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February 2017

KEYS TO RECOVERY — NEWSPAPER, INC. —

By the Late, New York Times Best Selling Author
John Bradshaw

Recovering Addicts & Post- Romantic Stress Disorder



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Our Recovery**
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and The Brain**
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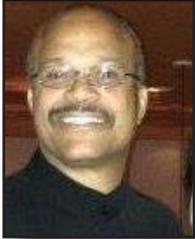
As Keys to Recovery Newspaper embarks on another New Year's journey, we are so thankful for the different opportunities we have had, like being able to attend the numerous functions in the recovery arena. We have been invited to some very prestigious events showcasing unique and diverse services that are offered, not to mention the networking opportunities that are given at these gatherings.

We have been blessed to be part of grand openings of newly established treatment centers, IOP's and sober livings of every kind. Our distribution has now reached across the United States, and we have received inquiries from numerous countries requesting our recovery newspapers as well.

This has truly been the ride of my life. I have had the chance to be of service to so many, with their recovery process from the addictions and disorders that restrict them from being who they truly could be.

We will have our recovery newspaper in the registrant bags at 18 of some of the largest recovery conventions and conferences throughout the United States this year. This has been a remarkable journey since our very first day, I look forward to this year and it's potential to allow us to be an avenue to help spread the message of hope and recovery from all addictions and disorders.

Marcus Marshall, Vice President & Cofounder



Hi Guys, I love the starting of a New Year. It gives us a fresh outlook of the coming year and it enables us to leave the past where it belongs, not that we forget the past but we learn from it and move forward into the present with opened hearts and minds to receive whatever God has planned for us.

I remember when I first started with Keys to Recovery we were entering a digital world with print. Although we have digital access to our publication our primary focus is distributing hard copies. A lot of people thought we were crazy. But 3 years later we proved them wrong. Jeannie once told me when the hand of God is in our venture we cannot fail. This brings me to our distribution. Our mission is to carry the message that we do recover. In order to do this we must have a hard copy to reach the suffering addict. WE ARE EVERYWHERE! To name a few we are at hospitals, clinical professionals, 12 step meeting halls, children services, rehabs, sober livings, judicial systems, and many more, and lastly prisons. This weekend we got a letter from an inmate in jail. He said one of our articles changed his life. How fortunate that I GET to be a part of Keys!

"I choose to be a difference maker and I work to make a difference in this fight every single day! I encourage you to do the same. Join me as part of a Recovery Army where we can make a difference." Michael Deleon.

Till next time, Beth Dewey-Stern, C.E.O. & Cofounder



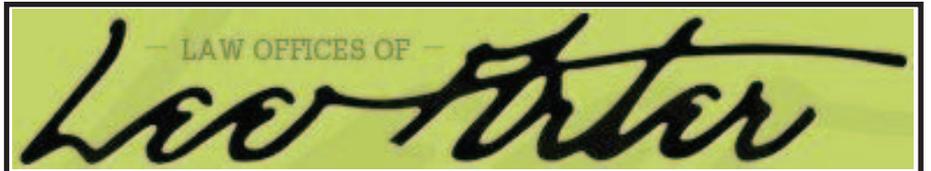
Happy February. This year proves to be one of growth, for Keys to Recovery Newspaper, as well as me personally.

Keys to Recovery will be incorporating more columns this year, due to the rising need of diversity in recovery. We currently have 12 columns. Some of those 12 columns, deal with a specific area of recovery. Take "Food For Thought" for instance, written by Jenni Schaefer, it deals with all types of eating disorders and recovery from them. "Quit to Win", deals with recovering from gambling addiction. "Healing the Family", focuses on helping the recovering person and the family, before, during and after recovery begins.

We plan to launch two new columns this year. The first "Young at Heart", which will deal with recovery issues for the more mature person, trying to get sober or in their recovery. The second new column "Too Young Not to Recover", will be written for and by, young people in recovery.

My personal growth this year will include stepping into the Vice President position on the board of directors for W.A.A.T (Women's Association for Addiction Treatment). I am so honored, and excited to be a part of W.A.A.T, at this new level. Not only for my personal growth, but for the exposure Keys to Recovery Newspaper will have. We are always looking for new ways to be of service in the recovery community, and I cannot think of a better way to start the New Year.

As Bishop Stephen Hamilton reminds me, every Sunday at *Spirit and Life Ministries*, there are *No Limits*, when God IS the center of my life. (#NoLimits2017)
Jeannie Marshall, President & Cofounder



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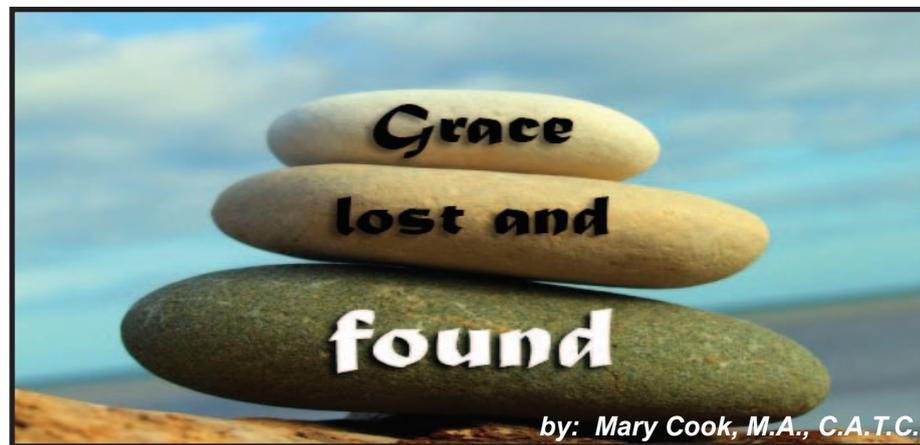
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by: Mary Cook, M.A., C.A.T.C.

HOW STRONG IS OUR RECOVERY?

When we pretend to be other than who we are to win acceptance, we have abandoned ourselves. When we criticize another in an attempt to glorify ourselves, we are demeaned. When we profess love based on idealization or denial, we are deluding ourselves. When we forgive someone for harm done to us, yet haven't examined, understood or healed from the harm, we're reinforcing our fears. When we punish our children for behaviors and attitudes that we currently practice, we are hypocrites. When we help others so that we can avoid facing our own problems, we are codependent. When we give to others in order to control them, we are dishonest and devious. These are all examples of failures to practice faith in the recovery process. We are avoiding the very vulnerability that we need in order to heal and grow.

Our motives and underlying belief systems need to be examined to determine whether our behaviors and attitudes are recovery based. Outwardly we may look like a positive example of the program. Inwardly, whenever we shy away from deep, fearless inventory, we suffer spiritually and psychologically. Pretense and half truths are an important part of the problem we sought help for. They have no place in the solution.

Addiction brings bondage to a sick substitute for acceptance and pleasure. True self-esteem and joy are the benefits of a process of rigorous inventory and personal transformation. Every addiction has an intricate, interwoven support system. This support consists of character defects, unhealthy attitudes and actions, false beliefs, defenses, fears and often hatred of internal and external realities. Its effect on every area of life must be examined and healthy alternatives identified and practiced. Breaking the cycle of addiction is easier than dismantling the support system for it. Its support however, is the genesis of misery, compulsions, failure and relapse.

Identifying and surrendering all that hampers recovery cannot be accomplished without help. Unconscious defense mechanisms and lack of awareness and understanding, prevent us from clear, deep reflection. The perceptions of sponsors, peers in recovery and counselors can enlarge and enlighten our view. Once sick and unproductive thinking and behaviors are identified, their surrender requires assistance from our higher power. Daily prayer, attention and correction when we falter, as well as learning and practicing substitute thoughts and actions are necessary.

If negativity or abuse helped us to heal, learn and grow, we would have no addictions. The purpose of the program's inventory is to understand ourselves and identify the areas where solutions are needed. Pain and hope are key components of motivation for change. Pain in this case is not masochistic, but rather the acknowledgement of pain we and others experience as a result of untreated addictions and dysfunction. Sickness produces suffering for us and others. The program advises us to pray for people who are sick rather than express anger or despair toward them. We must apply this equally to ourselves. Compassion, honesty and understanding create a safe space for hope and faith to flourish.

We must form new connections between ourselves and others. Mature caring evolves from understanding. Understanding comes from slowing down, deep breathing, prayer, meditation, self-reflection and listening for deeper answers. Underneath every unhealthy behavior is a false belief. Underneath every false belief is pain in need of healing. When we heal and let go of what no longer works for us, we experience rejuvenation. There is room for us to grow and an openness to new ideas.

Life on life's terms means we accept negative and positive, loss and gain, sickness and health, stress and serenity. Life is change. Resisting change causes us to live in fear and darkness. When we respond to conflict, stress and wounding with aggression, despair, or denial we are in opposition to life. When our response is to challenge ourselves to grow to greater maturity, we are collaborating with life.

All the energy we send out into the world returns to us magnified. Thoughts, feelings, actions and their underlying motives work either for or against us. The strength of our commitment to recovery determines the amount of struggle and harmony we experience. We are all given a unique combination of talents by a power greater than ourselves. When we waste or exploit them in harmful ways, we turn talents into enemies. When we identify, nurture and express them for the highest good, we become the blessing we are meant to be.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has 40 years of clinical and teaching experience. Mary is available for telephone and office consultations, and speaking engagements. Contact her at 310-517-0825. She is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", at Amazon.com.



