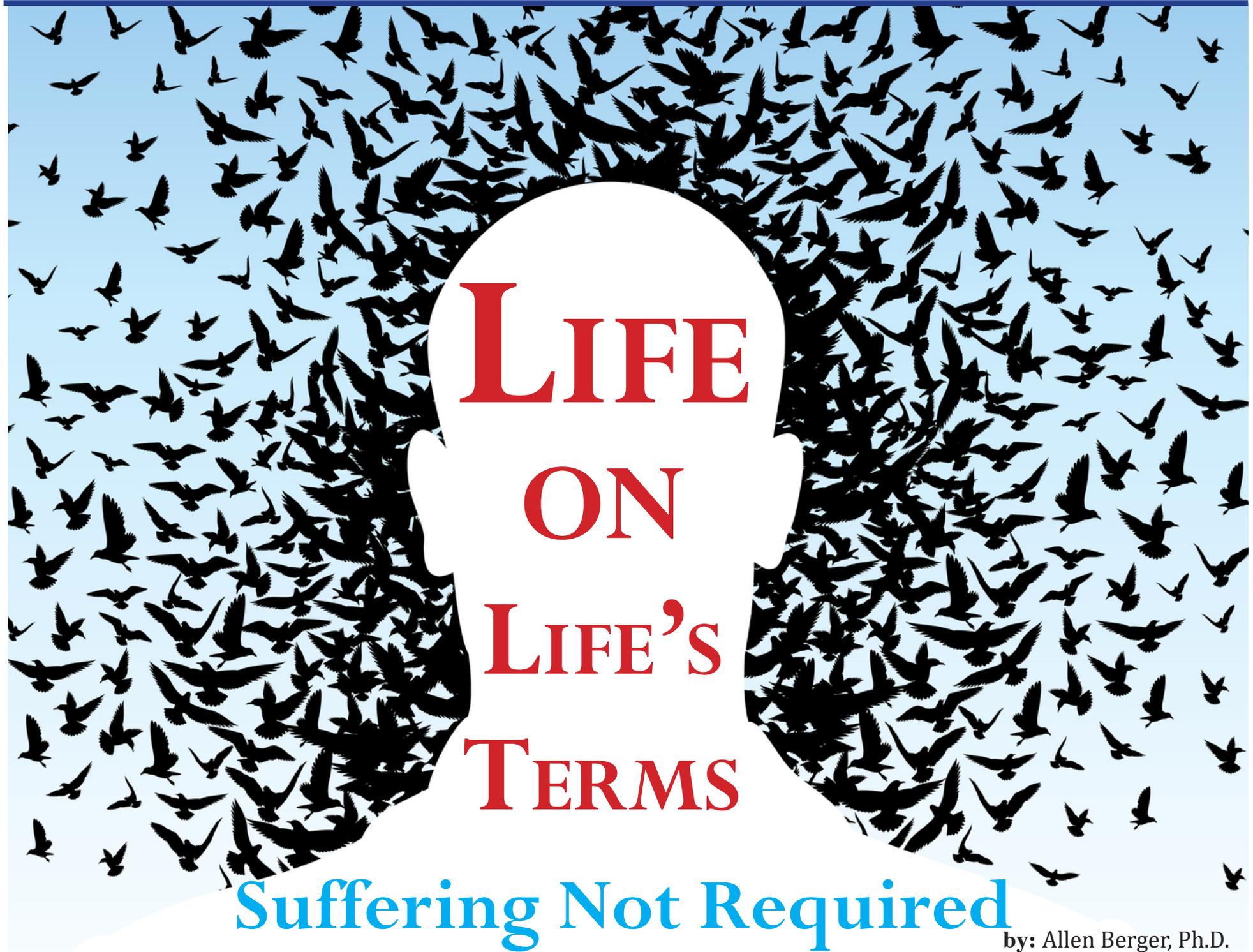


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December 2017

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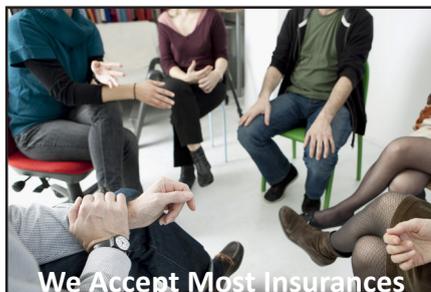
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Welcome to another "inspiration filled" issue of "Keys to Recovery Newspaper".

I cannot believe how fast this year has gone by. Here we are publishing our December 2017 issue of "Keys To Recovery Newspaper". Our last issue for 2017.

I want to share, with you, what has been put on my heart this month. The power of ONE. It only takes one person (me or you) to help another person. By taking the time to help one person you can start a chain reaction in their life, and perhaps even their legacy. Sometimes we don't even know, that we are, or how we are, affecting someone. I once heard, if each of us helped one person, there would be no more need in the world. That is a beautiful goal, and for now I will let it begin with me.

"Keys To Recovery Newspaper" has given us the space to help more than ONE at a time, for this I am truly grateful. Actually our readership is over 100,000 per month. We get letters, e-mails and all types of social media messages, filled with stories of how this newspaper has helped them or someone they love. We don't do this alone. We have our very talented, professional writers, who give us the most amazing, informative, hope filled articles each month. We have our dedicated readers who help us expand our distribution each month. We have our advertisers who fund this passion of spreading the message of recovery to as many people as possible. Let our advertisers know that you saw their ad in "Keys To Recovery Newspaper", and thank them for supporting our mission and purpose.

Our lives are changed, and affected, as we work at something that fills us with hope, joy, and gratitude each month. We meet people of like purpose, as we trudge this road. This month we met Steve Jones, co-author with Freddy Negrete of *Smile Now Cry Later*. I read and reviewed this book for our December issue (see page 17). We also had the pleasure of meeting world famous, Luis J. Rodriguez, author of *Always Running: La Vida Loca: Gang Days in L.A.*, and co-founder of *Tia Chucha's Centro Cultural*, in Sylmar. Freddy Negrete and Luis J. Rodriguez, tell their stories of overcoming impossible odds, of redemption, and ultimately giving help, knowledge, and positive leadership to a new generation.

This is how we can change the world, one book at a time, one family at a time, one person at a time, and always let it begin, with the change in me.

I give all the glory to God, each and every day for His mercy, His grace and his unconditional love. - Jeannie Marshall, President & Cofounder

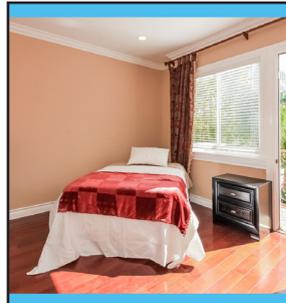
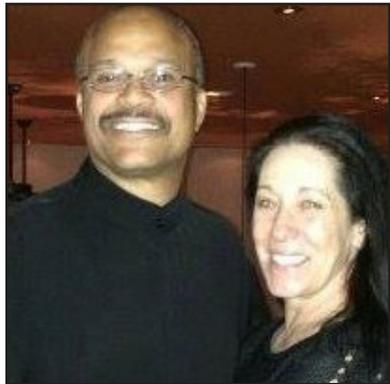
Hello to one and all, this month of December is all about appreciation of the gifts that are bestowed upon us. It's not about the material gifts that are received, but about the spiritual, emotional, and the generational outpouring of love, laughter and bonding that Christmas was intentionally designed for. This special time of the year is about the birth of Christ, and how our world has been touched by the love and sacrifice that Jesus displayed during His time here with us.

There are other celebratory events during the month of December that are precious displayed, such as Kwanzaa celebrated in the African American community, and Hanukkah which is celebrated in the Jewish community. These three are holy times celebrated within the communities that have a significant role in the belief of those embracing its inspirational messages of love, peace and human kindness.

Families, friends, co-workers and even strangers are touched with the spirit of giving, if not just with a welcoming smile, hug, compliment, or just a simple Merry Christmas. This special month of the year inspires, and promotes an attitude of camaraderie, fellowship, and just common respect for one another, if only for just this season. This month generates more peace and love from a global standpoint, than any other Holiday, that I'm aware of.

The true nature of this season has been altered, it has been replaced with materialism, profitability, and commercialism with all its forms of greed, selfishness and gluttony. Fortunately, the essence of true Christmas is carried on through generational traditions and customs, which are passed along to the younger family members, and practiced throughout the churches doctrine instilled within us long ago. There is so much light regarding Christmas, that even the remnants of darkness are consumed by the joyous and festive atmosphere the season brings. May you and yours enjoy this blessed month.

Marcus Marshall, Vice President & Cofounder



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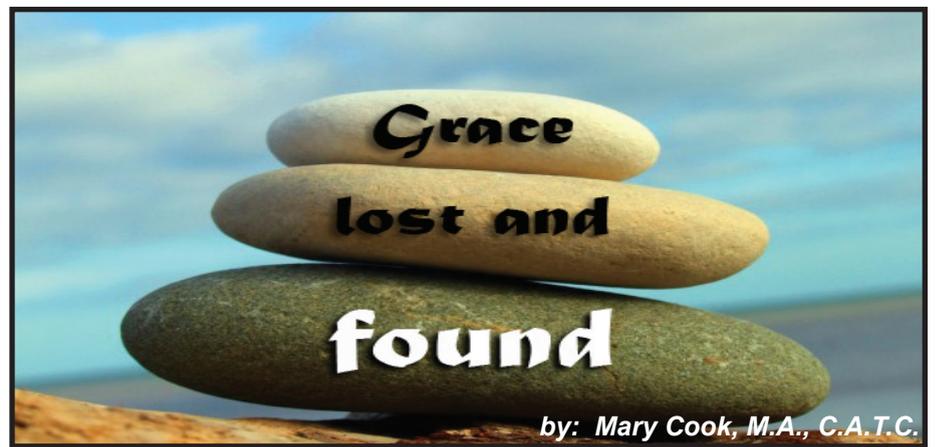
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THE VIRTUE OF HUMILITY

Humility is not self-deprecation, impoverishment, shame or humiliation. It is not co-dependence, inferiority or passivity. Neither is it lack of personal care-taking or responsibility. Humility is recognizing that we see a tiny fraction of ourselves and life, and that everything is much greater than our physical senses and human awareness indicate. Humility is believing there is a deeper dimension in spirit, and that higher consciousness can lead us there.

