homeless (323) 759-1625
Jordan's Transitional Shelter (323) 577-5941 or (424) 785-7781
Lillie of the Valley Homeless Shelter Transitional Shelter (323) 971-4432
Lamp Community Homeless Drop In Center (213) 488-0031
Los Angeles Mission (213) 629-1227 x305
Long Beach Family Shelter (562) 733-1147
Long Beach Rescue Mission (562) 591-1292
Los Angeles Youth Network (323) 957-736
Mitchell House Substance Abuse Treatment Veterans (310) 398-0191
Nancy Painter Home Transitional Housing For Women (818) 246-5586
New Image Emergency Shelter (323) 231-1711
New Directions (Veterans) Res. Drug Treatment (310) 268-3465
NCH National Coalition for the Homeless (202) 462-4822, www.nationalhomeless.org
OPCC Safe Haven 310-883-1222

Passageways Homeless Intake Center 626-403-4888
Pentecostal Outreach 562-313-1257
PATH - People Assisting The Homeless Hollywood (323) 644-2200
Rochester House Transitional Living (213) 986-5599
Runaway Homeless Youth Shelter (310) 379-3620
Rainy Day Emergency Shelter (562) 733-1147
The Salvation Army Adult Rehab Center, 21375 Roscoe Blvd., Canoga Park, (818) 883-6321.
Salvation Army The Way Drop in Shelter for Youth (323)469-2946
Salvation Army Westwood (310) 477-9539
Sunshine Mission for Women (213) 747-7419
Salvation Army Glendale Chester Village For Homeless Families 818-246-5586
St Joseph Center Homeless Services And Meals (310) 399-6878
Sanctuary of Hope 323-786-2413
Samaritan House 562-591-1292
San Fernando Valley Rescue Mission (818) 785-4476
The Midnight Mission 213-624-9258
The Children's Life Saving (310) 450-3701
TEAM HOUSING 310-631-9516
Union Rescue Mission (213) 347-6300
Union Station Homeless Services 626-240-4550
U.S. Mission Canoga Park Transitional Housing 818-884-4409
Volunteers of America Homeless Support Services (626) 442-4357
West Side Homeless Outreach, Inc. 310-570-9065
WLCAC Homeless Access Center (323) 563-4721

FOOD AND FINANCIAL ASSISTANCE

Los Angeles County Department of Public Social Services, Info on General Relief, Aid to Families w/Dependent Children (AFDC), Food Stamps, MediCal and other forms for financial assistance, (800) 339-6993

INFORMATION & REFERRAL SERVICES

Free Drug Testing Kit: www.Foundation2recovery.org, Prevention, Education, Treatment (561) 981-6214
24 Hour DayCare, Referrals and Crisis Intervention Services 310 669-5933 or 310 427-4022
California Rehab Guide: Free On-Line Rehab Directory - www.calrehabguide.com
The Sober Living Network referral service (800) 799-2084.
Sober Living Network (310) 396-5270.
The San Diego Sober Living Homes Association: (858) 483-5866.
INFO LINE community service referrals, shelter, food, medical, (800) 339-6993 or simply dial 211.
AVYFS, Antelope Valley Youth And Family Services (661) 949-1069.
The Council of Alcoholism and Drug Abuse (CADA) Drop-In Center (805) 962-6195, www.cadasb.org
CCBCDC: California Certification Board of Chemical Dependency Counselors www.CaliforniaCertificationBoard.org (562) 927-5143

CAARR California Association of Addiction Recovery Resources (916) 338-9460, www.caarr.org
CADCA Community Anti-Drug Coalitions of American (800) 54-CADCA.
CCPG California Council on Problem Gambling www.cal-problemgambling.org (800) 522-4700.
CENTER FOR LIVING AND LEARNING - employment and supportive services Job Search Preparation Program 818-781-1073. 14549 Archwood Street #221, Van Nuys. www.center4living.lle.org

RAPE HOTLINES

RAINN Hotline (victims of sexual assault) 800-656-HOPE.
Rape Hotline (24 Hours) (800) 585-6231. www.elawe.org

SUICIDE PREVENTION

Jason Foundation A Youth Suicide Prevention Program, www.jasonfoundation.com, (888) 881-2323
National Suicide Prevention Lifeline 1-800-273-TALK
Suicide Prevention 24Hour Assessment Center (800) SUICIDE (784-2433).
Suicide Prevention Center (877) 727-4747

DISABILITY SERVICES

Job Accommodation Centers, Toll Free 1-800-526-7234 (voice & TDD).
RIDE INFO Paratransit Referral Service, transportation voucher program, (800) 431-7882.
Social Security & Medicare Eligibility, Info (800) 772-1213, TDD (800) 288-7185.

