

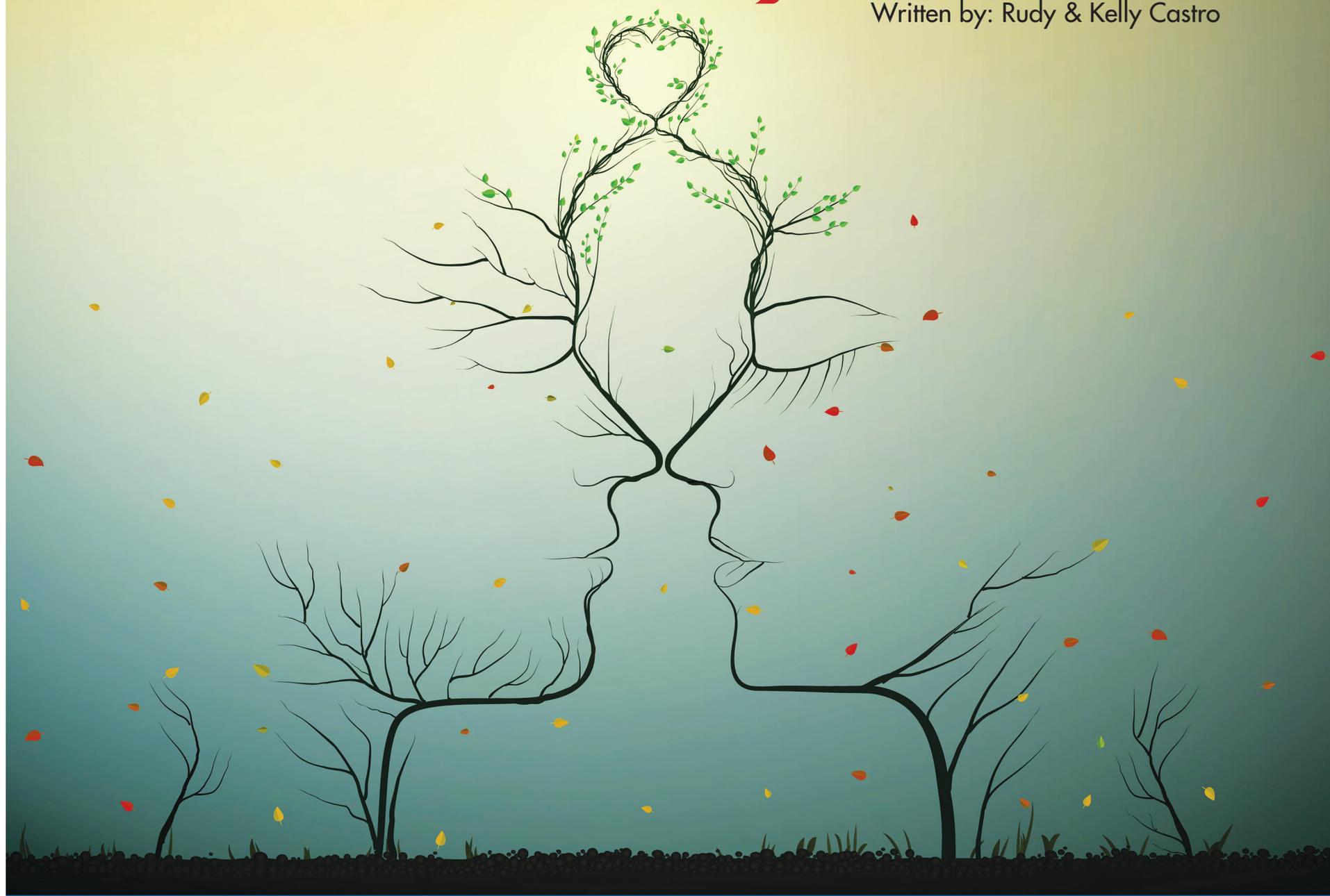
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February 2020

KEYS TO RECOVERY — NEWSPAPER, INC. —

The Alchemy of Love

Written by: Rudy & Kelly Castro



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Hello and welcome to February, the month where we seem to celebrate both love and chocolate, two of my favorite things.

Marcus and I, were blessed enough to be able to attend the San Fernando Valley AA Convention in Woodland Hills, California. We reconnected with so many of our old friends, which is one of the reasons I love the conventions and conferences. Another great reason we attend these functions is to make new friends, and did we ever. We are already looking forward to next year! I heard exactly what I needed to hear, from both the main speaker and the closing speaker, experience, strength and hope. The main speaker was great. He talked about resentment and anger, and forgiveness and love. The closing speaker was just as incredible, his message was funny and inspiring. He talked about leaving people better than we found them, uplifting and not crushing them. He gave me a lot to think about on sponsorship and carrying the message of recovery.

The theme of the conference for 2020 was "Spiritual Life is Not a Theory." Isn't that a great theme? I learn more each year about spirituality as a way of life, if I remain teachable, which isn't always easy. To be teachable I must remain humble, again sometimes this requires more effort than other times. To me spirituality means living as God would have me live. But how do I know how God would have me live?

I believe God wants me to live and walk in love at all times. God is love. It is that simple for me. There was a time when I felt unworthy of His love, and yet He loved me. I was graced with his love, I did not have to earn it. As I did not have to earn Gods love, I do not make others earn my love. I am perfected by his unconditional love, and in turn I learn to love unconditionally. Not allowing others, or the world, to influence how I show this love to those around me, is something I work on daily.

What would God have me do? Love. Just love. Love completely and with all my heart. So, yes, it all comes back to LOVE. **God bless you until next month!** - Jeannie Marshall, President & Cofounder

Hello to one and all, we hope that this new year has been going well for you and yours. This month of February has been a productive one for Keys to Recovery, as well as for me personally. Reflection is a time of facing triumphs and failures honestly and truthfully, which can be hard to admit to one's self at times. This February is another month providing us with many opportunities to be of service, and to help those who are searching for kindness in the eyes of a stranger.

In today's world there is a need for compassion like never before, there are so many people hurting and afraid. There are so many children, women and men that go to bed hungry, and feeling abandoned. I personally feel compelled to always extend a helping hand, to anyone that I come in contact with that is in need. In whatever capacity I am able assist them in, I give freely without reservations. I have always been more of a giver, this is due to my mother's teachings to treat others, how you would want to be treated.

When I keep the needs of others in my mind on a daily basis, I stay out of self. Hindsight being 20/20 gives me another chance to self-correct my negative behaviors with contrary actions. If each one of us just simply extends a helping hand in any form, to uplift those whose spirits are down from any sort of lack they may feel, we would make an impact globally. Just as our sobriety depends on working on ourselves one day at a time, let's help one person one day at a time. Until we come together again for reasoning, may God strengthen and protect you and yours.