Humility means that we remain curious, open-minded and teachable, and thus in a process of continual growth. As divine creations, we have a responsibility to honor, respect and care for ourselves, each other and our planet. We all have a profound effect on one another, and we choose whether it will be positive or negative. As the earth, its elements and atmosphere enable plants, animals and humans to survive, humility engages us to protect and nurture our precious resources, and each other. Harmful actions in the world can remind us how important it is for us to share peaceful, healing, loving energy in all that we do.

Humility recognizes the interdependent family of humanity. We understand that free will was given to us as a sacred right by our Creator. We see the contrast between our human and spiritual selves, and the duality on this planet. We appreciate the opportunities to learn from the rich diversity of life, and the contrast of opposites. Our experiences with giving and receiving, ignorance and knowledge, war and peace, love and hate, freedom and oppression, joy and sadness, beginnings and endings, allow us to mature. Recognizing the consequences of our thoughts and actions as individuals, and as a collective society helps us to be more careful, wise and considerate of a much larger perspective in life.

Because flaws and faults are an integral part of us, we focus on observing, listening, understanding and forgiving, rather than judging and condemning. Humility means that we do not take more than we need, and we willingly share what we have. We do not seek to control people nor our God, for that entraps us in mental, emotional, physical and spiritual sickness, and removes our ability to fulfill our soul's purpose. We rightly understand that our human will is far from higher consciousness. We accept disappointments, loss and tragedies for the lessons that we learn from them. Humility is reinforced with failed expectations. They help us discern between our will and divine will. Trust and faith can be strengthened as we allow the temporary feelings of disappointment to abate.

I once heard that the purpose of bowing is to place the heart higher than the head. Our minds perform perpetual exercises in associating the present with the past. Thus dominant thoughts and habits commonly determine our present condition. This leads to repetition and stagnation rather than growth. Our deepest imprints occur in early childhood when we are helpless, needy, and hungry for information to understand the world. Later in life, experiences that stimulate these associations, automatically bring childhood feelings and thoughts to our attention. Thus rather than using our adult knowledge and resources, and our spiritual beliefs and practices, we tend to react from a childhood dependent state, which is typically defensive or offensive. Humility reminds us that our goal is to positively change ourselves, and offer assistance when it is appreciated and beneficial. Humility asks what positive energy we have to give to the present.

Humility means that we place a higher priority on our heart and soul experience, and pay less attention to our mental chatter. Our spiritual perspective tells us that we are complete, and we have all that we need. Suspending focus on our mind, allows each present moment to unfold without past or future referencing. This leads to a wellspring of fresh energy and joy, which is independent of external circumstances. When we are struck with awe and wonder, when we are witnessing blessings and miracles, our mind is still and quiet. There is no thinker and no thought, only pure experience in the moment. This is a humble and ecstatic merging into the oneness of life.

Humility means that we conduct ourselves with honor and integrity. We witness and accept the whole of life, to learn what positive contributions we might offer. We pay equal attention to information from our physical senses, and information from deeper awareness. We understand that although we are a tiny part of the world, our presence has an important ripple effect on the planet. Humility informs us that we are here to become enlightened, and that this is a process of perpetual discovery.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has over 41 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 www.Amazon.com.



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STORIES OF HOPE: 29 YEARS IN RECOVERY
"...you share an objective with all other advocates: to have your story move audiences from apathy to empathy to action." - John Capecci and Timothy Cage, Living Proof: Telling Your Story to Make a Difference

OUR STORIES: My story is not much different from yours. We've all faced hardships, endured painful circumstances and situations, failed as many times as we've succeeded, and today, we're alive, and if we're alive today, we can make a difference.

ONCE UPON A TIME...THE STORY BEGINS: 29 years ago I was the subject of an intervention that worked. They expected me to go to treatment or they would fire me. I went to treatment and began listening to people who helped me mend the broken pieces of my mind, body, and spirit.

The defining moment for me was when a counselor said, "If I can do this, so can you." Feeling so broken, damaged, and without many redeeming characteristics, I didn't think they could have sunk as low as I felt.

However, I was willing to listen to their story, and ultimately, I understood that it isn't how far down we have gone, but how far up we are willing to climb that matters.

I ENCOURAGE YOU TO CLIMB: Addiction traps us in what seems like a bottomless pit. There's nothing there but an endless cycle of use, withdrawal, more use, fractured relationships, financial ruin, and shattered dreams. For some, they die.

Even if you're still in that pit, there is a way out. It will take time, energy, and effort, but there are those of us who are telling you, "If I can do this, so can you."

- Are you listening to the people supporting your efforts at recovery?
- Do you know how much we hope you make it?
- Will you try our suggestions?

WRITING YOUR STORY: Because we initially relate to gender, circumstances, or feelings, your story of redemption and renewal will touch someone in ways that mine can't. That is why it is important to tell your story of recovery to anyone who is still struggling. When you advocate for recovery, you are letting those around you know that recovery works and that people do change.

THE BIGGER STORY: But it's not just the people in your meetings, or family, or a few select friends. It's advocating and supporting the organizations that represent us nationally. Supporting their efforts by attending events, donating your time and money, or giving whatever help you can.

1. Get involved.
2. Read blogs about recovery.
3. Share events on Facebook, LinkedIn, Twitter, and other social media outlets.

A CALL TO ACTION: While I celebrate 29 years, I'm only one of about 23 million people in recovery. Together, we can bring hope to those still in the grips of addiction. How can you do that?

1. Advocate where you can.
2. Become involved in the life of another.
3. Encourage someone else.
4. Live the message, "recovery works" to help end the stigma.
5. Support the efforts of people and groups that foster positive examples of successful recovery.

Use Your Resources and Help Them Tell The Stories

Marilyn L. Davis is a Certified Addiction Recovery Empowerment Specialist, who opened and ran an award winning residential facility from 1990-2011. She recently celebrated 29 years of abstinence-based recovery. She is the author of *Therapeutic Integrated Educational Recovery System*, and her blog is *FromAddict2Advocate*. In 2008, Brenau University created the Marilyn Davis Community Service Learning Award, ongoing to honor individuals working in recovery and mental health. In 2010, Marilyn received the Liberty Bell award, given to non-judges and attorneys for contributions to the criminal justice system and communities. www.twodropsofinkat.wordpress.com.



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Dear Dr. Nita,
The commercialization of the holiday season has been bothering me ever since mid-October. The pressure, the traffic, the shopping, the cooking and the kids needing to go to twice as many places are stressing me out. Any suggestions?
Thank you, Marcia

Dear Marcia,
As we roll into the holidays, many emotions, thoughts, and demands arise. We are trying to live our best lives and help others such as our children, family members, friends, and coworkers, to do the same. You're experiencing a variety of emotions coming at you at once. You've mentioned the cause and what you are feeling are the signs of stress!

An attitude adjustment can happen at the drop of a hat. You could make a seismic shift and go from sad to glad with the sound of a fast-paced song, or a funny joke. Both have the power to make you smile from ear to ear for the rest of the day.

So, let's go back to basics. Having the tools to manage how effective you are at a moment's notice, can be one of the most valuable skills you possess. Sooner or later it's well worth your time to embrace ways to reduce stress, and be our best selves.

There's a book and it's one of my favorites that may help you re-focus your energy, identify your feelings, and master how to get through the holidays and beyond.

The book gives you ways to effectively change your whole life and begin to shift your thinking. It's called Alcoholics Anonymous. You may be one of the millions of people working the steps, or who have read it.

Either way, I want to share a review of the steps:

- Step 1:** We admitted we were powerless over alcohol, that our lives had become unmanageable.
- Step 2:** Came to believe that a Power greater than ourselves could restore us to sanity.
- Step 3:** Made a decision to turn our will and our lives over to the care of God as we understood Him.
- Step 4:** Made a searching and fearless moral inventory of ourselves.
- Step 5:** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- Step 6:** Were entirely ready to have God remove all these defects of character.
- Step 7:** Humbly asked Him to remove our shortcomings.
- Step 8:** Made a list of all persons we had harmed and became willing to make amends to them all.
- Step 9:** Made direct amends to such people wherever possible, except when to do so would injure them or others.
- Step 10:** Continued to take personal inventory and when we were wrong promptly admitted it.
- Step 11:** Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- Step 12:** Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Now that we have reviewed the steps, I'd like you to consider reading through the book, and going to the steps that feel the most helpful right now, working with your sponsor and sober support team as needed. What has been useful to some in past holidays, is to realize that steps 6 and 7 are very helpful to resist the temptation to point out the defects of character, or shortcomings of others.

Step 8, for the holidays indicates getting organized, and having a few lists for all that you want to be completed. As for step 12, being of service to others, without letting yourself get lost in requests from others, and always putting self-care first.

Most importantly is the service to others when you know your business is taken care of, and to always, always stay in gratitude.

Peace and blessings,
Dr. Nita

Please write to Dr. Nita Vallens at doctornita@gmail.com or phone her at 818.783.6258. You can hear her on KPFK Radio 90.7 Los Angeles on Tuesdays at 1:00 PM or live stream at www.KPFK.org

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STUBBORNNESS SAVED MY LIFE

As a little girl, I was very determined. I had a natural drive for self-improvement and academic success, and I sought extreme measures to achieve my goals. As a gifted child, I always knew I was different from my peers. I held myself to a higher standard, an impossible standard, and I never gave up in my pursuit of excellence. I scored in the top 1% on the Grit Test, which only further exemplified my dogged determination. However, this determination evolved into intense stubbornness; by the time I was a young teenager, my stubbornness had led me to the pit of my eating disorder, a pit so deep that I couldn't seem to fathom ever climbing my way out.