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FIND YOUR ENERGY FROM GRATITUDE

Words we say all the time. It's our habit response for all kinds of things like gifts, compliments, kind gestures, etc., etc. As children, we have been taught it's the polite thing to do. But we say it, and then go about our way and forget about it. And we leave out the most important part of those words—the heartfelt energy behind them. That's the part that makes good things happen. In recovery from addiction, it can be a powerful tool to freedom and break the chains of addiction.

The ability to express heartfelt gratitude in life and recovery is an amazing gift we've all been given, but many people have no idea it even exists or the many benefits we receive with its use, especially if you are new in recovery. Every time your heart lights up with gratitude, energy is created...loving, healing energy. And there's a lot more to it than most realize.

Everything in the universe, including people, is made up of energy vibrating at different high or low frequencies. With positive thoughts, you vibrate in higher frequencies and attract love, peace, harmony, abundance, serenity and the good you want in your life. With negative thoughts, you vibrate in lower frequencies and attract lack, discord, fear, anger, and many may turn to addictions. What you don't want. Thus practicing positive, heartfelt gratitude puts you in a higher vibrational frequency, and this attracts more of your good.

Research shows that gratitude is a vital part of our lives. Robert A. Emmons, Ph.D. Professor of Psychology at the UC, Davis, is a leading scientific expert on gratitude and says, "Gratitude heals, energizes, and transforms lives physically, psychologically, and socially. And people who practice gratitude consistently report a host of benefits." In his writings, he details much about gratitude and its many benefits.

The appreciation and affirmation experience can involve other people or your own personal life issues and recovery. When you receive a gift from someone, kindness, a thoughtful gesture, etc., you feel grateful. Then when you achieve a goal, in your recovery you find something you're looking for, or a plan turns out well, etc. you also feel grateful. Either way, when you express gratitude in a heartfelt way you experience a happy, more meaningful life.

It's easy to feel grateful when your life is going well. But how can you feel grateful when hard times hit, like loss of a job, a health issue, etc.? You can't just tell yourself to feel good about some misfortune. Well, there's a distinction between feeling and being. Dr. Emmons explains that feelings are about the way things are, the way they should be, and the distance between them. But being grateful is a choice to view life in its entirety, and not be overwhelmed by temporary circumstances. It's like separating the temporary challenges from the overall meaning of your life. And gratitude can help you cope with the crises.

Look back on your life. You survived a lot, especially from addiction. And you can survive this challenge. It is possible to feel whatever you feel, about your present situation and still be grateful that your life does have much meaning. And this sense of gratitude can lift you to a higher energy frequency and more peace and serenity in your recovery!

Learning to use gratitude in a productive way doesn't come about by itself. It takes some thought and practice to become a habit and work it into your recovery plan. And various deliberate, calculated tools and skills are necessary. First, make a list of instruments you can use to help you learn. Some of the following suggestions may help:

1. Begin each morning with the intention to notice situations through the day in which you can express gratitude.
2. Take notice of how good comes to you, recognize the positive, and embrace and enjoy whatever good comes.
3. Use a gratitude journal, along with your recovery journaling and every night record your day's "Gratitude" activities. You might even draw some happy faces.
4. Take walks outside, look around, and notice nature's blessings. We lose just the little things from addiction. Give thanks to your higher power always.
5. Give little notes of gratitude to the people in your life and your recovery supporters.
6. Include gratitude in your prayers.

When you put your heart into your sense of gratitude in higher vibrational frequencies, it becomes more powerful, no more feeling "stuck" and your life and recovery life will be more fulfilling. Be happy. I wish you many grateful experiences.

Marilyn Fowler is a retired Licensed Clinical Social Worker/Psychotherapist. Her professional experience includes Mental Health Team Leader, then Director of Mental Health Services in the Duval County Jail in Jacksonville, Florida; coordinating Mental Health Services in nursing homes, working on inpatient units, and in private practice for a number of years. She Teaches a class at the University of North Florida on The Influence of Childhood Messages on Adult Life, She belongs to Chat Noir Writers Circle, and has a self-help blog <https://selfhelpbymarilyn.wordpress.com> to help others live a better well balanced life! She has two published books, a memoir, "Silent Echoes" and Fiction: "Me and Granmama in the Hill Country". her stories have appeared in several magazines and in a book entitled; "When God Spoke To Me." She's active in her church, and she believes that a sense of humor is a blessing to be used often in life!



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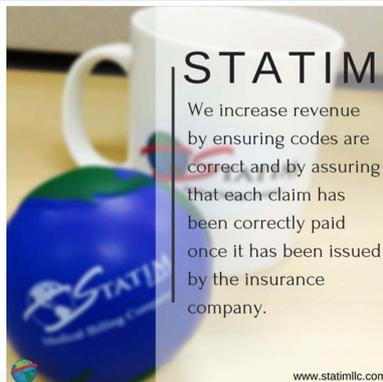
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by: Nita Vallens

Dear Dr. Nita,

I feel a little like the person who wrote to you in the January issue who went by the name "Stuck in LA", but for a totally different reason. So here's my dilemma... my dad was (and still is) very critical more so with me than with my siblings, and as a result, I am a perfectionist. I've noticed that it's been taking a toll on my life at work, and now I see the problems it's causing with my sobriety. For example, when people in meetings say, "it's perfect the way it is" - I just get irritated and maybe I'm missing something? Intuitively, I know there's got to be a better way and that's why I'm turning to you for help.

"Perfectly Unhappy"

Dear Perfectly Unhappy,

What if you could be perfectly imperfect? I know the question doesn't make any sense. Who wants to be imperfect? But on the other hand, who wants to spend their entire life being unhappy? Not you and not anyone else. But if you keep seeking perfection, you will always be unhappy.

To be clear, imperfection is not the opposite of perfection, like good is the opposite of bad, or black the opposite of white. Imperfection is the freedom from the need to be perfect. We are then free from the chains of unrelenting perfection, and the search for it.

Instead, learn to fly on the wings that you have been given, not the ones that you believe everyone wants you to have. It's time to let go and just be. I want you to play the cards you have been dealt, let go of the expectations of others, and be yourself.

I realize it's not as easy as it sounds. Many self-help books always say we need to let go, yet never seem to get to the instruction part. How about that bumper sticker from 12 step programs: "Let go and let God." Just imagine what we might feel like without the pressure of seeking an unattainable perfection in every area of our lives.

So, let's talk about what imperfection and perfection mean and how to make these work for you: Let's learn to embrace your inner imperfection and be quite comfortable with it. The skills you need to make the most of yourself throughout your life, as well as, giving others the permission to do so, can be learned right now!

Ask yourself, "Who am I?" How many of us have asked that question while looking in the mirror? Throughout your life, you may ask it many times. What kinds of answers do you get? Maybe you have not grasped the importance of who you truly are, so you keep asking? Most people think that they keep asking, because they are not perfect yet.

Here's a news flash: No one is perfect! As long as you are human, mistakes will always be made. Here on earth, it is all about the trial and error principle. We find things out by learning, and that means by trying and failing, we get valuable feedback so that we can move on. New neural pathways are created by experiences, good and bad, positive and negative. Accepting our humanness helps us begin the journey to true self-acceptance.

Let's talk about your dad, parents and families in general, who have expectations, and often don't realize that this exerts pressure and stress for you. This can undermine confidence, self-esteem and cause confusion. Often we are burdened with preconceived notions and ideas about life, that are frequently passed down through the generations. Our parents may have believed them so we simply adopt them for ourselves.

Another problem is that from time to time people look to others to tell them who they are. Every human being has a unique story. Even if you share some experiences with others, your perspective on them is never exactly like someone else's. Don't let someone else's life or choices define who you are.

People have undoubtedly lived their entire life without realizing that they were playing a role, and not being who they really were born to be. We owe it to ourselves to love and be loved for who we are. When you can love and accept yourself for who you are right now, then you can truly be happy, let go of trying to be perfect, and feel comfortable in all of your experiences.

"The privilege of a life time is being who YOU are." Joseph Campbell

Enjoy your journey! Dr. Nita

Dr. Nita Vallens is a licensed Marriage Family Therapist and certified Hypnotherapist in Sherman Oaks for more info visit DrNitaVallens.com or for consultation and appointments call 818.783.6258. Her radio show, Inner Vision, is on Tuesdays @ 1:00pm PT on KPFFK Los Angeles, 90.7 FM or live stream at www.KPFFK.org (FREE podcasts on the Audio Archive Link) Please write to her at: doctornita@gmail.com



I RECOVERED & YOU CAN TOO

I Recovered from PTSD and an Eating Disorder and You Can Too: I'm going crazy, I thought as I grabbed a cookie out of the trash can during an out-of-control binge at 22-years-old. Who does that? I wondered, absolutely disgusted with myself. Unfortunately, my solution to end the confusing and chaotic relationship that I had with food turned into: just don't eat. Of course, this misguided tactic failed miserably and set me up for more intense and prolonged binges, and then, ultimately, for purging.

Fast-forward 15 years, and I'm on the phone with my therapist, curled up in a ball crying, saying those words again, I'm going crazy.

I was describing, not a binge, but an uncontrollable exaggerated startle response that seemed to activate without warning. Who does that? I asked myself. My whole body would jump as if someone had walked up from behind and scared me, only no one was there.

Our struggles change our brains. In the scenarios described above, I felt like my body was being taken over by an outside force. I thought I was losing my mind. Today, I know the truth: neurobiologically, my brain was hijacked. I eventually learned in therapy that I jumped because a part of me was still afraid, very afraid, of a memory of a trauma that I had experienced in my late twenties.