- Marcus Marshall, Vice President & Cofounder



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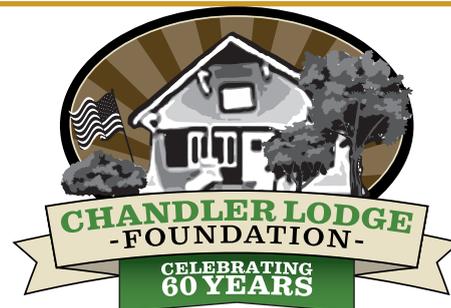


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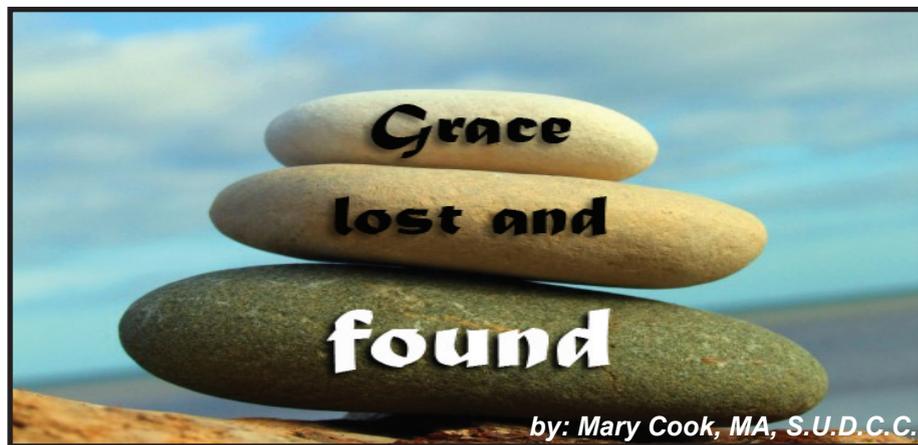
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by: Mary Cook, MA, S.U.D.C.C.

LESSONS ON THE ROAD

We're moving down the road to a place we cannot see. We don't know whose roads will intersect, or join with us or for how long. Everything on the road changes us in some way and everything inside of us changes the road in some way. We can get distracted by all that's on the road and forget where we are going. Or we can follow directions for the fastest route and miss all that's in between. We can be competitive or courteous with others on the road. We can enjoy the changing landscape, or complain that it's not what we expected. When there are problems we can slow down, stop, go with the flow, or take an alternate route. Or we can succumb to anger and frustration, denying and fighting the reality of right now.

There are dead ends and detours, potholes and poor visibility, or fallen trees and boulders blocking the road. We can blame someone or something for not getting to where we wish to be, but our best insurance is patience, perseverance, and personal insight. When we attach to the problem and its' negative energy, we can't let go because we'd be giving up a part of ourselves, and it feels like we need that part to protect ourselves from perceived injustice.

***This is the battle cry of addiction
to avoid what we despise and
attain what we desire...***

The other side of this is our attachment to finding the road to perpetual paradise, rather than one with potholes and problems. This is the battle cry of addiction to avoid what we despise and attain what we desire, and this is contrary to the nature of all life on earth. We need to let blaming be a pit stop and return to the road. We need to let the road be an opportunity to learn and grow through all that we despise, and desire. We need to listen to the wisdom of our heart, rather than the habits of our mind.

Making mistakes and maturing, suffering and healing, sacrificing and succeeding are all a part of us and whatever road we're on. We decide whether we'll learn the lessons now or take them to go. We have an opportunity to laugh at our plans that backfire, to be grateful for warnings that save us from far worse calamities, and to wonder what gift might be hidden in present difficulties. We have an opportunity to pay more attention, to re-evaluate priorities, and to help ourselves and others in difficult circumstances. We have an opportunity to identify our internal roadblocks, and our resistance to asking for directions, to discover where we lack clarity, what we fear within us, and what and whom we need to forgive in order to move forward on our road. Constructive responses to hazards and collisions are vital to creativity, resilience, and growth. As we learn our lessons, we move down the road to places we cannot see, but our hearts know the way. What's behind us, all around us, and in front of us is present to enlighten us and unite us, as we travel together on the road.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified substance use disorder counselor in private practice. She has 43 years of clinical experience and 29 years of University teaching experience. Mary is available for telephone and office consultations and speaking engagements. Contact her at 310-517-0825. She is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", at Amazon.com





by: Darrell Fusaro

LOVE BOLDLY

"The shortest and the easiest pathway of all is the pathway of Love. It is the one pathway that is open to all, irrespective of what their personal conditions or circumstances may be... Say to yourself; "My mind is made up; I have counted the cost; and I am resolved to attain the Goal by the path of Love...My own heart is to be my workshop, my laboratory, my great enterprise, and love is to be my contribution to humanity." -Emmet Fox

Let this day be an adventure in forgiving, blessing and loving. The thrilling joy this generates is magnetic, attracting all sorts of wonderful things. Life is for loving. Loving is our nature. Whenever in doubt, I affirm, "I can feel God's guidance for good, and when I choose it, I can feel that the whole power of the Universe is behind me!"

Fear condemns and love forgives. Whenever I am not wholly joyous, it's because I have reacted with a lack of love to one of God's creations. Choose love by affirming love. "Love is lighting up my mind, erasing all past memories that hurt. I let go with one hundred percent forgetful forgiveness, and come fully into the present with nothing but love."



We have a God of another chance. Every moment is another chance. Forgiveness reigns and we are free to love completely. I believe God is love and that love is the essence of each one of us. Focused on the love I am, I create peace in the world around me. "Love does not dominate, it cultivates." -Goethe

"The way to transform our world is not to struggle to manipulate people or events, but to upgrade our thoughts and our consciousness, so we attract people and events that demonstrate love rather than fear." -Alan Cohen

Identify with Love and you are safe. Identify with Love and you are home. Identify with Love and find your true self. Whenever you find yourself in fear, i.e. doubt, worry, resentment, self-pity and frustration, it is a wake-up call, a corrective device. It simply means you have begun to stray from your nature as a loving being. That's why it feels bad when we worry, doubt, resent, etc. It is to let us know our thinking is falling into old fearful, defective ways.

I used to mistakenly believe that if a thought felt bad, then it was true, and if I wasn't worrying about the situation, then I wasn't taking it seriously enough to solve it. That's insanity. There is no truth in any thought or belief in limitation. True thoughts are kind and filled with energy and light. Every loving thought is true. Success begins when you say kind things to yourself.

Here's where we must practice discipline. Discipline comes from the word disciple, and its origin meant simply to follow the loving way. For myself, I have reduced the mental action of discipline down to two words: restraint and redirect. I choose to restrain myself from acting out in old defective ways born out of fear, and to redirect my thoughts toward those of Love. Ask yourself, "What is the happiest thought in this situation?", and assume and act as if that is true.

I affirm, "I stand aside and let love revive!" When you live from Love, the Universe responds instantly and abundantly. You do not need an excuse to experience joy. Your nature is love, and your birthright is happiness. Life is reason enough for celebration.

God is love. Whenever you are expressing love, in thought, word or deed, you are expressing God. Emmet Fox emphasizes, "If only you could love enough, you would be the happiest and most powerful being in the world." Love boldly!

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Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran and author of "What if Godzilla Just Wanted a Hug?" For more information visit www.ThisWillMakeYouHappy.com

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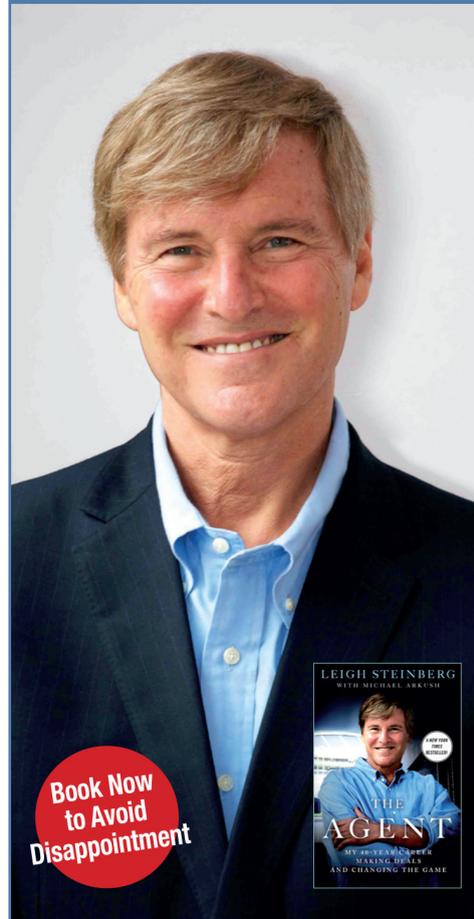