HEP C / HIV / AIDS INFORMATION

AIDS Project Los Angeles - APLA, Los Angeles - www.apla.org, The David Geffen Center, 611 S. Kingsley Drive Los Angeles, CA 90005, (213) 201.1600 Main line, (213) 201.1500 Client line
Asian Pacific AIDS Intervention Team: (213) 895-7715, Free Outpatient Trauma & Substance Abuse Treatment for Women & Transwomen, 1730 W Olympic Blvd., #300, LA California HIV/AIDS Hotline (800) 367-2437.Spanish (800) 400-7432.
Clean Needles Now/Harm Reduction Central L.A. (323) 857-5366.
Friends of Aids Foundation (310) 401-4755. Referrals to National AIDS Hotline, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)
REACH (risk reduction education and community health) FREE testing for HIV, HEP B&C and Syphilis. Referrals for substance abuse-etc., HIV+ or HIV- people in need. (866) 33-REACH, (714) 834-7926.
HEP C - APLA, Los Angeles - www.apla.org, The David Geffen Center, 611 S. Kingsley Dr. LA, CA 90005, (213) 201.1600 Main line, (213) 201.1500 Client line
HepCHope: www.hepchope.com Hotline (844) 443-7246
On-Line Resources for Hep C: www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.hepctreatmentlosangeles.com

Keys to Recovery Newspaper, Inc. publishes "this guide" FREE as a community service to assist those in need of help or information. You are welcome to submit listings and volunteer needs.

Organization/Company Name: _____
Services offered: _____
Address: _____
Phone: (____) _____ Cell (____) _____
Contact person: _____
What you would like us to print in the resource guide: _____

Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa CA 91406

Mary Cook

Addiction Specialist Counselor



M.A Psychology, R.A.S.

Author of:
Grace Lost and Found

38 years of experience

Available for counseling
in my office in San Pedro,
CA or by telephone

Phone: 310-517-0825

Email: MaryCookMA@att.net

Website: WWW.MARYCOOKMA.COM



**The SoberScopes are for
entertainment purposes only -
Enjoy and remember RULE 62!**

CAPRICORN (Dec 22.- Jan. 20): You will have extra energy; put it to good use by being of service to another alcoholic. Don't be afraid to pursue unfamiliar grounds. Take the whole family and make it an enjoyable outing. You may need to make a few alterations to your living arrangements. Attend more recovery functions, meditate and pray daily for the clarity to do God's will.

AQUARIUS (Jan. 21 -Feb. 19): Travel for business purposes may bring the highest returns. Emotional disputes will only end in sorrow if you don't apply the 12 step principals. They will not be in the right frame of mind to put up with tactless comments. You'll find it difficult to control your emotions. Turn over your problems to your Higher Power, and wait for the solution that will be revealed.

PISCES (Feb. 20-Mar. 20): Recognition can be yours if you present your ideas and stand behind your beliefs. Look into career choices and courses being offered. Don't blow situations out of proportion. Rewards for past good deeds will be yours. Put God's will first, this in turn will help to change your character defects one day at a time.

ARIES (Mar. 21- April 20): Your charisma will no doubt attract a lot of attention, which will help in presenting the principals of the steps. You can have an enjoyable time if you socialize with friends. Your ability to work with detail will bring recognition. Get involved in 12 step groups that are creating a lot of avenues for those who are seeking recovery.

TAURUS (Apr. 21- May 21): Your magnetic, and outgoing personality will capture hearts, and hopefully some newcomers looking for a Sponsor. Caustic language may cause you to want to get out of the house. You may find it necessary to confront a situation that has gotten out of hand. Put your time and energy into travel, Spirituality, and searching for what is missing in your prayer and meditation time, to help make it even more rewarding.