It took a long time for me to break through my denial, and it sure didn't help when so-called experts missed and dismissed both of my problems, but I now know that I was struggling, first with an eating disorder, and later, with PTSD. No one should have to suffer with any mental illness for as long as I did without help.

This month, as we acknowledge National Eating Disorders Awareness Week, my hope is that our global advocacy efforts will lead to earlier detection and treatment of these mental health conditions and others.

The link between PTSD and an eating disorder: Did you know that eating disorders and PTSD, two very debilitating conditions, often co-occur? Some experts refer to an eating disorder as a brain disorder; many refer to post traumatic stress disorder (PTSD) as a brain injury.

Here are some facts about these disorders in the US:

- For adults with bulimia nervosa, 37 to 45 % will experience PTSD at some point in their lifetime.
- For adults with binge eating disorder, 21 to 26 % will battle PTSD during their lifetime.
- When it comes to anorexia nervosa, the odds of having PTSD are higher in individuals who engage in bulimic behaviors like binge eating and/or purging.
- PTSD affects 5 to 12 % of individuals without an eating disorder.

According to studies, it seems that PTSD, not the actual trauma itself, is what contributes to the development of an eating disorder. For some people, PTSD symptoms are so devastating that eating disordered behaviors become a way to cope, particularly bingeing and purging.

As an example, in an effort to alleviate the hyper arousal symptoms that occur with PTSD (e.g., feeling keyed up, irritable, and/or startling), some might binge. In an attempt to decrease the intense emotions associated with flashbacks (another symptom of PTSD), others might purge. Some do both. Having said this, not all people with PTSD will engage in eating disordered behaviors. And, importantly, not everyone who experiences a trauma will develop PTSD.

Recovery from both conditions is possible. Since I was well into my eating disorder recovery work when my trauma occurred, there was only a short time when the two disorders collided. Looking back, I can clearly see that there were instances when I used my eating disorder as an attempt to deal with the emerging symptoms of PTSD.

Here's what I want you to know: both eating disorders and PTSD are real, life-threatening illnesses; they are not choices. I couldn't "just eat" to get over my ED any more than I could "just get over" my trauma and the debilitating PTSD symptoms I experienced.

I hope that you join me in spreading the word to those who are suffering: help is available, and recovery from both eating disorders and PTSD is possible!

There are a variety of evidence-based treatments for both PTSD and eating disorders. Here is a list of some things that I've personally found to be helpful in my own recovery:

- Cognitive behavioral therapy (CBT), which was particularly helpful for my own eating disorder recovery.
- Prolonged exposure therapy and eye movement desensitization reprocessing (EMDR), which were particularly helpful for me in dealing with PTSD.
- Alternative therapies like yoga, acupuncture, massage and somatic therapy can help us reconnect and make peace with our bodies.

Some who battle both PTSD and an eating disorder find it best to tackle both simultaneously, while others find it more helpful to approach the illnesses one at a time.

If you (or your loved one) struggle, professional help that is individualized by experts with experience in treating both disorders is often recommended.

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Freedom from Bondage

by: Dr. Kevin Coughlin, Ph.D

ADDICTION, RELAPSE AND THE BRAIN

Every problem defines its own solution by nature and every problem has a solution; where problems arise is with individual's perceptions and perspectives about issues because that becomes their reality. First, the problem must be defined through the collection of evidence and data, characteristics, and consequences of the abuse and misuse of illicit and prescribed medications and alcohol.

Substance use disorder is defined as a medical illness that is caused by repeatedly using one or more substances. These disorders are characterized by significant clinical impairments in health, social function, and impaired control issues with substance use. These disorders can range from mild to severe and from temporary to chronic. Repeated misuse of substances gradually leads to changes in brain circuits governing the individual's ability of substance related cues to trigger substance seeking, decision making, and self-control, reward, and stress. Genetics, the substance, the amount, frequency and length of misuse of the substance or substances will dictate the time frame of the development of a substance abuse disorder. Severe substance use disorder is considered an addiction.

Addiction has been defined by the Surgeon General as the most severe form of substance use disorder, associated with the compulsive or uncontrolled use of one or more substances. Addiction is a chronic brain disease that has the potential for both recurrence (relapse) or recovery. Relapse is defined as the return to the use of substances after a significant period of abstinence.

Recovery is defined as a process of change where the individual with a substance abuse problem, or an addiction improves their health and wellness, attempting to reach full potential while living a self-directed life. It's called remission until positive changes and values are adopted as part of the individual's lifestyle. Abstinence from all substance misuse is an important part of a recovery lifestyle; however, it is not considered the only healthy pro-social feature.

Relapse definition: to fall or slip back into a former state or practice. Relapse certainly can happen to those who are in recovery from substance abuse and process addictions; however, it should not be expected, only a possibility. Many individuals recover without ever knowing the first physical relapse in their entire lifetime of sobriety. Most have emotional and mental relapses at certain times, and some do have physical relapses as well.

There are three different types of relapse:

Emotional Relapse • Mental Relapse • Physical Relapse

Remember that relapse is a process, Behavior Changes: Hanging around slippery people, places, and things. Arguing and acting out. No serenity, not demonstrating spirituality. Attitude Changes: Different priorities, meetings and recovery not as important as they were. Changes in Feelings or Moods: Resentments, anger, boredom, not satisfied with anything, not grateful. Changes in Thoughts: Thinking that you may be able to use safely now. Not living a life of balance and not taking care of self can all lead to relapse.

"Don't stay too long in the shame-filled grounds of relapse. Fertile soil awaits your return and your recovering." – Holli Kenley

Major changes in the structure of the life, such as divorce, losing a job, moving, having a child, death, a serious injury, a relationship change, things that are a major structure change can lead to relapse.

Neuroscience suggests that the addiction process is a three-cycle stage starting with binge and intoxication, then withdrawal and negative effects, and preoccupation and anticipation. The cycle becomes progressively more severe with continued substance use and abuse. Dramatic changes in brain function reduce an individual's ability to control their substance use.

Euphoric or pleasurable feelings motivate people to continue to use the substance despite the risks; all addictive substances have powerful effects on the brain. Continued misuse of substances cause progressive changes in the structure and function of the brain, these are called neuroadaptations. These lead the change from controlled or occasional use to chronic misuse; they may produce continued, periodic cravings for the individual's drug of choice that can be the catalyst to relapse.

Out of those substance abusers who are treated for substance use disorder, greater than sixty percent relapse within the first year of treatment. Factors that can increase the risk of relapses are: Biological factors • Age use began • Psychological factors • Environmental Factors • Family and peer dynamics • Financial resources • Cultural norms • Stress exposure • Social support access • Availability of drugs.

Mental Health can be a factor that needs to be addressed by a professional who understands both mental health and addiction. Dr. Daniel Amen from Amen Clinic is one of the leading clinicians in the world on brain imagery and understanding changes in the brain. His clinic has done over 125,000 brain SPECT scans. SPECT scans look at blood flow and activity in the brain. He was the Director of a drug and alcohol facility prior to his present position.

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HOW DEEP IS YOUR LOVE?

Oh boy! The month of Valentine's Day. Prime time for love addiction at its finest. We have been inundated by songs, movies, marketing, and other forms of media that have delivered a message to us that there's someone or something (The right size diamond, cute teddy bear, or a delicious box of chocolates) out there that is capable of filling our fantasies, and expectations of this glorious day - which more often than not ends up being not so glorious as a direct result of those expectations.

I once heard someone say "what if relationships were about becoming holy, rather than about becoming happy?" In the moment I knew that I had heard something profound, however, it took me years to understand why. Relationships are designed to help us utilize this human experience to grow spiritually. We would boldly say that the main purpose of relationship is to ignite something in us to expand and grow.

We have the honor and privilege of working with several couples. The most amazing thing that we've seen in all of these partnerships is this deep hunger in each party to heal the underlying wounds that have been being protected for a very long time. In each of us, is a desire for freedom, and spiritual partnership is a perfect design to help complete the process. We are not speaking of codependency, and the need for someone else to fix something inside of us. We're talking about two individuals who have been injured, coming together willing to take full responsibility for what they're bringing to the table, and a profound commitment to work it out.

Often times in relationship counseling it is suggested to avoid conflict. We coach in a very different way. We encourage people to go into the conflict. Inside of conflict is where we learn about our biggest hurts. Inside of conflict is the longing to investigate a piece that is calling for healing. In all reality it's a terrifying process. As much as those pieces want to be healed we have built so many walls around them. Walls to keep us safe. Walls to make sure will never have to feel that hurt again. The issue is that there's an open wound within those walls and the infection is becoming more severe. It begins to ooze out into our relationships, and without conscious awareness what we do is end up creating the very thing that we are the most afraid of.

When we started dating there were a few things on either end that each of us could've considered to be red flags. Things about one another that reminded us of dynamics in the past that were dysfunctional, and often damaging. There were definitely moments where we almost allowed the fears of those things to deter us from our partnership. Neither one of our track records were good or even somewhat decent prior to our relationship, and we were both afraid to make the same mistakes of the past.

This was the moment where we both had to make the decision to trust the work that we had done on our own. We had both radically transformed our relationship to romance as a result of specifically working the 12 steps in this area. We really had done everything that we could do on our own to bring God into the center of this area. The container was now big enough to go deeper. God continued to nudge us gently into staying on the path of working it out.

Love is a commitment, not a feeling. The reality is that love doesn't always feel good. Sometimes love feels really hard, uncomfortable, and like it is requesting more of you than what you're capable of. Do it anyway.