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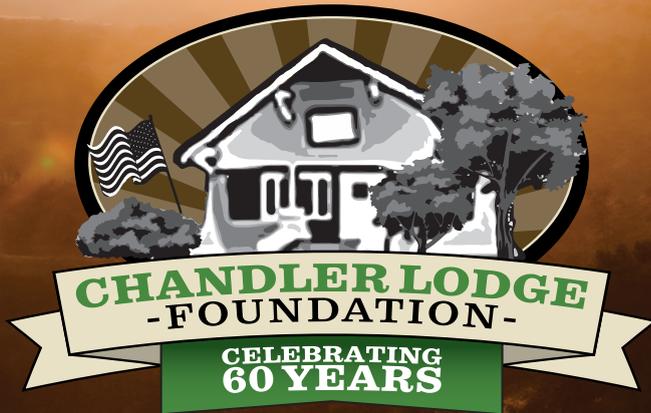


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by: Annie Kuni, LMFT

HOW TO GET UN-STUCK IN YOUR RECOVERY

A common issue that I hear in therapy is feeling stuck in eating disorder recovery, or frustration with a lack of progress. Things like:

"I've been in therapy for years."

"I've gone to 4 different residential and IOPs, but I'm still relapsing."

"I'm eating, but I can't get rid of the negative food thoughts and obsessions."

Why do so many of us feel stuck when it comes to recovering from an eating disorder? I would argue that this is in part due to not using our "full brain" in recovery, and in therapy. Surprisingly, we're usually not using the parts of the brain that we need to when we just talk about our issues in traditional talk-therapy. There's been a lot of recent buzz around "top-down" and "bottom-up" brain processing, and with it, some useful insights around how we can use this information to our advantage.

"Top-Down" brain processing means that you're using your frontal lobe, aka the "top" of your brain. This is the part of your brain that thinks, plans, and uses logic. In the eating disorder context, this looks like thoughts or judgments about food, body image, and comparisons. Most forms of therapy and recovery really engage the top of the brain. Interventions like CBT, being aware of maladaptive thoughts, and challenging those thoughts are great examples.

Using our thinking and logic is great, but utilizing only this type of treatment modality is leaving out a lot of the other parts of our brain that can also help us recover. One thing that thinking and logic do not address are the underlying trauma or causes of those thoughts to begin with. This is where a lot of people get stuck.

So, if the top part of the brain is in charge of thinking, what is the base of the brain in charge of? The bottom of the brain (the limbic system and the brainstem) is in charge of moving, sensations and senses, emotions, attachment, and behavior. If you have had trauma that influences your eating disorder, then that trauma is not going to be stored in the top part of the brain. Instead, it's stored in the bottom of the brain because there is a heavy emotion attached to it.

Thinking differently about your trauma, which works well with the top part of your brain, won't be very helpful at the bottom of your brain. Why? Because when we feel we are in danger or experiencing trauma, we don't go through our normal thinking and thought processes to get through it; instead, we just act. We don't tell someone being chased by a lion to calm down, and think about it instead of running. Thus, the language of the bottom of the brain isn't thinking, it's action.

In order to engage this part of the brain, we need to speak its language. This is code for action -- getting up and doing things. We need to re-teach the trauma part of the brain that everything is ok now, it's safe, and actions don't have the consequences we fear. This is also not a one time intervention - we need to be predictable and consistent with working through bottom-up brain re-processing. Predictability and consistency to your brain means safety.

Not sure where to start? Here's a list of actions that engage the bottom of the brain: singing, dancing, yoga, breathwork, music, art, cooking, playing with animals, and engaging the senses through aromatherapy, slime or clay. These activities bypass the top of the brain and instead work the bottom of the brain. They engaged the senses, balance, movement, and emotions all stored in the bottom of the brain (in the limbic system and the brainstem). Furthermore, these actions will apply well to treating all types of trauma, regardless of diagnosis or what you struggle with. For eating disorders in particular, it's important to utilize the bottom-up processing with challenging rigidity. This means creating new, flexible, and spontaneous experiences in a safe environment, like acting, improv, poetry reading, and eating new foods.

Research shows that the most effective forms of therapy use the whole brain, both top-down and bottom-up processing. For eating disorder recovery, this means challenging eating disorder thoughts (top-down), while also engaging in grounding exercises using all five senses when stressed (bottom-up). It looks like self-worth mantras (top-down), while also singing a song about your self-worth (bottom-up). Some specific therapy modalities that include bottom-up processing are EMDR, taps into the brainstem and limbic system with eye movements, and somatic therapy taps into the brainstem and limbic system with internal sensation focus, and mindfulness taps into the brainstem and limbic system using deep breathing and meditation.

Next time you're feeling frustrated about feeling stuck, ask yourself what kind of communication you've been using to battle against your eating disorder and trauma. Instead of using just one part of the brain in recovery, we should strive to use the whole brain. Walking the walk along with talking the talk, might be the key to change that you've been looking for.

Annie Kuni is a Licensed Marriage and Family Therapist. She co-founded Gemmed with her sister to provide eating disorder support groups for teens and young adults. She can be reached at annie@gemmed.ngo, www.gemmed.ngo, or on instagram @theinnergem.



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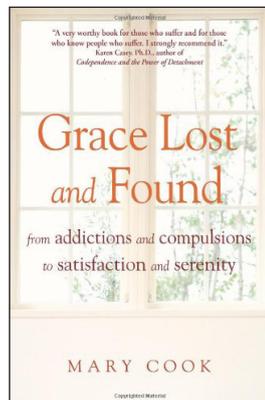


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by: Lang Martinez

THE TRUTH NOBODY KNOWS BUT ME

I feel lonely and ashamed, and I wonder how can anyone understand me. I'm not to blame. I am very tired of hiding, and living in isolation and inner fear. I am tired of inner shame that never seems to go away. I am tired of thinking that I don't deserve to be happy. I am tired of carrying the burden of blaming myself for what happened, resulting in a life of self-punishment, self shame and pain. I want to be free!

I continue to ask myself, "What part did I play, am I responsible or accountable?" I feel in some way that I participated in this act of violation. The truth is my innocence of trust was taken away by a monster.

After 39 years living a life of self destruction, I began remembering what had been done to me. It was not my fault, I am not responsible or accountable for what happened. Keeping the secrets of shame and lies that destroyed me, should have never happened. The secrets of his manipulation that took place he surely doesn't want told. I ask myself how can he be successful and happy in his life with his family, knowing what he did to me. It's because he has no conscience, no regret, he feels as if he did nothing wrong. Accountability is due, but it's God who has to make him accountable. I need to forgive, but I need to forgive myself first. There is a kind of love that God only knows

My story begins in 1980, I was 17 and it was all about the brewskies and some good bud. If I wanted to get really wasted, I would take pills, acid, mushrooms or cocaine.

I was at a gathering with my friends and a couple of them told me about this place where they worked and you can party and still get paid! Hey! Little did I realize this was what the monster wanted, he threw out the bait and lured us in. This was my worst decision.

My monster pulled me aside, and asked me if I wanted to sell drugs and make a lot of money. You have to remember, I was just 17, I thought I would have all the money I needed for my car, sports, girl, and my mind was thinking Hollywood. I said, "Yes!" What I failed to realize, was that I was being used. Yes, I sold cocaine, everyone, including me, was "Snowblind." My life changed immediately.

In my article that was in the July issue of Keys To Recovery, "Freedom From Bondage", I shared that I have had sobriety three times for five years. I get asked: "Why is it always five years then you relapse?" My answer, "I could no longer take the pain."