After my first round of inpatient treatment, I began seeing an outpatient therapist named Sarah Gibbs. Little did I know, she would be the one to help free me from the relentless eating disorder that was attempting to kill me. When I was inpatient, I hated going to therapy. After all, I was stubborn, and I relied on my eating disorder for comfort. I was blinded to the life-threatening dangers that came along with anorexia, because I simply couldn't see past my addiction to this monster inside my head. However, something deep within my heart drew me to therapy. I trusted that Sarah would help me find my happiness again.

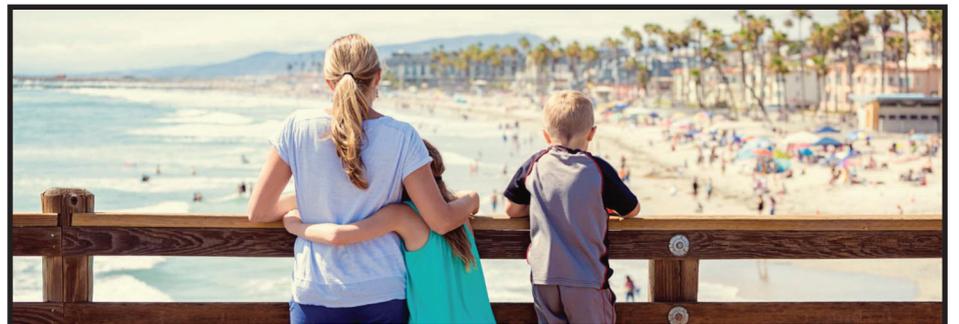
In my first session with Sarah, I entered her office with every intention of lying to her about my secret, devious plan to keep my eating disorder. But to my surprise, as soon as I began to introduce myself, I confessed everything to her. From the first second of my therapy with Sarah, I never once lied to her-- I did not want to. Sarah brought out the side of me that I had temporarily lost sight of, which ultimately helped me recover: my intense, unrelenting honesty. Sarah recognized that I was a stubborn little girl, and that this quality would likely not change, so she suggested that I use my powers for "good". This was a new concept to me-- I was always taught that stubbornness was a negative quality, and I became fascinated by the possibility that my fierce determination could be a positive thing.

From that day forward, I tested out my "good powers". I sat down to write a poem, and the words simply flowed from my mind to the paper in front of me, creating a beautiful portrayal of my pain. I challenged myself to master a new combination in dance class, and I succeeded. I picked out a difficult song to play by ear on the piano, and was surprised by my natural musicality. I thought, perhaps Sarah has a point. My brain is so powerful that when I put my mind to something, I can achieve it. I just need to keep putting it toward healthy things rather than disordered behaviors, like I did as a young child.

This realization liberated me. I felt free and powerful. I no longer felt like a victim to my eating disorder, because I realized that if I truly wanted to recover, I would be successful. I chose to be a warrior, and take back the power that was stolen from me in the battle between myself and my disorder. I vowed to make "Ed" rue the day he ever laid his lying, manipulative hands on my innocent brain. I promised myself that I would use my natural stubbornness to beat my inner demons. Now, many years later, I have won.

Recovery is a choice. It starts with a choice to say no to Ed, it continues to be a choice in every step of the battle to be free, and once you are free, you still must choose to be authentic and take care of yourself. I made the choice to recover, and my honesty and stubbornness are what keep me healthy. What was once my most dangerous quality ultimately saved my life, and I am forever grateful. I know that I can do anything I put my mind to, as long as I believe in myself.

Tara DeAngelis is an eating disorder recovery blogger and educator. She is currently applying to law schools with the hopes of pursuing a career focused on gaining more legal support for individuals seeking eating disorder treatment. In her free time, Tara enjoys Irish dancing, sipping a good cup of coffee with friends, spending time with family, relaxing on the beach, and walking her dog. Tara can be reached the following ways email: tnmdeangelis@gmail.com, www.honestly-free-ed.com or email: honestlyfreed@gmail.com.



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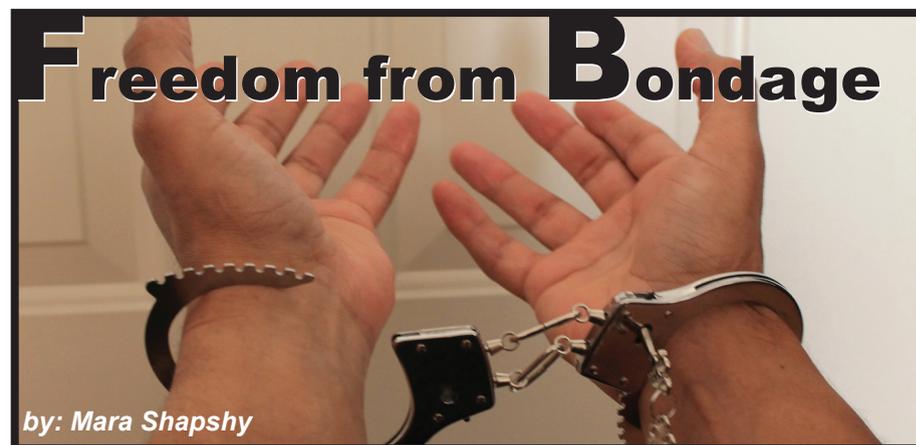
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by: Mara Shapshy

DO YOU LIVE TO WORK?

Workaholics, we all know them and we secretly want to ring their necks. These work-obsessed people are our fathers, our sisters, our husbands, our bosses or even ourselves. What is a workaholic, you ask? Well, Barbara Killinger, PhD explained it best, "I define a workaholic as a work-obsessed individual who gradually becomes emotionally crippled, and addicted to power and control in a compulsive drive to gain approval and public recognition of success."

What's really sad is that workaholism is socially respectable, and even encouraged in many fields like law, medicine and on Wall Street. Because we live in such a prestige-obsessed culture few people see it as an addiction, but don't get it twisted, it very much is one. "Workaholism is the best-dressed addiction in the country," Says Bryan E. Robinson, PHD author of *Chained to The Desk: A Guidebook For Workaholics, Their Partners, Their Children, And The Clinicians Who Treat Them*. It's such a good looking addiction that rarely anyone seeks help.

One of the classifications of an addiction (and believe me, I'm in recovery from many) is using a substance or thing (like work) to avoid pain. I'm sure we've all been told at one point when going through a tough time, "just throw yourself into your work." Well, if you do that you're not feeling your feelings, and you're using work as a way to "cope."

It's laughable that society thinks that workaholism isn't as bad as alcoholism/drug addiction, but it is just as destructive to your body, mental health and family. "A workaholic will die faster than an alcoholic any day," says Diane Fassel, PhD author of *Working Ourselves to Death*. By overworking yourself, you're creating massive levels of adrenaline, which encompasses the whole body and taxes the heart. Workaholics suffer from anxiety, ulcers, fatigue, sleep disturbance and depression.

When workaholism goes too long unchecked the workaholic becomes more and more obsessed with their job, and they become very myopic. They won't delegate work to others for fear of them "not doing it right." They become isolated and live in fear all the time, because behind every obsession is fear.

Then let's talk about their family who suffers greatly. The children of workaholics suffer from worse depression than children of alcoholics. They are forced to act like adults because of the absent parent. And ladies, if you're married to workaholic you have a much higher chance of getting divorced.

How does one become a workaholic? Well, for some it's a childhood where they had to be the adult in the family, whether it was from having a sick parent, experiencing the death of a parent or divorce. Other workaholics come from type-A families where love was given only when they excelled in academic, or other pursuits. You remember those kids in high school, the ones who cried when they got an A- while you were super stoked with your B-.

There are three types of workaholics: The pleaser, the controller and the narcissistic controller. The pleaser is the person who doesn't know the word, "no." They bend over backwards because they desperately want to be liked by their boss, co-workers and clients.

The controller needs to be as Janet Jackson says, in "control." They're intense, charming, sociable, tough, impulsive and full of themselves.

The narcissistic controller is probably the worst out of all three. They have zero empathy for anyone, and are ruthless in their drive for their own success. If left in power too long they become tyrants.

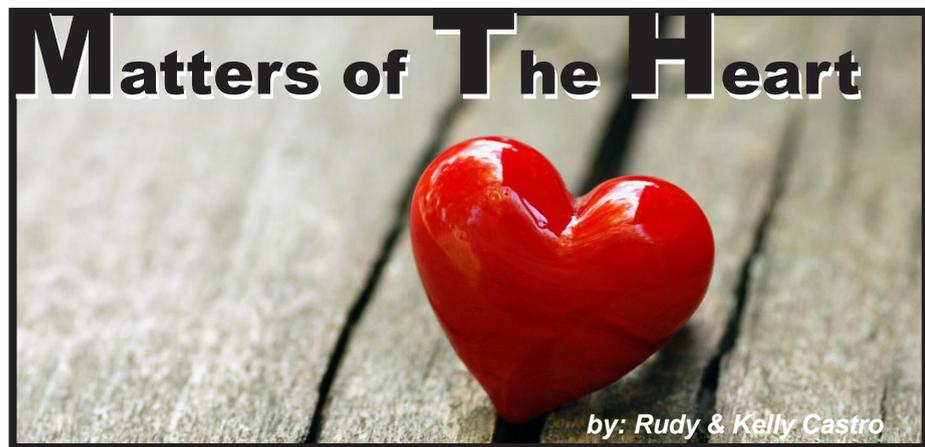
If you don't fit into the three categories then here are some signs that you may be a workaholic:

- You're first in the office and last to leave
- You work through the lunch hour
- You don't have hobbies
- You get stressed out when you're not at work
- You don't take vacations
- Your work has negatively affected your family
- You go to work even when you're sick
- You're too accessible

So, if you feel you're suffering from workaholism what is the solution? Well, it's the same as any other addiction. The first step is to admit that you have a problem, and get help through Workaholics Anonymous, rehab or therapy.