We highly recommend getting intimately familiar with who you are, and what you want in terms of partnership. When you become those aspects of what it is that you're seeking, it will arrive on its own. With awareness of our own shortcomings we can step into relationships with the capacity to be responsible, and utilize the sacred space to practice new ways of being that dismantle all of those walls, until we reconnect to the center within ourselves which is love. We are, in essence, the very thing we been looking for out there. We pray that you allow yourself to stop doing things to get love, and step into the commitment to be love. Inside of this commitment what will fall away is the need to earn what is already your birthright, and the illusion of that will become clear.

Through being committed to being love, instead of being attached to an outcome, a new experience will emerge. That experience may be foreign to you since it basically is learning how to fall in love with yourself!! Like a magnet you will attract the thing that you become.

Con't Page 22

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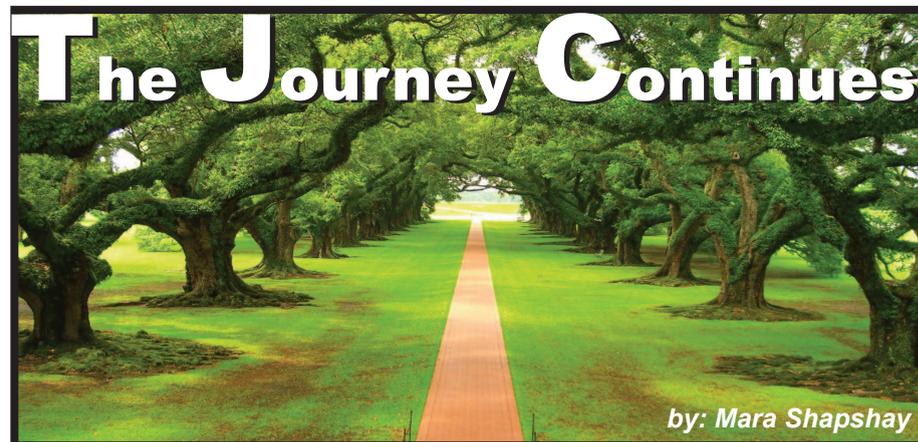
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MY GUARDIAN ANGEL

It was 2005 when I first spotted Carrie Fisher, she was wearing a black cocktail dress, her hair was a bright fuchsia color as she ran barefoot, like a Haight Ashbury hippie, to the courtyard.

I ran after her and tapped her on the shoulder. "I hope you don't think I'm a stalker," I said. "I just want to introduce myself and tell you that I worship the ground you walk on." As those stalkerish sentences came out of my mouth, I had second thoughts about approaching this writer/actress/icon.

At this point I smelled like body odor, cigarettes and mildew. I'd been living in my car in the two weeks that had passed since I'd left the all-female Prop 36 rehab I'd been in for three months.

I had once smelled like Chanel Number 19. I had lived in a lovely two-story townhouse in Pasadena. I was highly educated and had worked for one of the richest men in the world. In other words, while everything looked great from the outside, on the inside I was dying of alcoholism. I was married to a guy who had courted me, had sporadic and lousy sex with me for three years and then married me, at which point we had no sex at all.

My best thinking back then was that everything would be fine if I could just fix my marriage and get pregnant. Of course, it would have required an Immaculate Conception to knock me up, and I would surely have given birth to a giant Xanax.

I tried to quit drugs cold turkey and found myself driving down a one-way street the wrong way, after which I checked myself into rehab. After being fired from my high-powered job, my husband had kicked me out. The car it was.

The combination of detoxing, talking to Carrie and the crisp spring air caused me to break out in a cold sweat and for my hands to shake. She touched my black sweatshirt like a caring mother. I wanted her to be my mother. I wanted her to save me...and she did.

My story, about being fired by the billionaire, about my husband denying me access to our joint account, about sleeping in my car, tumbled out of my mouth. I was hoping to elicit some empathy, which would make her like me and I was desperate for her, or anyone else's, approval (a character defect I still struggle with).

Then she announced that she knew my ex-boss and invited me, without hesitation, to come live with her. The next day, I pulled the Camry that had been my home onto her private dirt road. On a hill sat a sprawling ranch house with an expansive deck holding rocking chairs and swings. I pulled my car in front of a parking meter and a green-and-white road sign that said "Dildo." It was quirky to say the least and I loved it.

I got out of my car and retrieved the three black Glad trash bags full of clothing that was all I had left in my life. Dragging the plastic bags out of the car, I proceeded up the windy rocky path to the side house.

The first night that I was there, I went up to Carrie's room in the main house and we got into bed together, watched old movies, ate ice cream and chain-smoked cigarettes. We did that most of the nights. I felt a real soul connection with Carrie. We would literally finish each other's sentences. We talked about our gay ex-husbands, our mothers, our fears, sex and writing. We had a true bond, which helped me tremendously with my sobriety. I didn't feel so painfully alone anymore, in fact, I felt like I was truly a part of life, a far cry from the anesthetized mess I'd been before.

Carrie was incredibly generous and always taking in stray dogs like myself; the only problem with this is that if one of those stray dogs happened to be another celebrity, I would be bounced from the side house to the pool house to her bed.

As Carrie got busier with work, we spent less and less time together, at which point the inherent problems in the relationship, the fact that when we were out in public together, fans and entertainment industry people would literally push me aside or flat out stand in front of me to get to her, were exacerbated.

All those feelings I'd had growing up feeling insignificant came back to me in spades. I was in the midst of doing step work and I noticed glaring example after glaring example of me hiding behind powerful bosses, celebrities and men. I had been eclipsing myself by bright lights for a long time. I came to the realization that the only illumination I needed or wanted was God's and with His help, I could shine brilliantly on my own.

I had been looking for work the months while living with Carrie, but not until I came to this realization did I find a job. It didn't pay much but it allowed me to move into my own place. And slowly, little by little, I've been able to build my life back up. I would love to say that Carrie and I remained close. We didn't. Still, I will be forever grateful to her for everything she has done for me. She truly was my guardian angel, one who eventually taught me that I didn't need to live in the shadows any longer.

My current philosophy on life is that it's one great dinner party, and that I can sit at the big fancy table on my own. And if I have any message to give those in early recovery who feel "less than," it's this: you're not. Take your rightful place at your dinner party. And may the force (or your Higher Power) be with you.

Mara Shapshay is a writer, journalist, baker/cook and stand up comedienne who is currently working on her upcoming webseries named "Stand Up Kitchen." Visit marashapshay.com for her blog, articles, recipes and comedy clips.

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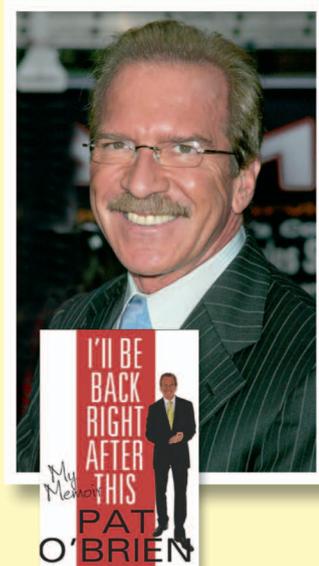
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MY PAIN HAD NO MEMORY

When I went into a treatment center in 2011, I did not know what to expect. Gambling had me ruined. At the time I was convinced that I gambled for money. That I was greedy. That money was going to be the answer to all my problems. A nice house, a nice car, these were the things that were going to make me happy again. Over those five weeks, I was brought on a massive journey of self-discovery. You see, I was never really taught how to express negative emotions or any emotions for that matter.

My gambling, as is the case with all compulsive gamblers, began with a few bets on the weekend with very low sums of money. As time progressed however, the frequency of the bets got higher along with the amounts. You see gambling has a way of sucking you in. All the stories I have heard are similar to mine in their pattern. In the beginning it's fun, it's a past time. There are a lot of wins in the early stages that make gambling appear almost easy. It is these wins and the thought of more wins to come that kept me going, even through my darkest days.

Pain has no memory. I would often get into my car and scream at the top of my voice, punch the steering wheel, cry, pray and swear to myself that this was the last time I was going to go to a betting shop, and throw away my weeks wages. It might take me twenty minutes to get home. By the time I was home I was seeking out ways in my head to win the money back. Who could I ring to borrow money from? What cover up lie would I have to tell, as to not get found out? What jokes can I tell to the people closest to me to make them think that everything is okay? Who do I already owe money to?

Sometimes it is difficult for people to understand the mind of a compulsive gambler. It's difficult for people to comprehend how a person just can't stop, especially when they can see the damage it is doing to them financially, emotionally and in almost every other aspect of their lives. Let me try to make you understand.

There is the lure of the dream world. That one bet can transform your life from having nothing to having everything you ever dreamed of. You also have the buzz and the adrenaline rush you get from each bet. Having placed a bet and seeing your horse or dog cross the line first was a thrilling experience, and one that I craved. It was that craving which played a large part in the bets becoming more frequent. Gone were the days of having a couple of bets on a Saturday. It got to a stage where I was placing a bet on every race, just to keep the buzz going.

If I was looking for a place to hide I had found it. Now I don't mean hide in the sense of no one knowing where I was, I mean it in terms of hiding from the large problems I was creating in my personal life. If I was having an issue with work, if I had lost a game of football, if I was having trouble in a relationship, if I was feeling angry or resentful, the betting shops were the perfect getaway. In there, even though a part of me knew it was killing me, I was comfortable. I felt at home. It was an escape from all my problems. The only problem was, by going there, I was compounding the problems.

I knew what I was doing was wrong, but I genuinely thought that I was the only person in the world with this problem. I know now that is not the case. A friend in recovery put it beautifully to me during the week. He said that you will have everything you ever dream of when you stop gambling, and none of it if you continue to gamble. Right now, we are the lucky ones. I know what he says to be true, because I have lived it these past 3 years, 9 months and 29 days. The best days of my life.