After begging God to save my life this last time, I remembered something that happened 39 years ago. I was molested. I was "Raped!"

I got myself into Rehab. What I had to get in my head was there was no next time, that God had worked overtime and only through my Lord and Savior, could I get through what I now know about happened to me 39 years ago. When I got out of rehab I tried to find this monster and thought he was dead.

I lied to myself thinking the nightmares would stop. I was wrong. I knew that I needed more help even though I was working a twelve-step program, and going to church. I needed professional help, I needed closure. At Church there was a service about anger. It's about those who did the things they did and they're dead, so they will never say their sorry, and those that are still alive may never tell you that they are sorry.

Now I knew the answer "Forgiveness." In October, I found the individual on Facebook. The face I will never forget.

So I found a way to contact him. I wanted to know if he would remember me, would he at least apologize? I needed to know. I made the call and at that point the emotions were overwhelming.

I was going to talk to the monster who ruined my life. He answered, I heard a familiar voice, "Is this Lang?"

I said, "Yes."

He said, "Lang what have you been doing? I've been thinking about you for 37 years."

I said, "No, it's actually been 39 years and I believe I've been thinking about you." In the conversation I said, "Do you remember when my mother put a gun to your forehead and was going to kill you, because she said she wanted her property back?"

His response, "Yes, I do, Lang! Your Mother was crazy!"

I said, "No, my Mother loved me, she was trying to protect me!"

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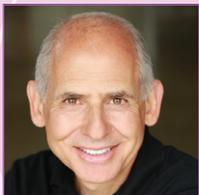
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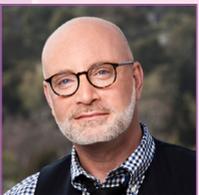
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CHANGING THE NARRATIVE

The group of women at a local IOP had just finished a two mile jog. Like their sober sisters and brothers on other Strides in Recovery teams, they were training for their first 5K. It was cool down time. We were stretching our muscles at the best time, when they were already loose and warm. We had done the lower back, quadriceps (front of the thigh), hamstrings (back of the thigh), hip flexors, and glutes. It was time for our calf stretches. I asked the women to line up facing the wall, put their hands on the wall at shoulder height, keep their heels flat on the ground with their body in a straight line, and lean forward.

This is a great calf stretch. Try it sometime, especially if you often wear heels. But that's not where I'm going with this story.

From a distance, this line-up often looks amusing to me, as if they are all trying to push down the wall. As I was watching and asking everyone if they could feel the stretch in their calves, I was considering injecting some humor like "Keep pushing, the wall is starting to move." Before I could do so, one of the women commented, "I feel like I'm about to be frisked and handcuffed."

"Yikes". I hadn't thought about that. Standing in that position was triggering a lot of unpleasant memories. Cooling down and stretching after training was not going to be a positive experience for her. We needed to help her change that association.

Standing against a wall with her hands up meant her life was continuing on its downward spiral. It meant her life had just taken a significant turn for the worse. It was a physical reminder of how far down her addiction had brought her.

It was time to create a new association. What did standing with her teammates against the wall now represent?

She was part of a community sharing the same goal of staying sober.

She had been doing something positive for her physical, emotional, and mental health.

She was going the extra mile for her own recovery.

She was practicing self-care.

She was turning her life around.

Standing in that position no longer meant that her life was on a downward spiral. It was now a reminder that she was rebuilding her new life in sobriety.

A change of narrative can refer to the thoughts associated with a behavior. New narratives can also be associated with a place.

I was recently running with someone else in early recovery as he was training for the Los Angeles Marathon. Following the actual Marathon course, we had just turned onto Sunset Boulevard in West Hollywood. As he looked around, he commented "This used to be my old stomping ground. This is where I got high and sat on the streets all day." For him, Sunset Boulevard had been a place of hopelessness and a path to nowhere. On that day, it was a place where he was proving to himself that he could do a 16 mile training run with ease. Four months earlier, he hadn't been training at all. He had started out with a two mile walk, just like everyone else on the Beit T'Shuvah Los Angeles Marathon Team. He had consistently shown up to group runs. He had trained midweek per the recommendations. He was approaching each training run with a positive attitude. He was enjoying the support of his teammates. Week after week, he was watching himself become stronger and stronger. Sunset Boulevard was now a reminder of his progress.

On Marathon Day (March 8, 2020), the street will be lined with cheering crowds. The energy will be palpable. He will be among a group of 25,000+ runners. He will be well past the halfway point, less than two hours away from crossing the finish line. Sunset Boulevard will become a place where he can reflect on just how far he's come since he got sober. It will be a reminder of the life he left behind, and the new one he is creating.

What are your negative associations with a place or behavior? What can you do differently in your life to create uplifting associations with those actions and places? You can change your narrative. The power is yours.

Leslie Gold has been the coach of Beit T'Shuvah's Running 4 Recovery Los Angeles Marathon team since 2013, creating experiences which support physical, emotional, mental, and spiritual healing. Inspired by the words of so many team members who view the training as critical to their long-term sobriety, Leslie started Strides in Recovery to bring similar experiences to other recovery communities. To learn more, visit StridesInRecovery.org.



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Ageless Recovery

by: Louise Stanger, Ed.D, LCSW, CDWF, CIP & Roger Porter

DON'T BE IN THE SNARK TANK "On Valentines Day"

With Valentine's Day fast upon us, advertisers undulate before our eyes with hearts and flowers, gifts and chocolates, teddy bears and fancy restaurants. As such, it's a great time to take a look at the relationships we might be in, and if they are helpful or not. In some cases, you may find yourself in a relationship with a snarky person. And if that's the case, buckle up.

Jokes aside, having a meaningful relationship with a sarcastic and snarky person poses its own set of challenges. First off, what do I mean when I say snarky? According to Urban Dictionary, snarky means sarcastic, snappish or irreverent in tone, more often or not a put down. Perhaps you can see why dating or being friends with a snarky person can feel like climbing a stair master, especially if snark isn't your favorite flavor of tone.

Snark has its appeal. A recent study reported in Your Tango, a blog about dating and relationships, indicates that sarcastic people are creative and that folks who understand sarcasm are smarter than the average person. Sounds like a great catch, right? But what about the snarky person? It begs the question: Is it smart to be snarky?

Let's take a look at the signs of a snarky relationship.

1. For those of you who are old enough to receive a discount at the movies, Don Rickles was the king of sarcasm. Nothing was sacred. Today, Stephen Colbert, Amy Schumer, South Park and The Simpsons lead the snark brigade. However, being sarcastic can hurt. No one likes being told their dress looks like it came out of a Sears catalogue.

2. Jabs from partners, in the form of snarky zingers, aren't the good kind like you can get at Box-Union, a gym where you can let out your emotional angst on a punching bag. When your partner cuts you down, it stings like a punch to the gut.

3. Snarky comments also have a way of making you feel unloved and not good enough. Most of us are vulnerable and worthy of love, greater than the words out of the mouth of another. If Brene Brown is to be believed, then the feeling of "I am not enough" can easily be triggered by snarky comments.

4. People who communicate with heavy doses of sarcasm and snark miss out on a vital aspect of a relationship: listening. Check the sarcasm at the door in favor of honest words and an open heart to let the other person feel free to communicate without the trickery of snark.

5. You throw your partner under the bus. When you are with people you are always saying something snarky about your partner. Safety and security according to Abraham Maslow are two basic needs that must be met. It's impossible to keep a relationship when you are always being tossed aside.

6. Some individuals who communicate with sarcasm may create the "save me syndrome," in which they make every situation seem like it is the end of the world.