It is important to get to the root of why you're working yourself to death. You will never know true happiness until you stop basing your self-worth on your "success." Also, by working so damn much you're missing out on all the beauty, creativity and joy of life. I guarantee you: you're not going to be on your death bed, thinking, "I should have spent more time at the office."

Mara Shapshay is an award winning writer, producer, promoter, stand-up comedian and mental health advocate. She performs regularly at The Comedy Store, Improv, Laugh Factory, and many other venues. Mara produces, promotes and performs in large fundraising variety/comedy shows in Los Angeles and beyond. She writes for The Huffington Post, L.A. Magazine, Keys to Recovery, TheFix.com, The Jewish Journal, The Hollywood Journal and Glamour Magazine. Website - Marashapshay.com, Twitter - @marashapshay, Instagram - mshapshaycomicbaker, Facebook - Mara Shapshay



FIXED ON FIXING: UNCOVERING WHAT IS BENEATH THE NEED TO CONTROL OTHERS

The need to fix others is by far one of the most subtle, yet powerful addictions on the market. It is a hard one to recognize, as it is readily available to most of us, costs nothing (not really), and is easy to mask as generosity. How many of us have said, "What? I am just trying to be helpful." Maybe so. However, the road to hell is paved with great intentions. How may your intentions be helping to co-create your own version of hell?

We invite you to look at your history of being helpful for a moment. Has it worked in helping other people? If so, great! We are all about what works. If not, you may want to see that you have been helping people who don't want to be helped. At least, not the help that you are offering. When someone asks for help, and we are available to give it to them, we do. That is the most effective way to be of service. Helping those who are interested, and knowing when to say yes, or no.

Where we get into trouble is offering unsolicited advice, and counseling to those who are completely uninterested. In these situations what ends up happening is this; We offer advice, and they hear "I am doing it wrong again." That may not be the message we mean to send, but it is the one that is being heard. And, if we are being honest, often times it really is the message that lies underneath our seemingly helpful words. We feel as though it is safe to assume that every person has been on either side of the coin at some point in life. It is most likely to play out in close relationships such as parent/child or child/parent, sibling, romantic partnership, and friendships. This dynamic destroys relationships - yet we keep it up.

So why do we keep doing it? Let's look at some of the underlying reasons why we want to help others who aren't asking.

#1} We are looking to fix some version of our past through our current circumstances. Have you noticed a tendency to attract people who remind you of people in your past? We have seen this in our own lives time and time again. Certain people show up to remind us of an old hurt that needs attention. We lose our power when we get distracted by our belief that "they" are our problem. In reality, "they" are our opportunity. If we can sit still long enough to allow ourselves to discover what it is that they are rubbing up against, we create the opening for healing. Instead, we unconsciously attempt to fix or control them. There is some part in each of us that can fall prey to the illusion that if we fix them - we are somehow going back in time and fixing our own broken past. This never works, and we accidentally recreate the past by trying to change it in our current circumstances. The opportunity lies in allowing the person to trigger what has been there all along, and allow it to process through our bodies. In this process we gain conscious awareness of ourselves, and become free. In this new place of freedom we will have the capacity to take care of ourselves in a way that will authentically repair the old hurt.

#2} Their behavior makes US uncomfortable. This is directly related to #1. Please notice, we said US, not THEM. We very well may be missing the point of our discomfort. Sacred relationships often times are not about comfort. They are about growth. Growing is uncomfortable. Controlling others so that we don't have to experience that can feel very tempting. "If only so and so would...then I would..." This internal dialogue is a set up. For us, and the person on the other end. We struggle a lot in our parenting with this very thing. We know that our kids are not here to make us comfortable. We know that they are not responsible for our emotional well-being. Yet, when they are "too loud", "too whiny", "too joyful", "too...you name it", it is so hard to remember those truths. We slip all the time, and work so hard at looking at our insides rather than controlling them every second. The gift of sitting has shown us so many things about our own childhood pain, which, we discovered, is the real source of the discomfort. Not our children.

#3} We have accidentally allowed our minds to become trained in seeing people's faults, rather than their assets. In all fairness, we are wired to do this.

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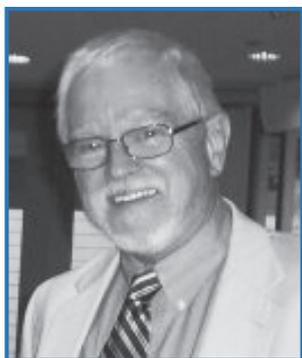
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by: Larry Burton

RENEWED HOPE

The American inventor Charles Kettering once said, "A problem well stated is a problem half-solved". What if we can now restate the problems and challenges of recovery in a way that makes them easier to solve? We can!

Advances in the field of physics and the development of even more sophisticated instruments for measuring phenomenon, are making it possible to understand the various challenges of recovery in a new and more complete way. This more complete understanding of the challenges is, in turn, providing us with new ways to solve these old challenges.

To better understand the advances being made, let me provide a brief historical context of what is happening. Since the 17th century, Western culture has given a primary emphasis to reason, and the scientific method for determining what is true about our world. We have also been heavily influenced by the discoveries of Issac Newton and Newtonian physics. This emphasis has led to incredible advances, but we are now learning that Newton's understanding of how the world works is incomplete. He was limited by the instruments he had to work with. Newton identified the atom as the building block of matter, and believed that the atom was a physical entity, because that is what he could see with the tools he had.

This is important because it was within this understanding of the world that western medical practices, and psychological practices evolved. The 17th century gave us an understanding of ourselves as mind and body, what I call a 2 dimensional, or 2D, understanding of ourselves.

This 2D understanding of ourselves is also the context in which the self-help field has developed. Think about the different self-help techniques you know of. An overwhelming number of them attempt to change emotions, beliefs and behaviors through a physical action, or through a mental activity.

But you may say, "I believe in a Higher Power. I see myself as being mind, body and spirit." So do I. However, over the last 350 years the Spirit has been considered as separate from the physical world, and not relevant to understanding how we operate as humans. We could not see or measure the Spirit, so it was not relevant.

Starting in the early 20th century, our understanding of physics and how the world works began to change. And in recent decades, with the increasing sophistication of scientific instruments, we now know that solid matter is not solid, but rather made of energy vibrating at different frequencies. Our old Newtonian understanding of the world was incomplete. Scientists have discovered that atoms are actually vortices of energy spinning and vibrating in their own unique ways. This is the world of quantum physics, or, as I sometimes call it, physics version 2.0. Science has now shown that the world is actually 3 dimensional, with energy underlying everything. You could say that everything is a form of energy.

To quote Albert Szent-Gyorgi, who was awarded the Nobel Laureate in Medicine in 1937, "The cell is a machine driven by energy. It can thus be approached by studying matter, or by studying energy. In every medical tradition before ours, healing was accomplished by moving energy."

We are used to thinking of humans as being mind, body and spirit. We are now realizing that Spirit shows up in our world as the energy that underlies everything. This is not a new realization, this understanding of our nature is evident in the spiritual and healing literature of China, and India going back thousands of years. We are now rediscovering this essential truth using reason and science which, in turn, gives us a basis for renewed hope.

So, how does all this help us with the challenges of recovery? While physicists have been focused on the physical world, researchers in the field of Energy Psychology have been studying the role of energy in the world of emotions, beliefs, memories, etc. As with the physicists, they are finding that there is an energy underlying products of the mind.

If you find yourself struggling with emotions such as guilt, shame, anger, resentment, etc., and the regular 2D techniques are not helping you to achieve the serenity that you want, then there is probably an energy component to what is bothering you. You have a 3D challenge and you need a 3D technique to address it.

You have already heard of many techniques which seek to move and balance our energy system, to bring physical and mental relief. Examples include yoga, meditation and mindfulness practices, reiki, tai chi and many more. I encourage you to open your thinking to the new understandings we are now realizing regarding science, and the practical applications of spirituality.

As we gain a renewed understanding of the role of energy in regaining and maintaining our well-being, we will gain renewed hope that we can grow through the challenges of recovery into our highest, and best selves.

Larry Burton is a Certified Energy Health Practitioner through the Association for Comprehensive Energy Psychology. He is the creator of the Pondera Process, a leading edge technique which helps people to move forward in their lives with greater ease. Larry is a recovery coach and conducts various workshops. www.rebuildingafter.com email: larry@rebuildingafter.com, tel: (888) 347-6808

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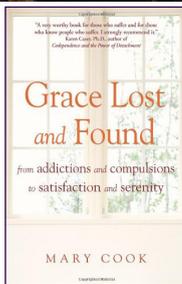
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A FINAL GOODBYE - Part 2

Thanks to you gambling addiction, I had lost who I was and my true self. Of course, you are going to say, "those were all the choice's I made, they were mine alone, but you know you had a hand in ALL OF IT!

Then, in 2006, your nasty habits and addicted thinking came back, and swooped right in my thoughts, when I learned I still had more financial inventory work to do in my recovery. Even in recovery I still had financial pressures. They became so unbearable that I again tried suicide from all the stress. I woke up in a mental/addiction crisis center, via the hospital for a second time from taking all my bipolar meds all at once!

I didn't want to take all my medications all at once, but I just didn't have the courage or strength, after everything I had been through being arrested and being humiliated in the local newspaper, because I stole from a friend. The best thing she ever did was press charges. Even though I felt I had to start recovery all over again, and even though I wasn't gambling. I just didn't have it in me to keep going to court hearings, the embarrassment of the newspaper reports, lost my good reputation in the community, all of it!

But, I did start over again, along with my higher power by my side (God). I remember hearing the whispers in my ear while in the hospital for the second time. They were faint, but I heard them. I know it was the "Power Greater than Myself", telling me that I had too much to do here on earth, to fight and was called to fulfill my higher purpose of what God want's me to do in helping others. He would not let my journey end with suicide. Not even a second try! At that moment, I felt something shift and change inside me.