There are a couple of things that have helped me over the years. The simplest of those is to stop watching horse racing or dog racing, or whatever it is you gamble on. Do this for a while until you feel a bit stronger within yourself, and the urge to gamble isn't there anymore. I gambled on horses and dogs and haven't watched a race in almost 4 years.

The second thing to do is to give your money to a parent or someone you trust. It might seem like a very childish thing to have to do, but it takes away the temptation once you know that you don't have money to gamble.

I am not sure how possible it would be, but personal counselling is another route you should explore. Often people gamble to escape other problems that are going on in their life. Things like parents separating, a relationship breaking down or even something like losing a game of hurling or football. The disappointment can make you want to escape that feeling and gambling does exactly that.

There are also gamblers anonymous meetings taking place throughout the country everyday for compulsive gamblers who want to stop. It is a great place to get comfort of knowing that you are not alone.

From an education point of view, I think there is a complete lack of knowledge and understanding around compulsive gamblers, and the effect it is having on families and relationships at home and at the workplace. My Facebook and Twitter feeds are becoming saturated with betting companies offering free bets, to get people to set up an online account. Advertising campaigns make gambling look fun. For some people it is fun, but for a very large number of people (40,000 in a recent UCD Study) it is destroying their lives. The saddest thing about this is that if these people were educated properly in the first place about the dangers gambling offers, they at least would have an informed choice. As it stands, they are being brainwashed, they have no choice. That has to change.

This was written by Niall McNamee. He has been in recovery from gambling since the 13th of November 2011. He is a sports person based in Ireland and runs his own sports clothing company called "Twelves".

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By the Late, New York Times Best Selling Author

John Bradshaw



Recovering Addicts & Post- Romantic Stress Disorder

No matter how famous or in demand John Bradshaw was he always took the time to help others. When we first started Keys to Recovery Newspaper John wrote a feature for us in our Holiday Issue 2014. We are re-running that article here. Enjoy!

Recovering addicts are at a great risk for Post Romantic Stress Disorder (PRSD). In my soon to be released book, Post Romantic Stress Disorder, subtitled: New Discoveries Related to lust, “being in love” and attachment, I describe the sexual breach that lovers feel when they inevitably fall out of love as well as the many other breaches they will feel when the in-love romance programs wanes.

One of the exciting recent research discoveries, made by the anthropologist Helen Fisher, using MRI’s of the brains of people in-love and those experiencing unrequited love, was that the brain in love has a unique

blood-flow circuitry which is different from the brain in lust or the brain circuitry supporting attachment (the program that is triggered as lovers decide to settle down together). The attachment program is especially present when one or both partners desire to have offspring. Fisher has established that lust, in love and attachment are three distinct innate brain programs. The purpose of all three programs is to move us to meet a partner, mate, and create a family in order to nurture offspring.

The in-love romance program evolved to help us meet and select a compatible sexual partner. Fisher’s research found that the Romance Program lasts 17 months (other research puts the time span of the innate buzz at 12 to 18 months). The Romance Program did not evolve to insure long-term compatibility. It evolved to insure that each of us would find a desirable emotional and chemical match. Part of the intensity of being in-love comes

from the chemical dopamine, which triggers testosterone, the source of the sex drive. Couples in-love often engage in “amazing sex.” When the “in-love program” wanes each party returns to their normal testosterone level. This results in the sexual breach. What had been a regular and ritually automatic sexual embrace end with a “let’s just cuddle.” Dr. Jay Wagoner describes a breach as moving from what had been a safe haven that created a sense of union, transformed into a lonely moment of I. The “we” union has been replaced by an I and I. A reasonably healthy person who has built some degree of self-esteem and is not dependent on the sexual love of the other, can move on and accept the challenge of attachment and mature love.

Elsewhere in my writings, I’ve presented the root of addiction as toxic shame. When the affect of shame is toxic, a person feels flawed and defective.



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Addicts cover this absolutized feeling with their addiction, no matter what it is. Addicts move towards darkness and isolation because they are so afraid of being exposed as the imposter they think they are. The first step in healing addiction is to come out of hiding. To show oneself to the other wounded addicts, like in embracing the 12 steps of A.A. In chapter 6 of the revised edition of my book, *Healing the Shame That Binds You*, I show exactly how a shame-based person can recover their fractured sense of self. But even after taking a first step and admitting powerlessness over a certain substance, person, activity, or thing and abstaining from a substance altogether (like in using alcohol, cocaine, and any inherently addictive substance) only a first order change has been achieved. The “disease” of the disease has still to be grappled with. The “disease” of the disease is the toxically shamed personality. Recovering addicts have severe difficulties in relationships. They are sitting ducks for Mother Nature’s Black Magic, the in-love program that is clinically described as an “altered state of consciousness.” Person’s in-love are drunk; they fill up their inner loneliness with their beloved, especially sex with their beloved. Once the sexual breach takes place, most addicts (as well as 50% of the population) believe they no longer love their spouse and often throw away what could have been (if

given more time) a perfectly good marriage. At this point many turn to love and sex addiction. Many addicts begin their addictive life as sex and love addicts. Alcohol or drugs only fuel and exacerbate the depth of their addiction.

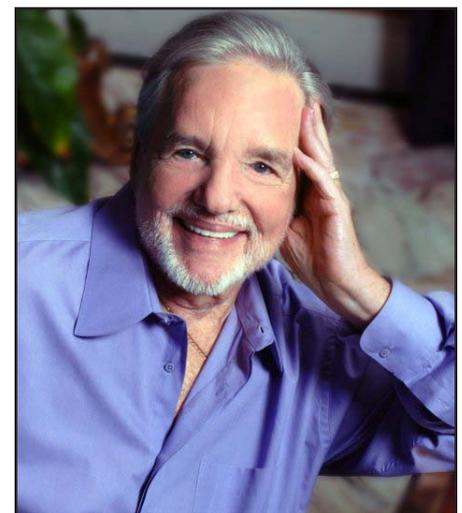
I’m 49 year sober now and in the beginning I was told to avoid relationships, especially with any other addicts. After several painful breakups, I started dating non-addicts (so called “civilians” in AA). Thankfully, I’m happily married and I’ve avoided hurting others.

If you’re a recovering addict of any kind—your greatest danger is getting into a relationship. The therapeutic slogan that says, “we don’t have relationships, we take hostages,” is a strong warning to all recovering addicts. Part II of my book, *Post Romantic Stress Disorder*, offers you a model for building your sense of self and offers exercises to hone your skills for communicating and arguing effectively. Most addicts are from mild to severely dysfunctional families. I present several ways to deal with what I call the family of origin “blockade”—and your wounds from the past. If you don’t deal with issues (abuse, abandonment, neglect and enmeshment) from the past you will remain an adult child. All couples have some childish conflicts; recovering addicts who fail to work on their “inner wounded child” issues will have them all the time. There is lots of hope if you’re willing to work for it.

John Bradshaw, was called one of the greatest philosophers and communicators of our time. His last book, “Post-Romantic Stress Disorder: What to Do When the Honeymoon Is Over”, which was Released November 2014.

In his books, John dealt with the unprecedented opportunity to live, teach and leave a legacy of virtue. Besides his work, John’s passions included his family, friends, sports, fishing and exploring the World with his beloved artist/wife Karen.

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Come see Dr. Gregory Jantz as he presents *Depression: Origins, Coping Mechanisms and New Approaches for Treatment*. Dr. Jantz is a best-selling author of 30

books. He is a go-to media source expert for a range of behavioral-based afflictions, as well as drug and alcohol addictions.

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Keynote Speaker:

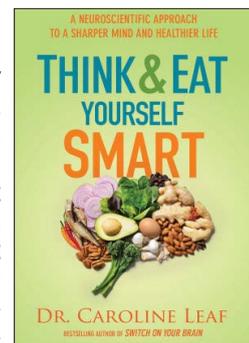
Glennon Doyle Melton is the author of the inspiring New York Times best-selling memoir, *Carry On, Warrior*. She is also the founder of *Momastery.com* where she

writes essays from the heart about marriage, motherhood, faith, addiction, recovery and serving the marginalized.

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Book Reviews

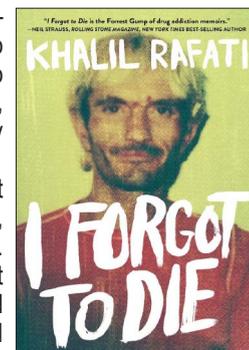
THINK & EAT YOURSELF SMART, Written by Dr. Caroline Leaf. Published by Baker Books. This is not a book of one more diet; this is a book that takes a neuroscientific approach to not only give us a sharper mind, but also a healthier life. I must applaud Dr. Leaf for writing a book that is truly from her heart, shown by the enormous amount of research she did to bring so many important facts to her readers. She gives us facts to help us make not only wiser, but also healthier decisions in what we eat. She explains why the world should rethink their eating habits; learn the value of cooking more of our meals, so we really realize what is in it; instead of being so quick to grab all that fast food. To quote Joyce Meyer, Bible teacher and bestselling author, "Think and Eat Yourself Smart is an incredibly unique look at how the mind affects our eating habits. It will educate and empower you to make better choices that will impact the rest of your life."



Dr. Leaf shows the connection between our brain and food. The fact is, many people are killing themselves because of what they eat. The pointers Dr. Leaf provides in these pages will surely make us think twice, before we take that next bite. She shows how increasing your awareness of emotional responses to food enhances your ability to make wise and mindful choices about what you actually eat. In turn you enhance not only your physical health, but also more importantly, your mental health and your capacity to use mindfulness in all your daily choices.