7. Others may threaten to break up and quickly fly off the handle.

8. You never apologize and have outside relationships. In fact, the snarky one in the relationship may seek out fantasy relationships because they have a love addiction. According to my previous writing about love addiction, this type of addiction is "an unhealthy attachment to people, euphoria, romance or sex in an attempt... to heal past trauma, get unmet needs fulfilled, avoid fear or emotional pain, solve problems, fill our loneliness and maintain balance." Much the way the snarky person uses snark to build up communication barriers, the love addict pursues unrealistic love to fill a hole or block out past trauma.

9. Addicted to social media and phubbing your partner, or ghosting to get the attention they want. (The term "phubbing" represents the act of snubbing someone in a social setting by concentrating on one's phone instead of talking to the person directly.)

10. Narcissism takes root and you only think about yourself.

The key to working through a relationship, words dripping with sarcasm, is to set boundaries. As I have previously written, "a boundary is an interaction with another and signifies the separation of one from another. It also signifies what is acceptable behavior in social discourse." If you're in a snarky relationship, consider setting these types of guidelines to let your partner know what is acceptable, and not in daily interactions. It can be difficult at first – a push and a pull – but hard work put in will contribute to a healthy relationship where snark only lives where it needs to be.

Laughter together is great. But those laughs don't have to come at the expense of a caus-

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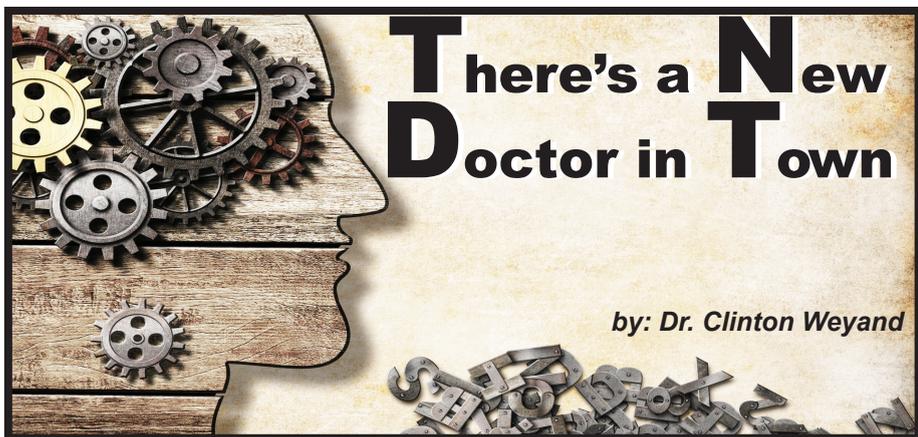
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There's a New Doctor in Town

by: Dr. Clinton Weyand

REGRETS AND RECOVERY "We will not regret the past"

For too many of us, shame and self-blame are paramount and chronic. No one has a fully untarnished past. Every person experiences regret over some action. We do not fall into being perfectionistic. We take our experiences and grow from them, and celebrate what we have learned.

Every day of our lives we think of some situation we wish we had handled differently. Perhaps we left a job we now miss, disciplined a child needlessly, or responded rudely to a friend. Our Fourth Step inventory abundantly details our many regrets, but the past is gone.

Once we have examined our dark corners, and shared with someone else the times when we did not live up to our expectation, we no longer fear reminders of those times, nor do we try to blank them out.

It takes energy to try to hold shut the door to the past. Coming to terms with mistakes we have made, making amends, forgiving ourselves and others releases this energy so that we can use it for living fully in the now. Allowing the door to the past to swing open in its own time, gives us access to the good memories that we were also repressing.

A mark of genuine change, after the pleasure of newfound growth, may be the regret a person feels that we didn't learn sooner. We see how the new learning could have made our lives better at an earlier time. We regret being stubborn, immature, or impulsive. Now we see our mistakes in a new light and it hurts. Some people turn away from growth because they refuse to tolerate the pain of honest hindsight. We need to face these regrets, but not indulge in them. We take a bow to the past and move on to the present.

As we work the steps, we fix our broken life. Many things in our life have been painful. Our addiction to alcohol or drugs made it all worse. But if things hadn't gotten so bad, we might not have gotten into recovery.

To admit regret is to understand that we are fallible; that there are powers in the world beyond us, to admit regret is to lose "control" not only of a difficult past, but of the very story we tell about our present.

It is possible that it takes hand-on emotional maturity, to experience the depths of regret in ways that do not overwhelm and debilitate us, but put us into a proper, more generous relationship with the future. A rich current of abiding regret runs through and emboldens a mature human life.

Sincere regret may, in fact, be a faculty for paying attention to the future, for sensing a new tide where we missed a previous one, for experiencing timelessness with a grandchild where we neglected a boy of our own. To regret fully is to appreciate how high the stakes are in even the average human life. Fully experienced, regret turns our eyes, attentive and alert to a future possibly lived better than our past.

It's okay to visit the past, just don't bring a suitcase.

During a Fourth-Step inventory, a recovering person will need to review the past and write about his or her experiences, in order to take an honest self-assessment and make as thorough a house-cleaning as possible. But wallowing in guilt over past misdeeds is not helpful to the recovery process.

The past is examined, and past behaviors are noted in order that these behaviors may be avoided in the future. Past wrongs are noted in order that amends may be made; however, the past is not a stick that the recovering person uses to beat up him or herself. Once the past is understood, it is put in its rightful place, and the individual moves on with recovery.

"Make the most of your regret. To regret deeply is to live afresh"
- Henry David Thoreau

Dr. Weyand studied at CSUN where he graduated Magna Cum Laude. He then studied Counseling Psychology at the Doctorate level at USC. He is also a graduate of the Addiction Studies program at Pierce College. Dr. Weyand has 30+ years of experience working in recovery and behavioral healthcare. He began his career at Woodview Calabasas Psychiatric Hospital as the Asst. Administrator, and Director of Community Services. He was Director of the Adult Unit at Van Nuys Psychiatric Hospital for over 10 years. For an appointment or consultations, call him at (818) 341-0283 or (818) 800-4814. Website: doctorclint.net.

Dr. Weyand is now writing a new book, "Existential Recovery". If you have any thoughts or ideas about this book, please send them to decoop@att.net We welcome your input.