Many may say that's bull, well I'm here today to tell you it's NOT. I had prayed for years asking "God" to help take away all the "Triggers & Urges" from me, and I would do the rest of the work. Well, it is true when they say, "It happens in God's Time, not Ours." Good things started to happen. And my recovery path was back on track. The triggers and urges became less and less as I worked hard in my recovery. How did I begin again? It took time, treatment again, and a lot of one on one meetings with my new addictions counselor/coach, and many gamblers anonymous meetings, so many meetings. It took journaling daily to see my growth and my weak areas.

It took being more educated with a lot of book reading and so much more. I then worked with a specialist for a year who saved my life! Soon I was adding up my days, months, and years away from you. I began recovery service to others. That is what helps me stay in recovery. All the while hoping I was hurting you, as much as you had hurt me through the years of my undying love for you, Gambling. It is my letter of "Closure and Healing." Just as writing my book was. It is time for me to say a "Final Goodbye".

It has taken me a long time to make amends with myself, to forgive myself, to love myself again maintaining my recovery and life's journey. I learned to release the past and old damages of my gambling addiction, and the old friendship and love affair with you. Because of you, I'd hurt and lost many people in my life along the way. Yes, we had many good times, but the bad has outweighed the good. I have come to a place in my life, in my recovery to know I'm no longer a victim of what happened to me as a little girl anymore. It was not my fault, all that happened to me. I have learned to process, forgive, let go and let GOD. He alone is the one, my savior that steers the wheel to my heart and this vessel.

I'm strong enough today to know I was a very sick gambling addict, and know it was not all my fault. My past doesn't define the woman I am today. So I have taken my power back, and will no longer allow you in my life, as I Walk By Faith, and not by Sight Alone.

Why? Because all that time you had hurt and used me; you also used my past and childhood pain, and trauma against me in our friendship, and "real friends" don't do that. Do I have times I wish this could be different? Of course. I no longer need to think of you anymore. You see, real friends love, care and support you in life. My life today is happy, fulfilled, and blessed that I've been making all my "dreams" happen without you. So many blessings and doors have opened for me since I exposed the truth about you in the release of my book. So others can have an inside in-depth look at how ugly and devastating you are. How deadly you can be, and how easy you take over one's life.

Now, 10+ years it took me to write this final goodbye, and part from you forever. I never thought this day would come for me all those years ago. I still and always will remember the worst of our times together, as it keeps me from becoming "complacent" in my recovery. I remember when I could not tell myself, "I will never gamble again." I never need to step foot in another casino in my lifetime. Every time I did, you made me want to. You've made me long for you. No, not any longer. Today I have the courage and bravery to say no to you. Many say God doesn't perform miracles. They say that they can not believe in something or someone they can not see.

I pray for those people who say or feel this daily. And for those still stuck and suffering from the insanity of the "cycle" of gambling addiction. Why? Because "God" does perform "Miracles," as I AM one of his "Miracles In Recovery."

So Goodbye Gambling Addiction, I Don't Need You Anymore! "I'm no longer suffering in Silence."

Catherine Townsend-Lyon is the best selling author of her book "Addicted To Dimes, Confessions of a Liar and a Cheat." She is a former columnist for In Recovery Magazine, freelance writer, recovery blogger, and literary consultant. She is currently co-writing a Memoir with former NFL Pro and Olympian, Vance Johnson due to release Fall 2017. She resides in Phoenix, Arizona. She can be reached at LyonMedia@aol.com



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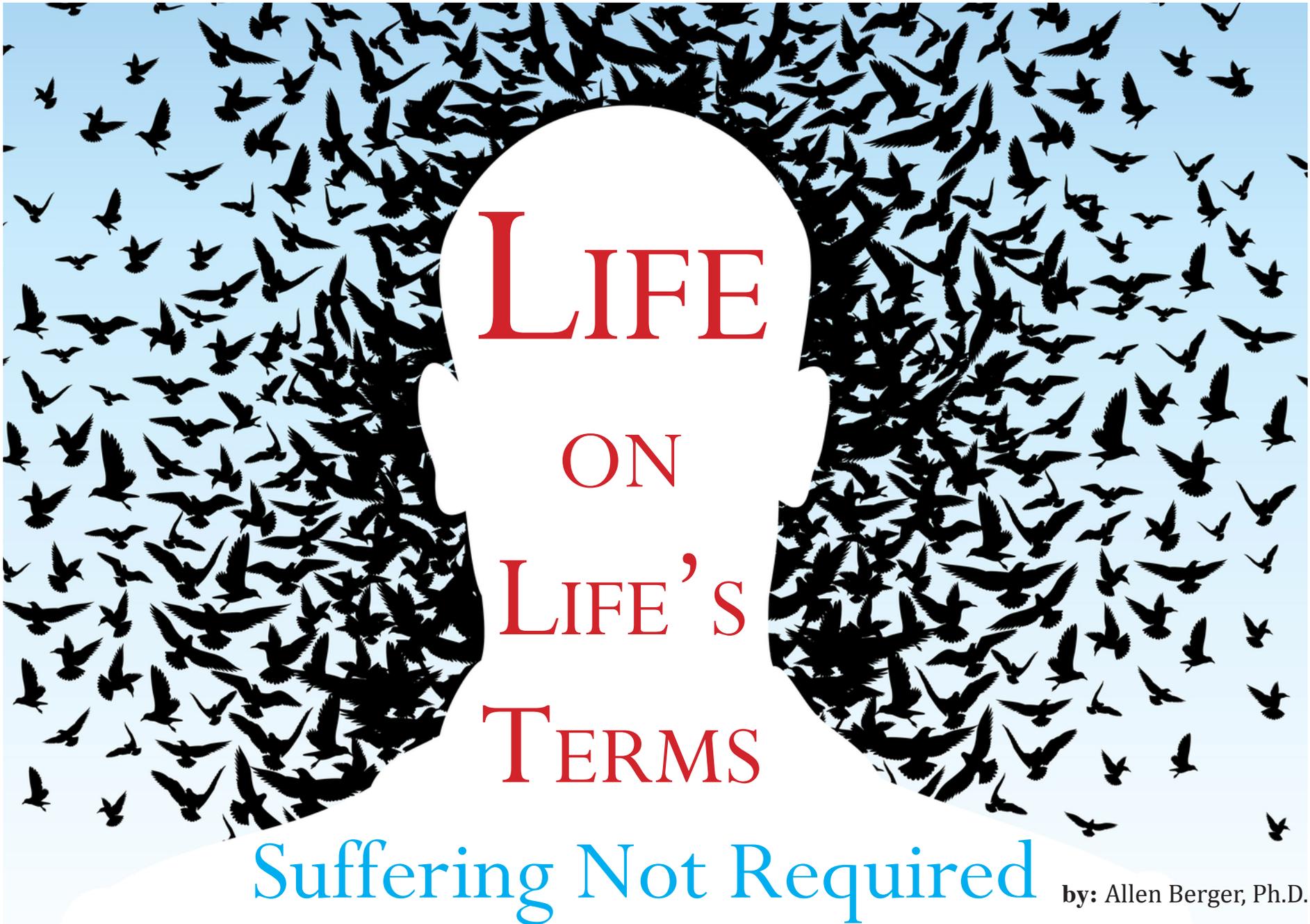
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LIFE ON LIFE'S TERMS

Suffering Not Required by: Allen Berger, Ph.D.

*Optimal Recovery and Emotional Sobriety (c),
2017 Allen Berger, Ph.D.*

I have been in recovery for over 46, years and a counselor or psychologist for 44 of those years. During that time I have helped thousands of men and women start their journey in recovery, or helped them deal with their sober suffering (which is a term used by Fred Holmquist, to describe the experience, that many people experience at some point in their recovery).

What I discovered is that their sober suffering shared something in common, it was caused by a variation of a recurring theme. These men and women demanded (this was the recurring theme) that life should conform to their expectations. Their demands made it difficult for them to cope, because they had the cart before the horse, meaning that they were hung up on how life should be. How does this happen? How do we end up putting ourselves in such a position?

Here's what causes this mess: Wherever we focus is where our energy goes. When our attention is concentrated on what should happen, we cannot use our internal resources to discover a creative adaptation, or solution to whatever situation we are facing. We get knocked off balance and find ourselves unable to regain or recover our balance.

This is the cause of our sober suffering: we get knocked off balance, and don't know how to restore our homeostasis. We don't know how to self-regulate. How can we use this insight to grow ourselves?

A principle that has guided my clinical work is, that the problem is never the real problem. The real problem lies in how we cope or don't. This is the key to optimal recovery. Life is what it is, it is how we cope with it that counts. Any demand that life should conform to our wishes keeps us stuck and immature. It keeps us from realizing our full potential. It keeps us from growing up. It diminishes our potential.

The second observation that I have made is, that most of the time we are unable to identify the cause of our suffering. We can't see that our expectations are the real problem. We attribute the problem to external factors, a selfish husband, a cruel boss, an unforgiving partner, an unreasonable parent, etc. Why? Because for us our expectations are normal and therefore reasonable, which means that we feel we every right to our claim about how life should be. We are unable to see how out of alignment with reality we really are.

Optimal recovery requires that we accept the following: that we don't have the right to expect others to live up to our expectations.

That we don't have the right to demand that life conforms to our ideals. In A.A. meetings we hear that expectations are premeditated resentments. This is very true. Expectations not only lead to resentments, but they interfere with our growth, and with a healthy connection with others.

The Gestalt Therapy prayer comes to mind. It goes like this, "I am I, and You are You. I am not in this world to live up to your exceptions, and you are not in this world to live up to mine. If by chance we meet - it's beautiful. If not, it can't be helped." The Gestalt prayer encourages us to move beyond expectations.