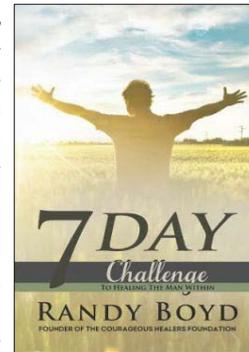
We live in a world consumed with so many things, including food and the pursuit of health, beauty, opportunity and influence. This book can be life changing. Dr. Leaf seamlessly weaves science and biblical insights together to explain how thinking relates to our eating habits. Available at Amazon.com.

I FORGOT TO DIE. Written by Khalil Rafati. Published by Lioncrest. The minute I picked this book up I was completely engrossed. So much so, I started reading it to my business partner. I identified on so many different levels. Khalil was so raw and candid about his childhood, his descent into his addiction, and his journey into recovery. He kept my attention all the way through.



My favorite part of *I forgot to Die* is page 156. Khalil writes about his surrender into recovery with such heartfelt detail. "God please, please, please I don't want to do this anymore. I can't do this anymore. Please just let me see again, please let me walk again, please don't let me go to jail. I swear I will never drink or get high again." Boy could I relate! From a convicted felon living on Skid Row, to an author and health and wellness entrepreneur. *I Forgot to Die* is an amazing true story of hope and how the promises will come true if you work for them. Thank you for carrying the message! A must read. Available at Amazon.com.

7 DAY CHALLENGE TO HEALING THE MAN WITHIN: WORKBOOK. Written by Randy Boyd, Founder of the Courageous Healers Foundation. Published by Courageous Healers Publishing. This workbook is structured to help give you the tools to focus on your progress through journaling, which in turn helps one to diminish their problems and issues in life. Starting from day 1: two 10- minute sessions; Mindfulness (10-minutes) and Walking Mindfulness (10-Minutes), to Day 7: Get Happy is the end achievement from having a spiritually charged life full of appreciation, and true self-worth that manifest from within.



The practical applications revealed in the pages of this book, helps to give you a truly healthy perspective on life. This workbook helps one to genuinely have gratitude and to help acquire serenity, which produces comfortability with oneself and to all individuals encountered. This is a must read being that it's an applicable tool for all, who are earnestly seeking to get a firm footing on the climb upward from past trauma's that fueled addictions.

Becoming whole in mind, body and spirit is our ultimate goal, and possible results could be obtained by doing the 7 day challenge. Randy Boyd teaches us how to recapture our power, and continue the healing process for us to achieve completeness. Available at www.courageoushealers.org/my-book---healing-the-man-within.html

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PAVING THE WAY TO CHANGE

Knowing what we should be doing and actually doing it are often two different things. This cognitive-behavioral disconnect is sometimes called “cognitive dissonance” or “should-ing on oneself.” This experience can lead to negative feelings turned inward, also called “beating oneself up.” Breaking out of this psychological quagmire is difficult, but not impossible. Breaking out requires a basic understanding of how the human brain is wired.

Ben’s story: Let’s take Ben, for example. Ben has recovered from his addiction by working the 12 steps, and still attends meetings on a regular basis. One of the newcomers in his recovery program asked Ben to sponsor him, but Ben worried that he would not have enough time to help this new person. He felt really guilty for not sponsoring the kid, but then realized why.

Ben felt guilty because he knew deep down that if he didn’t play video games so much at night, he would have plenty of time to take on a new sponsee. However, doing so would have required him to change. Uh oh. Ben struggled with change because his brain, like everyone else’s, was designed to be as energy-efficient as possible. The brain, like a car, is most efficient when it uses paths of least resistance. The brain always defaults to these paths to conserve energy, particularly during times of stress. This is why change is so difficult at first.

Ben’s brain is forming new pathways all the time. His brain formed most rapidly up until he turned 25, but this most vital organ will continue to do so for the rest of his life. Ben had some neurological damage from his addiction, but greatly improved his function through cognitive rehabilitation. Since his recovery, he has gained many new neurons (brain cells) and forged healthy neuropathways (connections between brain cells).

Some of the neuropathways Ben gained during his recovery are so well-used these days, that they are part of his default pathways. For example, his morning workout, his recovery meeting and his afternoon protein shake have all become like “second nature,” but that wasn’t always the case. Ben had to do those healthy things every day when he really just wanted to get back to his addiction. (He credits the 12 steps for showing him how to find the strength to get through this turning point.)

Early in his recovery, Ben’s new neuropathways were formed, which took a lot of energy. It was like hiking through a thick forest with no visible path, and his mind and body resisted. But the more he used the path, the smoother it got. The forest turned to a bumpy dirt road, which eventually became a smooth paved roadway. His new healthy behaviors became his default pathways.

Meanwhile, the now unused addiction pathways became overgrown with forest, no longer the path of least resistance to be used, even during times of stress.

Tips for creating pathways to change: If the thing we feel that we should be doing is a one-time thing and nothing is in the way, we can usually just do it. If the thing requires change, like Ben giving up video games, new neuropathways need to be formed and reused until they are “well-paved.” Keeping in mind how the brain works, here are a few tips that can help make the change easier:

1. Write down what should be done.
2. Identify any barriers preventing it from happening. Barriers may need to be addressed first.
3. Write down how and when it could be done.
4. Be prepared to not feel like doing it when the time comes. This is just your brain trying to conserve energy. Make sure you don’t have low blood sugar when the time comes to act.
5. Do it once. If you still can’t get yourself to follow what you wrote down, just go through the motions.
6. If no one died or was harmed during #4, repeat it, preferably the same time each day in the same way.
7. Repeat #5. Never skip a day. Once it becomes “second nature,” days can be skipped, but not at the beginning.
8. Keep going. It just gets easier, and the rewards start coming.

The unexpected benefits change brings. Doing what we know we should be doing usually gives us a good feeling. If we don’t, guilt reminds us to do the right thing. Doing the right thing often leads us to take care of ourselves, even when that means taking care of others – like in Ben’s case.

Ben really just didn’t want to feel guilty. He also knew helping others was more important than playing video games. Little did he know what additional blessings would come his way. Ben decided to stop playing video games every night. He figured if he kicked his other addiction, he could easily kick video games. It was harder than he thought and he asked for a lot of help from his friends and family. He prayed. He realized that he had stopped practicing the 12 steps and put them back into action. He was moody and anxious at first, but he eventually found better ways to spend his time. Soon Ben felt healthier and happier, and enjoyed better relationships. He got more sleep, was less tired at work and even received a promotion. Ben then felt truly ready to help newcomers pave their own pathways to recovery. This time, he didn’t do it out of guilt or obligation, but out of gratitude. He was grateful for his gift of recovery and was finally ready to pass it on.

Dana Connolly, Ph.D., is a senior staff writer for Sovereign Health, where she translates current research into practical information. She earned her Ph.D. in research and theory development from New York University and has decades of experience in clinical care, medical research and health education. Sovereign Health is an important health information resource, and she helps to ensure excellence in our model. For more information and other inquiries about this article, contact the author at news@sovhealth.com.

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Contact

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Jody Frank, LCSW JodyFrank@wcccla.com
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WEDNESDAY, FEBRUARY 1, 2017: 12th Step Yoga. 7:15-8:30 pm. Santa Monica yoga. A Free/By Donation Weekly Yoga Class in Safe Environment. 1640 Ocean Park Blvd., Santa Monica, California, 90405. Contact Dennis (310) 266-2898 or dennislyonsyoga@gmail.com

SATURDAY, FEBRUARY 4, 2017: Every Saturday Night. Music and Meeting. 9:30-11:30 pm. The New Radford Hall. 13627 1/2 Victory Blvd, Van Nuys, California. Contact Ron (818) 823-3633.

SATURDAY, FEBRUARY 11, 2017: Spirit of Studio 12. 8pm. Live Comedy Fundraiser. \$5 Raise funds for Spirit of Studio 12. 6006 Laurel Canyon Blvd., North Hollywood, California.

FRIDAY, FEBRUARY 10, 2017: Valentine's Dance. Entree Fee for Singles is \$3 and for \$5 for couples. Pizza by The Slice, Chocolate Covered Strawberries Available for Purchase. 9:30pm to Closing. 202 Club 202 W. Broadway, Anaheim, California, 92805. Call (714) 535-0900

SATURDAY, FEBRUARY 11, 2017: Radford Hall Variety Show. Tribute to Carrie Fisher. Come Celebrate the Life Of Princess Leia aka Carrie Fisher as Well as Raise Money for Radford Hall. Tickets \$10 You Can Buy Them at Radford Hall Coffee Bar. Radford Hall 13627 Victory Blvd. Van Nuys, California, 91401 <http://rhctrIBUTE.eventbrite.com>

SATURDAY, FEBRUARY 11, 2017: Annual Rockin' Soberfest. 5:30pm-12:am. UFCW Union Hall 8530 Stanton Ave., Buena Park, California.

SUNDAY, FEBRUARY 12, 2017: Clinical Dharma Book Signing 10:30 am-12 PM Open Door 2 Yoga. 163 W 2nd St., Pomona, California, 91766. www.opendoor-2yoga.org

FRIDAY, FEBRUARY 17, 2017: Comedy Night. 7:30pm. Alono Club of Garden Grove. Show is Free. Taco Guy Will be There and Food Plates \$6. Garden Grove Alono Club. 9845 Belfast Dr., Garden Grove, California, 92844.