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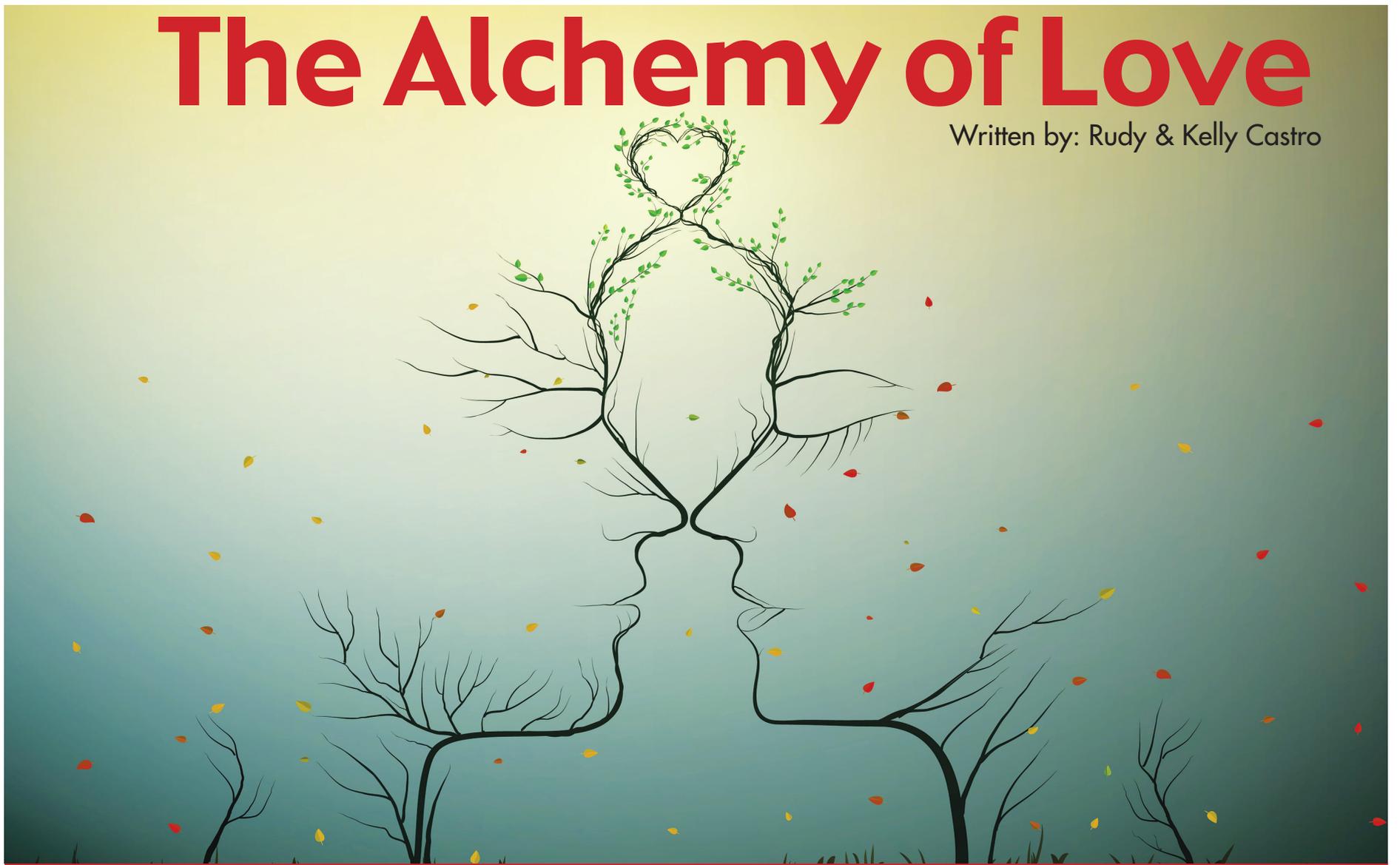
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The Alchemy of Love

Written by: Rudy & Kelly Castro



It's February! A time in which we are programmed to think about Romance. We may be thinking of Valentine's Day and all that comes with that. Will I have a Valentine? Maybe we are single and feeling sad, depressed or left out of this whole frenzy. Or, maybe we are single and loving it! Maybe we are in a relationship and wondering, "What will my Valentine get me, or where will my Valentine take me?" We buy cards and flowers and take some time to focus on showing appreciation for those we love, because this is the day that we are told to set aside for this experience. Are we doing this because we are moved to do this - from love - or are we doing it because it is "just what we do" on this day? Often, these days can become riddled with anxiety from the pressures of living up to social expectations, rather than dancing in the deliciousness of joy and real connection.

What if we celebrated love everyday? Would we even need a day like Valentine's Day to remind us to celebrate love? Really. Think about this. Stop for a moment, this moment, and ask yourself if what you are doing for Valentine's Day is because you have true desire, or because you are feeling some kind of external or internal pressure to DO IT RIGHT, MEASURE UP, or because YOU HAVE TO. It is so easy to become distracted and hypnotized by the "shoulds", that we may very well miss our life in the process. We may be so busy proving, checking things off of our to-do lists, accomplishing, and getting through each day that we miss the magic of every breath.

Love is the greatest force in all the universe. It seems like there is no limit to how love can expand. Enlightened teachers and writers for centuries have tried to express the magnitude of this power. Everyone knows what love feels like to some degree or another.

Some languages have many words to describe love, such as Sanskrit, which has 96 words for love while the English language has only one. Imagine the power of this depth in language. Envision what it would feel like if we had a range of words that created such a high level of connection and deepened intimacy.

1 Corinthians 13: 7-10 "Love knows no limit to its endurance, no end to its trust, no fading of its hope; it can outlast anything. It is, in fact, the one thing that still stands when all else has fallen", describes the magnitude of the greatest power in all the universe.

There is no better master than Jesus who taught us the language of love. We are still trying to live up to His message.

We are given so many invitations each day to strengthen our relationship to love. Not just the warm softness of love that overwhelms us, but also the tremendous moments of pain that offer us opportunities to love rather than hate. To forgive rather than to resent. If we could experience love in every moment, in every situation, imagine what our world would look like, and how we would treat one another. But how do we get there? Is it possible to imagine and create a world with such magnificence? We say YES!! And, as a species, we have a ways to go.

It is going to take a lot of us doing our part to heal and free ourselves, from the inside out. It will require a deep connection with Spirit and with ourselves to begin creating a world where love is an everyday experience rather than a Holiday experience. The word "Holiday," comes from HOLY-DAY. Why can't everyday be holy? If we are truly in alignment with the highest part of ourselves than everything we do becomes holy.

Our entire life become sacred because we are walking, breathing, speaking and living from wholeness (holiness). This is the art of being in Sacred Union within our own selves. Integrating and nurturing our own inner Divine Masculine with our inner Divine Feminine.

Masculine energy is focused, result-driven, logical, structured and all about action. There is absolutely nothing wrong with masculine energy. It is necessary and powerful, especially when operating with integrity. However, when we are dominated by it (which, in our culture, we are) we create imbalance and lack of presence. Presence requires slowing down, playing, spending time with ourselves and spending time in nature. It is necessary to rest and to **BE** rather than to do all the time. This practice will help each one of us nurture the Divine Feminine energies we embody, which will support us in creating, softening, forgiving, strengthening our intuition, and our capacity to listen, to allow and to receive.

Each one of us embodies both of these energies and when we honor both, we realign ourselves with our own optimal state of wellbeing and balance. When we are in balance within ourselves, we become available to experience this in our lives as well. This will manifest in our health, relationships, money and overall joy. This process of balancing these energies also requires healing our pain. How have our masculine or feminine energies been harmed? How have we learned to protect those wounds? Which of those survival mechanisms are no longer serving us? Which ones are harming ourselves and/or others? These are powerful questions that may provoke deeper self-awareness, and lead us to transformation which is an inside job.

Transformation is not possible without alchemy. Alchemy is the process of reducing matter to its purest essence. Often times this process requires **HEAT**, and it burns, which is why most of us resist this. It is uncomfortable to face ourselves over and over again. We do it in 12 step work and/or any other kind of spiritual/mental/emotional work and it hurts, but not for no reason. We walk through the fear and the fire, experiencing the growing pains that allow us to become more free, and live a life "beyond our wildest dreams."

Fire is meant to purify. Picture the phoenix that rises from the ashes. That kind of resurrection becomes possible, when we allow the parts of ourselves that are no longer serving us to be burned away. When we are reborn; We emerge stronger, wiser, more expanded, and filled with more love. What else is more important than expanding our hearts and rising higher into the calling of love? This call is for a deep sense of self love. This call, is to love this planet more fully. This call, is to embody deep love and compassion for all living beings. This is our ongoing work as human beings, and life will continue to show us where we are still carrying impurities. We get to see them in our own reflection and our mirrors are often those people, situations, experiences, etc that we would prefer to get rid of, and/or avoid at all costs because they trigger us.

These triggers can be some of our greatest gifts, if we are willing to look inside and see what it is that is actually being triggered. What old story, old hurt, old belief is being activated? We offer our clients a beautiful and simple five step process that helps in doing that inner work, and we are offering it to you. The next time you feel yourself triggered into a big reaction, a resentment, any kind of fight/flight/freeze response, defensiveness, anger, etc., take a moment, when you can, to walk through these questions.