Once we begin to realize that our expectations are the real problem, we can get on with growing ourselves up and surrendering our hobbling demands. We begin to see that when we're upset, it is because life is not conforming to one of our expectations. Bill Wilson made this point very clear in Twelve Steps and Twelve Traditions. When discussing Step Ten he stated that, "It is a spiritual axiom that whenever we are disturbed, no matter the cause, there is something wrong with us."

If we accept this notion, then it means that whenever we are upset we have a chance to discover one of our demands, or unenforceable rules.



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This type of an attitude towards our problems will help us become more aware of our fatal and crippling expectations. You see our expectations are not that obvious, most of them operate outside of our awareness, and most of them have their origin in our childhood.

Dr. Alexander Lowen, the founder of Bioenergetics, made a brilliant clinical observation. He concluded that when we suffer a loss or trauma in our childhood, that threatens or undermines our sense of security and self-acceptance, we will demand that our future reverses the experiences of our past. We generate this expectation to create hope, which in turn ensures our existence. We adopt this attitude to remain as whole as possible. Because without the hope that our future could be different, there would be no reason to go on living. We’d give up. There would be no reason to live.

This decision however is unconscious. We are not aware that we have created an unenforceable rule, (requiring our future to reverse the experiences of the past) until we experience some event that does not conform to our expectations. Then we react.

Here are some of the expectations we impose on our future depending on the type of wound suffered in our childhood:

- If we weren’t listened to as a child, we will expect everyone to listen to us.
- If we weren’t respected, we will demand respect.

- If we weren’t seen, we will demand to be seen.
- If our feelings weren’t considered, we will expect to be considered.
- If we weren’t loved, we will expect, and demand to be loved.
- If we weren’t listened to, we will expect undivided attention when we are speaking.
- If we weren’t comforted, we will demand to be comforted when we are hurt or upset.

We seek that which we did not get in our childhood, but needed for our development. We generate unenforceable rules as a way of trying to control our future to ensure that we get what we need. The problem is that we can’t control others, and eventually they fail to meet our needs or rebel against our control. This is when sober suffering strikes.

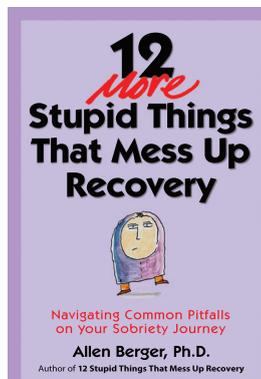
So what do we do with our sober suffering? We need to look at the attitude we have towards trouble in our recovery. Optimal recovery requires that we look at trouble in a different light. Trouble does not mean something is wrong. Quite the opposite. Trouble means that something is right. When we experience trouble it is really providing directionality to our growth. It highlights the next step we need to take in our personal development.

I am convinced that optimal recovery can only be achieved when we have emotional sobriety. I’ve defined emotional sobriety in the following way. It is when the best of us is in charge of the rest of us. This state of mind is achieved, when what you do is the determining force in your emotional well being,

rather than allowing you emotional well being to be overly influenced by a situation you are in, or by what others are or are not doing.

In order to have emotional sobriety we have to surrender our hobbling expectations. We have to stop demanding that life conforms to our expectations, and instead adopt the perspective that it is our job to find the best way to cope with whatever challenge life sets before us.

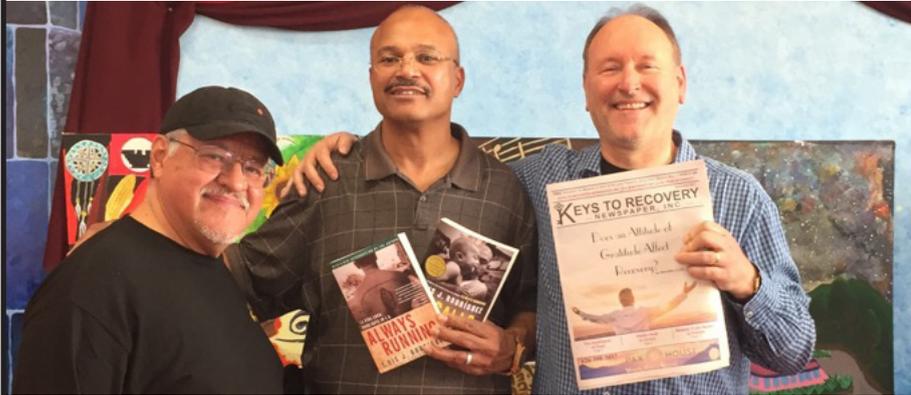
Dr. Allen Berger, Ph.D., is a talented psychotherapist who has written extensively about the experience of recovery, the important topic of emotional sobriety, integrating modern psychotherapy and the 12 Steps, and the psychological forces operating in the Twelve Steps. He is the author of 12 Stupid Things that Mess Up Recovery, 12 Smart Things to do When the Booze and Drugs are Gone, 12 Hidden Rewards of Making Amends, 12 More Stupid Things that Mess Up Recovery, and Love - Secrets Revealed. He will be conducting a weekend retreat on emotional sobriety at Dan Anderson Renewal Center at Hazelden Betty Ford in Center City, MN, at the end of April in 2018. You can learn more about Dr. Berger and his work at www.abphd.com



TIA CHUCHA'S

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This month Keys to Recovery Newspaper (Marcus Marshall, middle) met Steve Jones (on the right), co-author with Freddy Negrete of *Smile Now Cry Later: Guns, Gangs and Tattoos, My Life in Black and Gray*. We also had the pleasure of meeting world famous, Luis J. Rodriguez (left), author of *Always Running: La Vida Loca: Gang Days in L.A.*, and co-founder of Tia Chucha's Centro Cultural, located at 13197 Gladstone Ave. Sylmar, California, 91342. Phone 818.939.3433 or email: info@tiachucha.org



WHY MY MOTHER AND I OPENED A TREATMENT CENTER

I was raised by my parents in Newport Beach, California. I had a normal childhood and upbringing. My parents divorced when I was 10 years old. At age 11, my mother remarried. I always felt unsure of where I belonged. The first time I ever got high, I was smoking a joint (marijuana) with my friends. I was twelve. Though, my addiction really escalated while I was in college, when I was introduced to Oxycontin and Xanax. Eventually, I was so out of control that my parents sent me to Israel for a rapid detox procedure to cure my withdrawal symptoms.

I made two attempts to commit suicide. Yet, I returned to college. I was able to maintain a whopping 11 days of sobriety before I relapsed. My mental health was deteriorating.

2012 was the first time I checked into rehab, but not the last. I was in and out of treatment 5 times over the next two years. There was a truth I had yet to find, which was holding me back from recovery.

When I began treatment, the doctor told me I would not be able to drink alcohol. I wasn't expecting that. I didn't have an issue with alcohol; I wasn't an "alcoholic." So, why would I need to quit alcohol? Just get me off of these pills, and I'll be fine.

So, naturally, I rebelled against the doctor's orders. I would go to treatment, detox from the opiates, maintain sobriety for the remainder of my stay, and in celebration of my sobriety, I would get wasted from alcohol upon checking out of treatment.

Within a week of consuming alcohol, I was back to sticking a needle in my arm. That's when the cycle began, detox from heroin, treatment, check out, drink, and back to rehab again. I couldn't understand why treatment wasn't working for me. Why was this happening to me?

My need for heroin grew far worse. Finally, my parents cut me off. They couldn't bear to watch me kill myself. I started living on the streets. I owed money to dangerous drug dealers who were beginning to follow me. I stole money. I did what ever it took to feed my addiction; nothing else mattered, not even my own life.

Finally, my fight or flight kicked in. I knew I had run out of options, and I would either die or sell my own body to survive. Reaching that proverbial fork in the road was my rock bottom. I needed help.

I was estranged from my family and managed to get a friend to refer me to a treatment center. Knowing that this was my last chance, I threw myself into the program.

I've been in recovery ever since. So, why did it work this time? My mind set had completely changed. Before, my addiction ran the show. I refused to admit I was an addict, and accept that in order to stay away from my "drug of choice," I had to quit everything. My need for heroin paved the way to alcohol consumption; any fix to ease the pain.

However, when it comes to the disease of addiction, nothing is ever enough, and the brain will keep fighting to "feed the need". Alcohol only helped for a day or two, but as soon as the brain accessed the high, it needed more and more. Thus, resulting to heroin use shortly thereafter. I was finally ready to accept that sad truth.

By the time I had entered rehab, I was near death. I spent two days in the hospital. Finally, I took direction from staff members, and anyone that was willing to help me instead of fighting against them. Seeing the amount of people suffering from the disease of addiction; and how important treatment centers are to the beginning stages of recovery, my mom and I decided that we wanted to be able to offer help to others, the way I received help.

Witnessing a client break free from the grasps of addiction is beautiful. Being part of saving someone's son, daughter, father, mother, husband, or wife is a gift that has helped me hold steady to my own recovery, and has brought my mother and I closer than ever before.

The biggest piece of advice I can give someone looking for help is to get out of your own way. Let the people in your program guide you, and be willing to accept that guidance. Your mind will try to play tricks on you in order to access what it "needs." Stick with a program what works for you, and have a support system long term who can shine some light on your mind's own dangerous tricks. True recovery is something that takes hard work, each and every day. That work is never complete, but in time it becomes gratifying, and delivers a high that can never be obtained by drugs or alcohol. My mother and I started a treatment center, and we work at it every day. Find something you believe in, and devote yourself to it each and everyday.

Lisa Cohen is the Co-Founder of Path to Serenity Treatment Center. Lisa is in the process of obtaining certification as a drug and alcohol counselor. Lisa graduated from the University of Arizona where she majored in Media Arts. She is currently in recovery and has a strong interest in sharing her experience, strength, and hope with others who are recovering. As the admissions Coordinator at Path to Serenity, Lisa welcomes those seeking help in beating addiction. For more information on Lisa Cohen and Path to Serenity, please visit www.pathtoserenity.com



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by: Jenni Schaefer

DO THE IMPOSSIBLE WE ARE MORE POWERFUL THAN PTSD

PTSD (Post-Traumatic Stress Disorder) is an invisible monster. It disguises reality. When I was sucked into what I learned to call the trauma vortex, I often couldn't distinguish between what was real and what wasn't. I thought I was going crazy.