SATURDAY, FEBRUARY 18, 2017: Pancake Breakfast every 3rd Saturday at the Orange Friendship Club. All You Can Eat for \$2.59 2191 Orange-Olive Rd., Orange, California. Call the Club for time (714) 637-9860

SATURDAY, FEBRUARY 18, 2017: Color of Money. 7:30- 11 pm. Bowling includes shoes. 18 and over. Open Bowling for Those Who are Not 18. Linbrook Bowling Center, 201 S. Brookhurst St., Anaheim, California, 92801.

SATURDAY, FEBRUARY 18, 2017: The Windsor Club gives you Dance Therapy. 9:45pm-1:30 am. Suggested Donation \$7, Club Members \$5. Platinum FREE, Snacks, Refreshments, 50/50 Available. 123 West Windsor Rd., Glendale, California, 91204. (818) 242-1350

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UPCOMING:

THURSDAY THRU MONDAY MARCH 30-APRIL 2, 2017: XLV ACYPAA San Ramon Raised From the Dead. San Ramon Marriot Hotel. 2600 Bishop Dr., San Ramon, California. Register now for \$20 www.acypaa.org

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I-SOLATION

I don't go to bars to get drunk anymore; I don't call a dealer to get high, but there is a place I frequent sober that I frequented drunk. I was there all weekend.

It's lonely there, and I like it that way. I can go through all the motions of life and never leave. I keep everyone at least a car-length away. It smells there, stinks really. Kind of like the laundry bin after a week of neglect. But I love the smell, don't get me wrong. The smell is half the reason I get to enjoy the place all to my lonesome.

I realized I was there when my wife asked, "where are you?"

We were driving back from the grocery store. "What do you mean?" I asked back. Don't we always reply to questions we don't want to answer with another question?

"What I mean is, where are you? You've been gone all weekend?"

"Last I checked, I was at home with you, helping to get the kids dressed, and I helped us knock out the shopping list. What do you mean?" I asked.

"I mean you're unavailable. You're off somewhere like really far away." She had me. Since football season ended, I've had more time on my hands. As I usually do, I dove into projects and writerly things with abandon. I was consumed by it all weekend. I was with my wife and kids, but I travelled a good distance in my mind.

Somewhere in that conversation with my wife, she said, "This is worse than football season." Meaning, I am more isolated and distracted now than during the season. That's saying a lot. One time, when she asked me what I wanted for dinner, I was so focused on how a play should be run that I replied, "Gun rita weak Irene hot"—that being the name of a play.

I got to a meeting later that night. And when I did, I realized that the distant place I was in all weekend was the same distant place where I lived in active addiction. I kept secrets. I let some see one side of me, some see the other while keeping everybody was a car-length away.

In 2007, I worked for the United Talent Agency in Beverly Hills, California. I was an aspiring screenwriter. But more importantly, I was an addict who didn't identify myself as an addict. On a Sunday, I was diagnosed with a drug-induced psychosis. The Friday before, I was at work on time, although I hadn't slept the night before.

That Friday, I answered to curious onlookers, concerned colleagues, to anyone who paid the briefest of attention to me in the same fashion. They looked into my eyes, saw no one was behind the wheel, and asked if I were OK. My reply: "I'm fine, how are you?"

What I should have said was, No. In fact, I am caught in a spiral of addiction. I can't sleep because I don't want to see another morning. And when the sun rises, the only thing that gets me out of the door is a medicine cabinet of substances that I prescribe myself. I've lost my mind and I can't numb the pain any more. I can't do it anymore. I'm done. I'm ready to die. There is no way out. I'm trapped. Get me out of here now or you may never see me again.

Yeah, that's the place.

Is it lonely at the center of the universe?—you betcha.

The place has changed now that I'm clean. There are a few air-fresheners in there, and I opened the windows to let the breeze blow through. But, I still go there. And I don't let anyone else inside.

I cycle through obsessions in sobriety like a game of hot potato. Or maybe more like whack-a-mole because when I knock one out, a new one, or two or three surface. I can't stop writing once I start. Shoot, that should be a good thing.

My sponsor tells me to keep my priorities straight: "Recovery, Family, and God." Man, I love that notion of order. For if I don't stay sober, I can't be a father to my children, a husband to my wife. And if I lose the love in their eyes, how could I ever dare claim to understand God?

What I am struggling with today is what I've been struggling with my whole life: moderation. A new world of writing has opened up to me, and my first inclination is to chase those fairies—the little darlings—the ideas—the far-off notions to the end of the earth, leaving everyone else behind.

I need silence and distance to write, to create. I must respect that. I must tend to it like a small flame in the woods. I must keep others from it in order to let it grow. But, I also need to keep it from turning into a conflagration that burns the whole forest down. That ain't easy for me.

How do I strike the balance? —Insert laugh 'til you cry emoji here— Striking a balance is never my answer. My answer is recognition. Recognizing that I take creative worlds to the same extreme I took my addiction. Recognizing that I need to make clear delineations between work and family.

And always recognizing that my name is Mark, and I am an addict.

Mark Goodson is a writer in long-term recovery. He calls his blog "the Miracle of the Mundane." Follow him at www.MarkGoodson.com

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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, Photo-shop 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 non-profit 501(c) (3) non-profit Public Charity.

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 26 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
- Bail Bonds
- 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
- Recovery Conventions & Conferences, 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.

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. LA 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.aascv.org (661) 250-9922.

Al-Anon Family Groups: www.al-anon.alateen.org (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 Dr, 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.

CEA-HOW: Compulsive Eaters Anonymous- Honesty, Open Mindedness, Willingness Recovery for Compulsive Over Eaters. 5632 Van Nuys Blvd. # 401, Van Nuys, CA. 91401

Cocaine Anonymous: of the SFV (818) 760-8402.

Cocaine Anonymous: World Service Office www.ca.org. (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.

Eating Recovery Center: (877) 957-6575, www.EatingRecovery.com/Jenni.

ERC Insight: (Mood, Anxiety, Trauma) (877) 737-7391, www.jennischaefer.com/seek-help.

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

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

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: www.nasfv.com (818) 997-3822.

Nicotine Anonymous National & World Services: www.nicotine-anonymous.org (877) 879-6422.

Nicotine Anonymous So. California Intergroup: www.scina.org (800) 642-0666

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: SFV www.ncadd-sfv.org (818) 997-0414.

International Obsessive Compulsive Disorder Foundation: (OCD) www.ocfdoundation.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: comprehensive 12 Step sponsorship informational resource website (512) 267-4707.

Secular Organization For Sobriety: (323) 666-4295.

Sex Addicts Anonymous: (SAA) www.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) 210-814.

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: FREE12 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 (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 LA 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 www.nami.org (818) 994-6747.

National Runaway Switchboard (800) Runaway.

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

MEALS SERVED & SERVICES OFFERED:

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: (818)785-4476.

ANGEL HANZ FOR THE HOMELESS, INC. Vegan non-profit: Last Sunday of Each Month 1pm North Hollywood Park, 11455 Magnolia Blvd., North Hollywood, Food Served, Care Packs, Barber, Pet Food, Pet Groomer and a VET for the animals. For Info Call (818) 358-3663.

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.

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 Con't

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 .
 Salvation Army Glendale Corps: Monday -Friday Food Pantry. 320 West Windsor Rd., Glendale, CA 91204 (818) 246-5586.
 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.

HOUSING & 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 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.
 Los Angeles Family Housing (818) 982-3895.
 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 (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 & 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.
 San Diego Sober Living Homes Assoc.: (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&LEARNING - employment & supportive services (818) 781-1073 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 (800) 273-TALK
 Suicide Prevention 24Hour Assessment Center (800) SUICIDE (784-2433).
 Suicide Prevention Center (877) 727-4747.
 TEEN LINE: Teens Helping Teens US & Canada (800) TLC-HOPE or (310) 855-HOPE www.teenlineonline.org

DISABILITY SERVICES

Job Accommodation Centers, Toll Free (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 Dr., 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, Los Angeles, California
 HIV/AIDS Hotline (800) 367-2437. Spanish (800) 400-7432.
 Clean Needles/Harm Reduction LA (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 your "free" 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

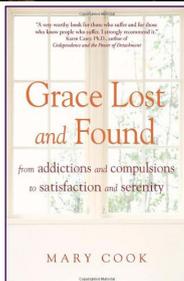
ADDICTION SPECIALIST COUNSELOR

M.A. Psychology, R.A.S.

40 Years of Experience

310-517-0825

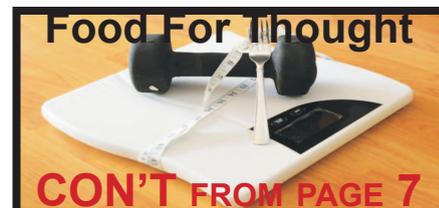
Available for counseling in my office in San Pedro, California or by telephone.



AUTHOR OF: **Grace Lost & Found**
Available on Amazon.com

WWW.MARYCOOKMA.COM

email: MaryCookMA@att.net



We must seek full recovery. Today, I am happier and healthier than ever before. While I still experience many challenges in this thing called life, I am grateful to say that I can now live without the chronic negativity that was fiercely attached to both my eating disorder and PTSD. I view each day as a gift. I've reconnected with self-compassion and self-forgiveness. I love myself. When I thought I was going crazy, I chose to take a step toward recovery, which eventually made me stronger.

If you, too, believe that you might be losing your mind, consider this: through your struggles, you just might be stumbling upon your strengths. Believe it, and reach out for help. Healing is possible.