1) *What happened? (Stick to the facts - not the interpretation/opinion/personal perception)*

2) *What was the interpretation? (What did you make it mean? What story did you tell yourself? What do you think it "really meant")*

3) *What was your reaction? (Did you shut down? Lash out? Act passive aggressive? Etc.)*

4) *What are your feelings underneath the reaction? (Do you feel scared, hurt, rejected, misunderstood, blamed, abandoned, alone, etc. Stick to actual feelings and emotional experiences, and avoid blame by going in the direction of "I feel THEY are...")*

5) *Where in your past have you felt these feelings? (Trace the feelings and leave out the details of the current story. See if you can connect to the history of the feelings, and eventually get to the root of where they were initially felt).*

When we use our current triggers to trace back to the original wound, we can begin to release the old pain. We may cry, scream in pillows, or throw ice at a wall (it feels like breaking glass). We may have a compassionate conversation with that part of ourselves. There are many ways to do this kind of work. If you are carrying a lot of trauma, we highly recommend seeking support to heal those inner places.

The greatest gift you could give yourself this Valentine's Day (or any day, really) is to take ownership for yourself. To do your own work to create balance, allow for internal alchemy and to deeply understand that there is nothing "out there" that will ever bring sustainable joy. We must be responsible for facing ourselves at the deepest level, that we may rise into the highest version of who we can become.

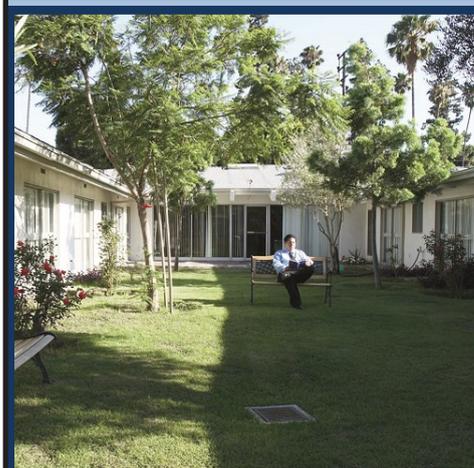
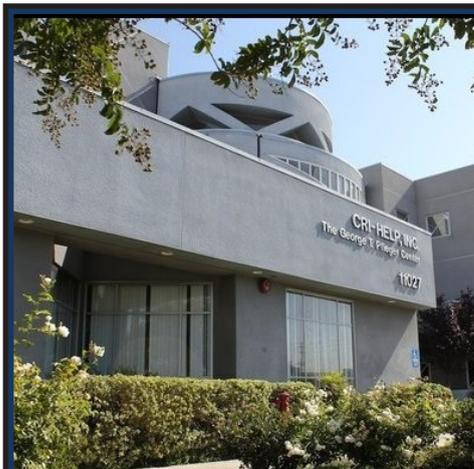
Practicing slowing down, spending time with ourselves, with nature and remembering who we are. Everything we need is already inside of us. The Man, The Woman, The Spirit. We are all of it. May we breathe into our hearts and create love from within.

We will leave you with a quote from author Paulo Coelho, and his masterpiece The Alchemist:

"Tell your heart that the fear of suffering is worse than the suffering itself. And that no heart has ever suffered when it goes in search of its dreams, because every second of the search is a second's encounter with God, and with eternity."

Love only, Rudy and Kelly Castro,

www.kellyandrudy.com, Rudy is a therapist, and Kelly is a Certified Relationship Coach. They are founders of Conscious Partnership Coaching and provide a healing environment for any kind of partnership. Together they have created a beautiful family and a business designed for service. Whether you are an individual looking to create any powerful partnership in your life whether it is business/family/friend, or a couple looking to develop deeper levels of intimacy, they are here to help guide you. Rudy & Kelly's email: consciouspartnershipcoaching@gmail.com



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by: Carol Teitelbaum, LMFT

THE ROAD TO RECOVERY

Removing the Stigma of Addiction for Women

Sally was employed at a major advertising agency, and she was recently promoted to vice president. She was attractive, intelligent and very successful at her job. Enjoying a few martinis with the guys at a business lunch, and taking clients to dinner became routine. Sometimes on a business trip out of state, she would wake up in the morning and couldn't remember what city she was in. At some point Sally made a promise to herself that she would never drink alone, but she soon found herself alone and bored in her hotel room, and that mini bar called to her. Sally found herself drinking pretty much everyday, and on trips she would often go down to the bar at the hotel and talk to men at the bar.

Things started to crumble after a few years. She started showing up late to work, but convinced herself that she wasn't an alcoholic because she still showed up for work every day. On one of her trips she decided she needed to get out of the hotel and drove to a popular local bar, even though she promised herself to take taxis after drinking, she thought she was fine to drive just those few blocks to her hotel. Minutes later, looking into her rearview mirror, Sally saw flashing red lights. The journey had begun.

There was the extreme embarrassment of the arrest, the car impounded, being fingerprinted, put in a cell. Then there were mandatory AA meetings, drug and alcohol classes, fines and she lost her license. Hearing other women's stories so like her own, forced Sally out of denial. She was finally ready to admit that she was one of them. As she embraced sobriety, she changed careers, has a trusted network of trusted friends, and no longer feels the need to keep secrets. She shares her story with other women.

The story of Sally is one that rings true for so many women in our desert community, and breaking the stigma of female alcoholism is critical to the work we do at Creative Change Conferences. As a therapist, I want women to be proud of their choices to go into recovery. Many women who have moved through this process will attend "The Beautiful Face of Recovery Conference", on February 29th, 2020, at The Annenberg Center for Science in Rancho Mirage.

Realistically I know there are still tremendous social obstacles that women face when deciding to share their story, because they fear being labeled as a bad mother, wife, person, promiscuous, or worse. They fear the judgement of others. "What kind of mother could she be?" "How can she hold down her job?" Women who come forward with their story are often told, "you don't look like an alcoholic." This prompts me to ask: what is one supposed to look like?

Until the former First Lady, Betty Ford, was brave enough to share the truth about her addiction problem with the American People, there was no true face of recovery. Mrs. Ford gave us that face, and today there are many who follow in her brave footsteps. Now the face of recovery can be that of any women, any profession.

There is so much we can do to support women who are hurting and assist them in coming forward. Let's work together to break the stigma and create a healthy community.

Written by Carol Teitelbaum, LMFT. www.creativechangeconferences.com

Carol holds a Bachelor's degree in Psychology and a Master's degree in Education, Educational Psychology, Counseling and Guidance. Carol has been a licensed therapist since 1985. Since 1999 she has had a private practice in Palm Desert, California at 43-585 Monterey Ave. #8. and offers individual and group counseling for trauma, mood disorders, anxiety reduction, stress reduction, grief and marriage issues. Phone (760) 346-4606, or email: catbaum@earthlink.net

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STOP SELF-SABOTAGE IN RECOVERY

I want to talk about self-sabotage in recovery. I know the meaning of it very intimately. For those who don't? Here is what it means.

Self-Sabotage: The dictionary definition of sabotage is "an act or process tending to hamper or hurt" or "deliberate subversion."

In early recovery, I was able to look back through life, and examine many past relationships where I had sabotaged them. I feel that when we sabotage things or relationships in our lives, it is tied to not having self-esteem or self-worth within ourselves. Like we are not "worthy" of love or people treating us well.

I was doing this way before my addicted gambling days. I would sabotage relationships, many with men and women. I can't count how many times I would be dating a really nice guy and when things started to become too serious, I would break-up with him or cause a fight, or ignore him and move on. Where was this coming from? At the time, I didn't know.