PTSD told me this over and over again: You're not safe. You never will be. Being dead would be better than living one more day like this. The message from my illness was clear: Give up.

Fortunately, thanks to my prior, hard-fought - and victorious - recovery from an eating disorder, I knew that feelings of hopelessness and helplessness are just a part of mental illness. At one point or another, most of us who struggle believe that we are too far gone to ever get better.

While I have written about my eating disorder recovery in several books, my battle against PTSD and its accompanying, and unrelenting depression are lesser known. I haven't spoken much about this experience yet, because for so long, I didn't even know that I suffered from trauma, much less PTSD.

Even though I had sought help from well-meaning doctors and therapists for years, my PTSD and trauma were continually missed and dismissed. It wasn't until I visited "Dr. Google" with the words "exaggerated startle response," that I came to learn the truth: I wasn't losing my mind. I was struggling with a real problem that had an actual name. Indeed, in light of the fact that PTSD is a brain injury, the flashbacks, nightmares, rage, and utter despair actually made sense.

Heading in the Right Direction: The best thing about the diagnosis of PTSD is that it pointed me in the direction of help. Posttraumatic stress disorder is very treatable. A good first step in healing is to pursue evidence-based treatments, which are backed by rigorous scientific research. In my recovery, prolonged exposure therapy, commonly referred to as PE, was one key. Another evidence-based treatment that helped shape my recovery is EMDR, or eye movement desensitization and reprocessing. Alternative methods like somatic experiencing, yoga, and acupuncture were helpful to me as well.

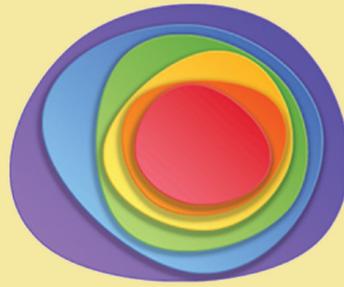
After lots of falling down and getting back up again in the process of recovery, I now know that PTSD is not a life sentence. Today my nightmares are gone, I rarely startle, and incredibly I have fallen in love with life. The world isn't out to get me after all, and I feel safe. Finally, I am living in real time and not trapped in the past. While the fact that I experienced trauma will never go away, PTSD itself is fading.

I am not just speaking from my own experience, but rather from the perspectives of women and men who struggled, and got better, before me, those who shared their hope with me when I had none for myself. In my PTSD therapy group, all of our trauma experiences were different, but the symptoms of suffering we shared. During group sessions, my friends and I never talked about our specific traumas, because what mattered most was our getting better. Slowly, step-by-step, we did.

And you can, too. Yes, PTSD is a monster that absolutely wants to destroy your life; it almost took mine. But I have learned, and you will, too, that we are more powerful than PTSD. After all, we survived. Out of unbearable pain and suffering, an authentic, enriching, and meaningful life can emerge.

Years ago, I never would have believed that I would write an article like this. Impossible. But here you are, reading my story. Like my friends before me, my life has come full circle in the most amazing ways. Now it's your turn: Do the impossible. Get help, trust yourself, and never, never, never give up.

Jenni Schaefer is a singer/songwriter, speaker, and the bestselling 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. She is a National Recovery Advocate for Eating Recovery Center's Family Institute. In partnership with Insight Behavioral Health Centers, Eating Recovery Center provides specialized treatment for eating disorders as well as related disorders, including PTSD. Visit EatingRecovery.com/Jenni and JenniSchaefer.com.



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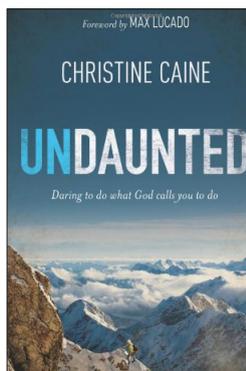
Radford Hall

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Book & Video Reviews



UNDAUNTED, Daring to do What God Calls You to do: Written by Christine Caine, Founder of The A21 Campaign, an Anti-Human-Trafficking Organization. Published by Zondervan in Grand Rapids, Michigan. This book gives us a look at the authors life and the trials she had, and got through with God. She inspires others to overcome fears, that have developed from others putting labels on them, and making them think that they are limited in their abilities. Christine is very inspiring, she offers life-transforming insights about how to overcome the challenges, wrong turns and painful circumstances we all experienced. Not only to overcome, but to grow from those experiences and to become equipped, and empowered to help others. She lets us know we can do anything that God ask us to do. Christine points out, that God knows your name, your pain, your fear and that your mission relates to every person that crosses your path. What we do makes an impression on others, good or bad, we will leave an impression of us on them.



Christine shows us that God has set before us an exciting and world changing mission. We must not succumb to self-doubt. Instead we must live UNDAUNTED, knowing that our God is able to enable us, and work through us to accomplish the impossible. "She helps us remember God is always with us, and that if He wants us to do something He will give us everything we need to do it." This book will inspire many not to sleep-walk through life, but to be alive, be aware of opportunities and interruptions that may change the direction of your life. Listen for God to talk to you, hear Him, when He does. "God doesn't call the qualified, He qualifies the called". This book is a must read. Available at www.Amazon.com.

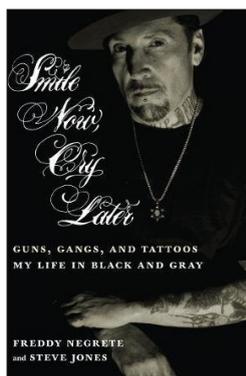
SMILE NOW CRY LATER: Guns, Gangs and Tattoos, My Life in Black and Gray. Written by, Freddy Negrete and Steve Jones. Published by Seven Stories Press.

Freddy Negrete is a legendary tattoo artist, best known for his black and gray tattoo style. He was given the Lifetime Achievement award, by the Body Art Expo. His work, along with other examples of the black-and-gray style, is on view at the Natural History Museum as part of the traveling "Tattoo" exhibition.

So how does this ex-con, ex-gang member, ex-drug addict, turn his life around to this extreme? Read the book. *Smile Now Cry Later*, details everything (and I mean everything) from the very beginning of his life. It is heartbreaking, and uplifting at the same time. By the end of the book you will understand the courage it took, to survive his life.

I loved that there were so many photos of his life, and his tattoo work included in the book. I felt like I knew him. His tattoo work blew my mind. We can't wait to check out the exhibit at the Los Angeles Natural History Museum.

We had so many common threads, beside sobriety, that when I met Steve Jones, who co-authored the book, I knew this was another amazing God connection. To say that this is a "must read", or to give it "five stars", feels like I am short changing it. I will be reading this AGAIN. Available at www.Amazon.com.



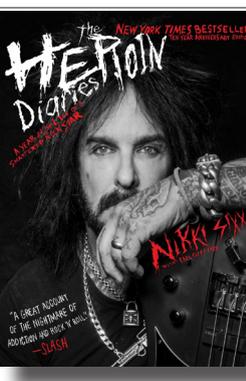
THE HEROIN DIARIES: Ten Year Anniversary Edition: A Year in the Life of a Shattered Rock Star. Written by Nikki Sixx, Guitarist for the rock group Motley Crue. Published by Gallery Books, An Imprint of Simon & Schuster, Inc.

This is a story of the incredible triumph from the abyss of addiction, and spiritual devastation. Having the phenomenal success that entails the power to do whatever, and have primarily anyone and anything, is in a since a drug by itself. When drugs and alcohol are involved the result becomes volatile, and without having a strong network of friends, who are not afraid to point out your wrongs, chaos becomes the norm.

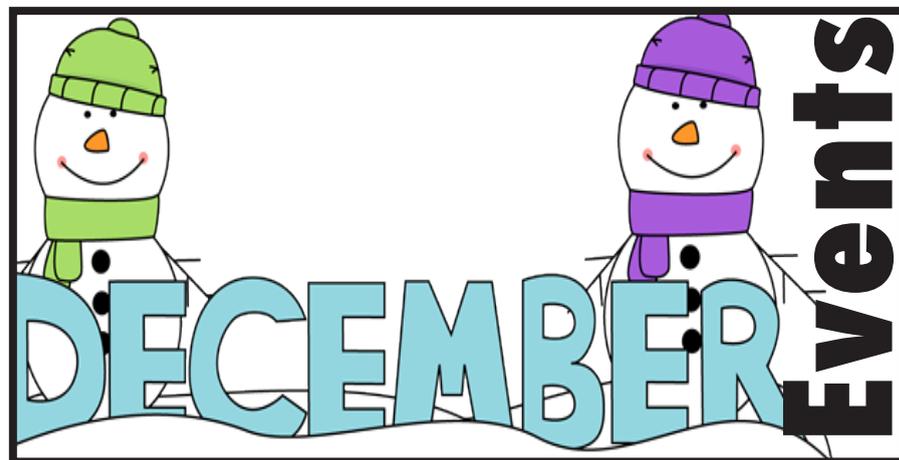
Nikki's incredible journey down the path of self-destruction brought the introduction of Heroin, and hearing his account of what transpired after becoming addicted to it, is truly sorrowful. On the road back to sobriety, Nikki exhibited true tenacity in regaining his self-respect, self-love, and the innate desire to become whole again.

During the reading of Nikki's life written within the pages of this remarkable book, I gained insight into the world of Rock and Roll, then ever before. I admire his honesty, integrity and the true nature of why he put his life out in the open, so everyone could see that recovery is obtainable. Once you complete Nikki's journey through his heartfelt account of the hardships and victories from addiction, your perception and view of life will be changed for the good.