Jenni Schaefer is a singer/songwriter, speaker, and author of *Goodbye Ed, Hello Me* and *Almost Anorexic*, a collaboration about subclinical eating disorders with Harvard Medical School. Her first book, *Life Without Ed*, has been released as a 10th Anniversary Edition as well as audiobook. Jenni is a National Recovery Advocate of Eating Recovery Center's Family Institute. For more information, please visit EatingRecovery.com/Jenni and JenniSchaefer.com. References: Brewerton, T. D. (2007). Eating disorders, trauma, and comorbidity: focus on PTSD. *Eating Disorders*, 15(4), 285-304. • Dansky, B. S., Brewerton, T. D., Kilpatrick, D. G., & O'Neil, P. M. (1997). The National Women's Study: relationship of victimization and posttraumatic stress disorder to bulimia nervosa. *International Journal of Eating Disorders*, 21(3), 213-228. • Hudson, J. I., Hiripi, E., Pope, H. G., & Kessler, R. C. (2007). The prevalence and correlates of eating disorders in the National Comorbidity Survey Replication. *Biological Psychiatry*, 61(3), 348-358. • Reyes-Rodriguez, M. L., Von Holle, A., Uman, T. F., Thornton, L. M., Klump, K. L., Brandt, H. A., Bulik, C. M. (2011). Posttraumatic stress disorder in anorexia nervosa. *Psychosomatic Medicine*, 73(6), 491-497.

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Dr. Amen argues that psychiatrists should be looking at the client's brain before treating them.

Relapse Prevention Procedures & Principles:

Stabilization and Self-Regulation • Self-Assessment and Integration • Relapse Education and Understanding • Warning Sign and Symptom Identification and Self-Knowledge • Management of Signs and Symptoms and Coping Skills • Recovery Action Planning and Change • Daily Inventory Training and Awareness • Help from Others & Important Others • Action Plan Updating and Maintenance and Flexibility.

Many individuals that relapse, do so after their initial treatment program because they don't follow through with a solid long-term aftercare program. This could include recovery coaching, case management, other professional services as needed, attending recovery groups and meetings, using the tools learned in treatment, continuing to work on the body, mind, and spirit, action planning, doing sober activities, staying busy, staying around positive people. Long-term aftercare should be between three and five years for the best results according to the latest statistics. It's important that family and friends of those who are struggling with addiction support recovery without enabling addiction. Ultimately, an individual's recovery from addiction is up to them, to do the footwork necessary to succeed long-term!

Rev., Dr. Kevin T. Coughlin Ph.D. is a Best-Selling Author, CIP Interventionist, International Master Addictions Coach, Pastoral Counselor and Christian Therapist, and Domestic Violence Christian Advocate. He just released three new paperbacks, *Addictions: What All Parents Need to Know to Survive the Drug Epidemic*, *If You Want What We Have: A Journey Through the Twelve Steps of Recovery*, and *In The Sunlight of the Spirit: A Guide to Spirituality* all are available on Amazon.com. His site is www.revkevsrecoveryworld.com.



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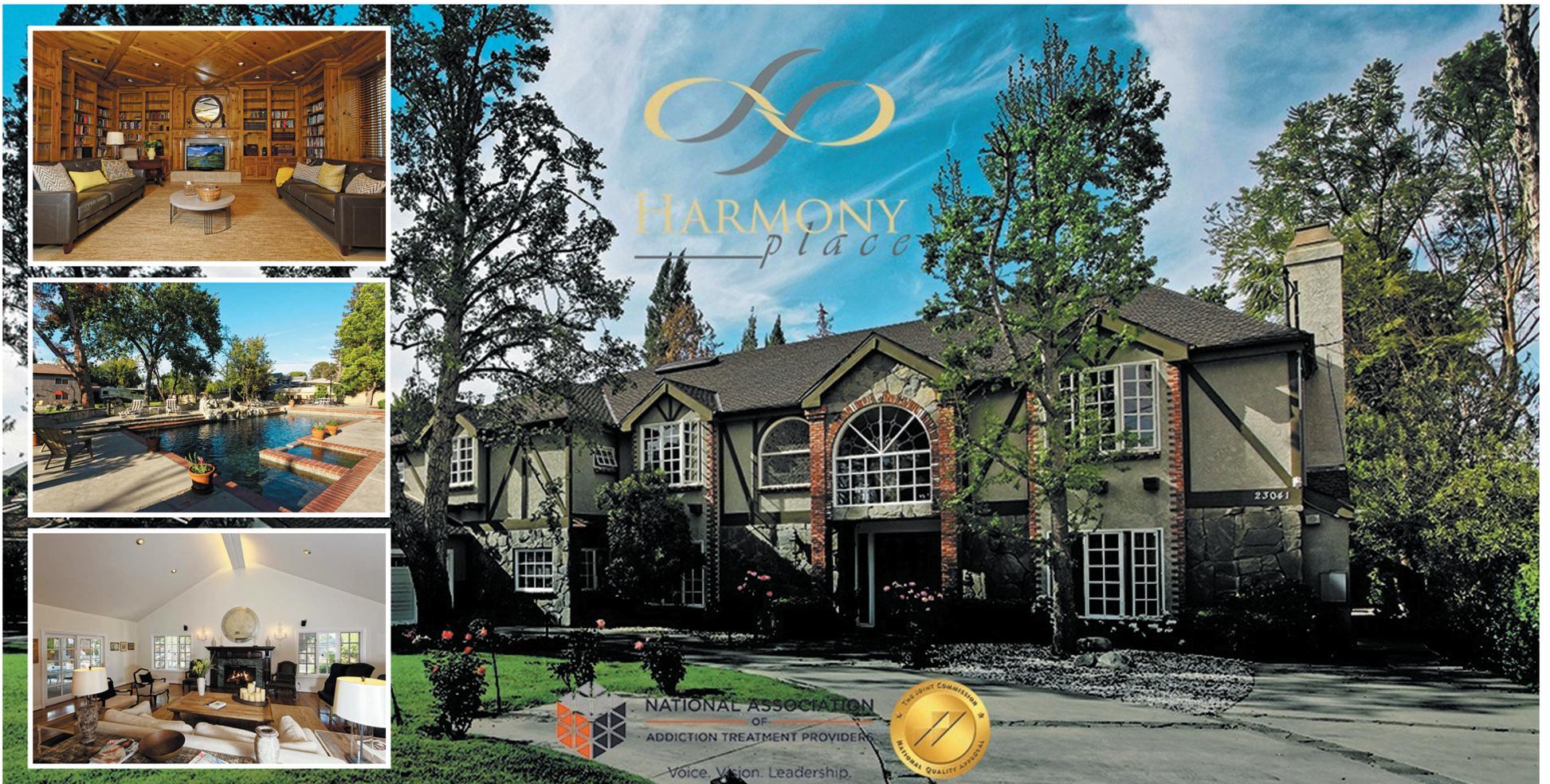


A loving person will manifest. Then the real work begins. Vulnerability. Expressing one's authentic self with gentleness, and sharing your experience in partnership is the first connection to profound vulnerability.

The second part which, at first glance may not seem to be the hardest part, is being open to fully receiving the exchange. This means being willing to use that loving muscle you granted yourself and now bestow that to your partner as well. So start with this Valentine's Day to fall in love with yourself and experience loving someone else from that state of mind. You may just start a whole new level of deeper romance. Love only, Rudy and Kelly Castro - Conscious Partnership Coaching

Rudy is a therapist, and Kelly is a Certified Relationship Coach. They facilitate groups at exceptional treatment centers such as, The Villa Treatment Center, PAX House, and Inneractions. Together they have created partnership, family, and a business designed for service. Whether you are an individual looking to create partnership in your life, or a couple looking to develop deeper levels of intimacy, they are here to help guide you. Consciouspartnershipcoaching@gmail.com

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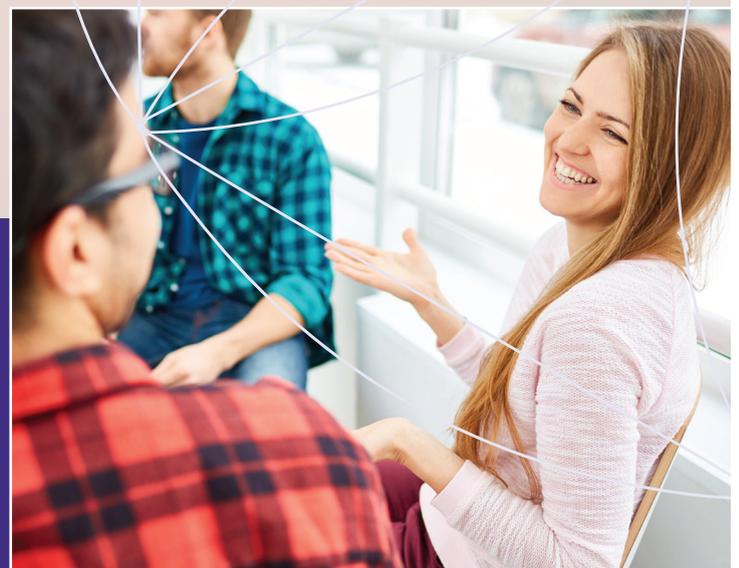
Our core values include modeling and teaching empathy, trauma resolution, living a healthy life and creating meaningful connections. We believe in treating the individual through a multidisciplinary and holistic approach that assists our clients in discovering their true spiritual self.

Through a well-balanced, healthy and structured environment, we craft individualized treatment plans that address dual diagnosis clients. Our intention is to guide each client in their journey of sobriety, resolve trauma, and dissolve resentment that may have occurred throughout their life.

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