GEMINI (May 22-June 21): Minor accidents are likely if you take risks. Don't turn down offers that include AA recovery activities or speaking at 12 step meetings. You are best to look into investments that will grow in value over an extended period of time. You may want to try your hand at a little creative writing. Don't let your boss get the better of you.

CANCER (June 22-July 22): Travel and creative hobbies will be your best outlet. You will enjoy events that lean toward theater, art, or sobriety this month. Talk to someone with experience about budgets or consolidating debts. Concentrate on working the steps with your Sponsor, and going through the Big Book again. Go out and be of service to someone in need.

LEO (July 23-Aug 22): You will be extremely sensitive; take precautions and don't take any risks. Your high energy must be directed into productive goals such as step meetings, Sponsorship, or frustrations will occur. Take care that arrangements to spend quality time together with those in sobriety, are made in advance. You can get ahead if you are willing to take the time to seek God's help first .

VIRGO (Aug. 23 -Sept. 23): Help children complete projects they're having difficulty with. Don't get involved in secret affairs or underhanded involvements. Try to bend, but by no means should you give in completely. Try not to push your philosophies on others. Be patient and kind when presenting the principals of the steps to those in need. Put God first in all of your decision making.

LIBRA (Sept. 24 -Oct. 23): Be discreet about your personal life or whereabouts. Sit back. Socializing will be more than just entertaining. Get busy on projects that improve your own image; you'll have the discipline to succeed. Spend time helping others to achieve the results they're searching for in the 12 steps. Practice spending more time in prayer asking for what others need first. Ask to have a commitment at your meetings.

SCORPIO (Oct. 24 - Nov. 22): You are apt to meet someone special on your journey, who share the same values and principals of the steps. You may find that someone you really cared for in the past has come back into your life. Opportunities for romance may develop through dealing with recovery groups, that have a purpose. You will be ready to jump on anyone who gets in the way of your progress this month, if you don't think first.

SAGITTARIUS (Nov. 23 -Dec. 21): You can make a serious attempt at quitting those bad habits that you've picked up over the years, by meditating and taking your character defects to your Higher power. Control your anger. Unexpected events may be upsetting. Don't let your jealousy be the reason for a decaying relationship, talk it over with your Sponsor for guidance.



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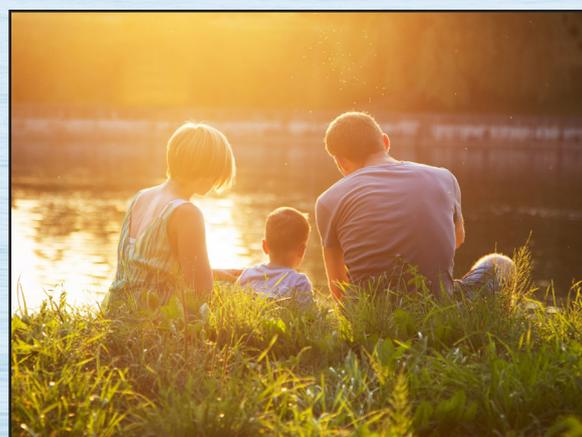
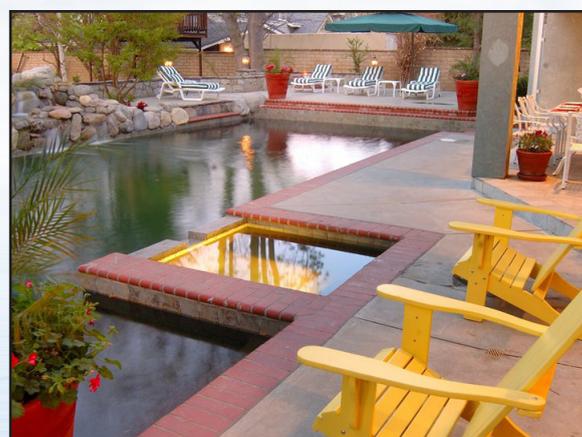
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