This book is a must read filled with the highs of what fame and power can produce, as well as what determination combined with the initiative to succeed at all cost can achieve. Available at www.Amazon.com.



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



SATURDAY DECEMBER 2ND 2017: A.A. Area 93, 5th Annual Literature Workshop: Topic Panels with Q & A. Noon to 4pm, St. Innocent Church, 5657 Lindley Ave., Tarzana, California, 91356. For more information www.area93.org.

SATURDAY DECEMBER 9TH 2017: 4th Step Workshop. At Spirit of Studio 12 (SOS) 6006 Laurel Canyon Blvd., at Oxnard, North Hollywood California. Free donuts, bagels & coffee at 8:00 am. Speaker starts at 9:00 am sharp. Instructions from 9:30 am to 10:00 am. Guidance by experienced members, everything is right out of the Big Book, so bring one. Please arrive having worked the first 3 steps if you plan on working your 4th at the workshop. After 10:00 am the room will be open for writing. All materials supplied FREE (Donations accepted), for more info call (818) 489-8789. www.sos12.org.

SATURDAY DECEMBER 16TH 2017: Sober Link Presents Holiday Celebration. 11:00 am to 4:00 pm, Plaza Del Valle, 8610 Van Nuys Blvd., Panorama City, California. Live entertainment, Giveaways, Food and More. Call (818) 938-4403 for more information.

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Send us your upcoming SOBER or recovery related events. We will list it FOR FUN AND FOR FREE. Email events to: info@KeystoRecoveryNewspaper.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, Photoshop files and In-Design files, again make sure that you include all artwork and fonts.

Advertising Deadlines: Keys to Recovery Newspaper, Inc. will hit the streets on 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 100,000 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.lacaa.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 Department 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 - HOW www.ceahow.org. World Service Office (323) 660-4333.

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

CEA-HOW: Compulsive Eaters Anonymous - HOW: San Fernando Valley Intergroup, (818) 667-6722 or e-mail: sivalleyhow@aol.com or Bryce at (818) 621-2130.

CEA-HOW: NEVEDA Compulsive Eaters Anonymous: 12-Step Recovery for Food Addiction. Las Vegas, Reno, Laughlin/Bullhead City. www.ceahow.org (702) 393-6570.

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 & family of Sex Addicts: www.cosa-recovery.org (866) 899-2672.

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

Debtors Anonymous: www.SocalDA.org (310) 822-7250.

Eating Disorder Support Recovery Groups are free & open to the public. Thurs. at 7 pm. Center for Discovery. 21650 Oxnard St. # 2375 Woodland Hills; 8484 Wilshire Blvd., #510, Beverly Hills; 4281 Katella Ave #131, Los Alamitos; 1000 Quail St., #290, Newport Beach; 11455 El Camino Real, Suite 360, Del Mar. for info. visit www.centerfordiscovery.com

Greysheet Anonymous: Recovery 12th Step for all eating disorders. Greysheet.org, 310-245-6441, cell 310-445-7709, Linda L. Meeting Saturday AM 8:45-10am. Farmer's Market Community Room.

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.s

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.slaaloesangeles.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: (410) 893-3322. www.siaawso.org

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

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

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

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.

HOMELESS HEALTHCARE LOS ANGELES: 2330 Beverly Blvd., Los Angeles, CA 90057, www.hhcla.org, (213) 744-0724.

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.

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.

MEALS SERVED & SERVICES OFFERED:

Homeless Shelters listed most have food programs.

THE MIDNIGHT MISSION meals 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, CA. Thursday 10:30am to 4:pm, (213) 201-1600.

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

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

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

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

First United Methodist Church 18120 Satcoy 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., Reseda, CA. Every Saturday, (except the first Saturday of each month) 11:am to 12:15pm, (818) 776-9696.

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

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

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

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 Vanowen St., Van Nuys, CA (818) 988-7682.

West Valley Pantry, 7304 Jordan Ave., Canoga Park, (818) 887-6101.

West Valley Food Pantry (Prince of Peace Church) 5700 Rudnick Ave., Woodland Hills (818) 346-5554.

INFORMATION & REFERRAL SERVICES

www.SunshineCommunity2015.org Social Services, (626) 600-9392, Resource Services to Children in Foster Care, Emancipated individuals, Single Women age 18+ with children & much more.

www.Foundation2recovery.org, Prevention, Education, Treatment (561) 981-6214.

24 Hour DayCare, Referrals and Crisis Intervention Services (310) 669-5933 or (310) 427-4022.

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 & Family Services (661) 949-1069.

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

CADCA Community Anti-Drug Coalitions of American (800) 54-CAD-CA.

CCPG California Council on Problem Gambling www.calproblemgambling.org (800) 522-4700.

CENTER FOR LIVING&LEARNING - employment & supportive services (818) 781-1073 www.center4living.lle.org

Vital Services Resource Guide

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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.

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.covenant-housecalifornia.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.

HOMELESS SHELTERS & RELATED

S.P.Y. Safe Place for Youth: Supportive Services for Homeless & At Risk Youth. Drop in Services, meals, hot showers and clothing. 2469 Lincoln Blvd., Venice, CA 90291 (310) 902-2283.

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.

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) (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) (562) 864-3722.

House of Ruth (909) 623-4364.

Human Services Assoc. (walk-in center) (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.

DOMESTIC VIOLENCE

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.

RAPE HOTLINES

RAINN Hotline (victims of sexual assault) (800) 656-HOPE.

Rape Hotline (24 Hours) (800) 585-6231. www.elawe.org

S.A.F.E LA www.safela.org/rape-and-sexual-assault

Rape Hotline (800) 978-3600 (So. California): 24 hours a day, seven days a week. Callers can get help in eleven languages (English, Spanish, Korean, Vietnamese, Mandarin, Cantonese, Tagalog, Khmer, Japanese, Thai and Armenian).

Rape Hotline (213) 626-3393 (Central Los Angeles)

Rape Hotline (310) 392-8381 (South Los Angeles)

Rape Hotline (626) 793-3385 (West San Gabriel Valley)

Stalking Hotline (877) 633-0044 (Stalking Hotline)

National Domestic Violence Hotline: (800) 799-SAFE (7233) (800) 787-3224 TTY

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

HEP C / HIV / AIDS INFORMATION

AIDS Project Los Angeles - APLA, Los Angeles - **HEP C - APLA**, 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.

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" ad and volunteer needs.

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

Email To: info@keystorecoverynewspaper.com or call us at (818) 386-8400
Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa, CA 91406



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Dr. Nita Vallens, Lic# MFC25909
818.783.6258
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Matters of The Heart

CON'T FROM PAGE 9



We are built for survival which is awesome, because it has helped keep us alive for a long time. It is also not awesome in the sense that surviving requires scanning for threats, and protecting ourselves from future harm, which keeps us from thriving. We are going to have to consciously choose to rewire ourselves in order to experience life differently. Gratitude might just be the most powerful tool to create this. Writing gratitude lists release dopamine and serotonin in the brain. Gratitude acts as a natural antidepressant. Having a regular practice of gratitude will train your brain to look for what is right, rather than what is wrong. It may be challenging in the beginning. We promise that if you commit to doing it regularly, your perception will change, and overtime it will require less effort. Don't believe it? Try it. Take one person that you have been struggling with, and write three things you're grateful for about this person, or the relationship for thirty days.

#4} We are avoiding looking at a part of ourselves by being distracted with looking at others. Have you ever heard the saying, "Point one finger out there, and you have three pointing back to you"? We have. Sometimes, this one hurts. There are things that we have not wanted to see about ourselves, that were much easier to spot in others. More times than not, we have discovered that the things we couldn't stand about others, were in fact things that on some level we were doing ourselves.

We have had to laugh at ourselves on occasion as we have left events, falling into gossip about how "So and so was so judgy.. God! Can you believe that?! They are so unsafe just to top it off with a dash of spiritual elitism)" Meanwhile, there we are totally judging the judgy person.

Here is the good news; All of these relationships offer us an opportunity to heal. "Fixing" is an unconscious mechanism that creates avoidance. "Healing" is a conscious intention that requires allowing, and creates accountability. We are going to help you move from unconscious to conscious.

First, notice when you want to fix. The process of identifying our own inner dialogue is the first step to freedom. Watch your mind and discover when you are asking questions like

- "How can I help them/him/her?"
- "Will they/him/her ever change?"
- "How can I make them/her/him see my point of view?"
- "What can I say to get them to understand?"

These questions all indicate an attachment to the other person being different. Remember, we want others to be different so that WE feel more comfortable. Our actions are not actually helpful when we are coming from this place.

Second, begin to ask new questions. Rather than working so hard to change the outsides, shift attention to healing the insides. When we feel triggered by others, we are being presented with an opportunity to grow. Here are some powerful new questions;

- "What am I feeling right now?"
- "Have I felt this way before?"
- "What do I want to be right about?"
- "Is it possible that something in my own mind set me up to have this experience?"
- "How can I see this differently?"
- "Is there something in what I am seeing that reflects me in some way?"

These questions will open up space for new evidence to arrive. It may not happen immediately, however, the continued conscious practice of this will change perception over time. Here is our disclaimer; this will not be comfortable, and it might get worse before it gets better. You are consciously changing beliefs that have been with you for a long time. There is plenty of evidence you have that been collecting to support these beliefs. Your brain has wired circuitry systems around these beliefs, and creating new ones take work! As challenging as this process may feel at times, we assure you - IT IS WORTH IT!!!

Love only, Rudy and Kelly Castro, Conscious Partnership Coaching

Rudy is a therapist, and Kelly is a Certified Relationship Coach. Together they have worked with many individuals and couples in creating soul transformation through partnership. They are experts in creating intimacy and vulnerability, and coaching people into the partnerships of their dreams. They facilitate groups in exceptional treatment centers such as The Villa Treatment Center, Inneractions, and PAX House. www.consciouspartnershipcoaching.com

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