Fast forward to today, and I continued this strange self-sabotaging behavior. When I became addicted to gambling and in the worst of it, strangely, the feelings of what I was doing to myself, my husband, friends, and family felt oddly normal to me. I figured, "since I feel no worth of goodness in my life, it didn't matter if I hurt others with my gambling, and toward the end alcohol abuse."

That was my sick, diseased thinking at the time. Then I move into my first year of recovery. Well, actually it took me a few years to get there. Again, because I felt unworthy, guilty, and full of shame for what I had done for years within my gambling addiction. I'd ask myself, how the hell do you get beyond the damages and destruction, and move out of "self-sabotage" into feelings of worthiness and loving yourself again?

Good question right? See, from my years of heavy gambling, my brain stopped producing the chemical of "Pleasure and Reward," that dictates energy levels. So I was placed on Wellbutrin to stimulate and increase this chemical that gives you pleasure and motivation. The state of winning or losing mode and always being high from adrenaline through my addiction created that part of my brain being overused, and depleted over time.

So I thought I would share some of the essential areas of an article I came across that helped me learn how to overcome this roadblock in recovery and life, and hope you take time to read the full informative article (<https://blog.iqmatrix.com/overcome-self-sabotage>)

WHAT IS SELF-SABOTAGE? Self-sabotage is any behavior, thought, emotion, or action that holds you back from getting what you want consciously. Moreover, it is the conflict that exists between conscious desires and unconscious wants that manifests in self-sabotaging patterns. It not only prevents you from reaching your goal, but also becomes a safety mechanism that protects you against disappointment. In other words, your brain is protecting you from getting hurt by doing what it thinks is best, which is keeping you within your comfort zone.

Self-sabotage tends to linger in our lives because of a lack of self-esteem, self-worth, self-confidence, and self-belief. Likewise, we suffer from self-sabotage patterns because we are unable to manage our emotions effectively. We tend to react to events, circumstances, and people in ways that hinder our progress, and prevent us from reaching our goals and objectives.

Self-sabotage is also used as a method of coping with stressful situations or high expectations of ourselves, or others that we unconsciously feel we are not capable of reaching. No matter what our reasons for self-sabotage, it is clear that if we don't do anything about the behavior, we will continue to live a life full of regrets and unfulfilled expectations.

Eliminating The Self-Sabotage Process: There is a simple yet very effective process that we can follow to help us eliminate self-sabotage from our lives. The process is composed of four steps that will help you to take conscious control of the behaviors, that are currently directing your decisions and actions.

In identifying self-Sabotaging behavior, first, we must identify the behavior that is preventing us from moving forward. To do this, we must become consciously aware of our daily decisions and actions, and the resulting consequences. Once identified, it's important to pinpoint specific triggers that may be causing this behavior to come through to the surface. These triggers could include people, objects, specific times, events, and locations.

Con't Page 22




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- George Lipsitz, Professor, UC Santa Barbara
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- Christopher Brancart, Esq. Brancart & Brancart
- Ken Walden, Esq. Access Living, Chicago
- Lynn Grosso, Esq. Office of Fair Housing and Equal Opportunity
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FEBRUARY EVENTS

THIRD MONDAY OF EACH MONTH: GET THE HIGH of H & I. Would you like to carry the message to Alcoholics who can't go to an outside meeting? If you are interested in becoming a part of H & I they meet on the 3rd Monday of each month at St. Innocent's Church, 5657 Lindley Ave. Tarzana CA 91356. New member orientation is at 7 pm, the business meeting starts at 8 pm. For more information visit www.sfvhi.org

AT CENTER HOLIDAYS AND MORE: www.atcenterla.org/happenings/. In addition to your 40 plus 12-step meetings help support some of our newer offerings. Some held nowhere else in the nation except at the ATC. TRANS AA LA "What's the T?"-Fridays at 8:15pm. AA-Unidos en Sobriedad (LGBT). Mondays at 8pm AA-Never Had A Legal Drink. Tuesdays at 8:15pm RD-Recovery Dharma (M-F) Noon 1773 Griffith Park Blvd., Los Angeles, CA 90026

LAST FRIDAY OF EVERY MONTH: Sober Cafe Open, all welcome. La Ventana Treatment Centers invites our community each month for free coffee, music, game and fellowship. 8:30 pm to 10:30 pm, 1408 East Thousand Oaks Blvd., Thousand Oaks, California. For more information call (800) 560-8518. www.laventanatrement.com

LAST SUNDAY OF EACH MONTH: Rolling Sober SFV, meets the last Sunday of each month at 9:am. Meet us at The San Fernando Valley AA Hall, 220 S Brand Blvd., San Fernando, Calif. Parking Available Across Street .Visit our Facebook Page (Rolling Sober Car Club) for more information. The only requirement is that you are clean & sober and have a love of old cars.

FRIDAY FEBRUARY 14TH, 2020: Valentines Dance at Unit "A", 10641 Burbank Blvd., North Hollywood, CA 91601. Speaker meeting at 8pm. Dance 9:30pm until 1:30am. \$5 per person \$7 per couple. D.J., Snacks, Raffle for Flat Screen \$5 ticket!

FRIDAY APRIL 3RD TO SUNDAY APRIL 5TH 2020: There Is A Solution 39th Annual Southern California Hospitals & Institutions Conference. Holiday Inn 14299 Firestone Blvd., La Mirada, California. Speakers, Comedy, Banquet, Dance and More. Register at www.socalhandi.org

THURSDAY APRIL 9TH TO SUNDAY APRIL 12TH 2020: 20/20 Vision San Deigo Round Up 2020 A.A. Conference, San Deigo California. Speakers, Workshops, Meetings, Variety Show and Dance and More. www.SanDiegoSpringRoundup.com

THURSDAY JUNE 11 TO SUNDAY JUNE 14, 2020: A.A. Desert Pow Wow 2020. Come and join us for fun and fellowship at the The Renaissance Esmeralda Resort and Spa. The hotel is located at: 44400 Indian Wells Lane, Indian Wells, California, 92210 for more information visit www.desertpowwow.com.

THURSDAY JULY 2 TO SUNDAY JULY 5, 2020: 2020 INTERNATIONAL CONVENTION OF Alcoholics Anonymous this year to be held in Detroit, Michigan. For more information and to register www.xpressreg.net/register/ICAA0720/landing.asp.

Send us your upcoming SOBER or recovery related events. We will list it FOR FUN AND FOR FREE. Email events to: info@KeystoRecoveryNewspaper.com.

To find local meetings and events all year long call

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16132 Sherman Way,
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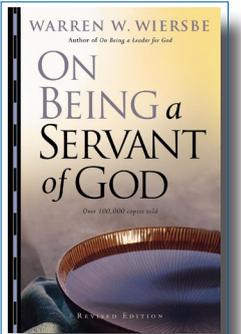


ON BEING A SERVANT OF GOD; by Dr. Warren W. Wiersbe. Published by Baker Books.

This book was given as a gift to me and I wasn't sure why; but I love and respect the person that gave it to me, so I read it, and was very glad I did. Dr. Warren Wiersbe has written this work in such a personal and passionate way that I felt I actually knew him, and that we were sitting together as I listen to and chatted with him. In fact, I feel like this is the story of all who seek to be real servants of God, in a pseudo-religious world. I believe those who read this book will experience "open eyes", and "burning hearts" as they revisit their own personal road.

Every page, indeed nearly every paragraph, of Dr. Wiersbe's revised edition of "On Being A Servant of God", contains wisdom and insight. I am grateful for Dr. Wiersbe's direct, no nonsense approach in setting forth the basic principles, for bringing the eternal hope of Jesus to those who are in need; be it in church, on the street or at work. In business, at church or general life, leaders are often wired as take charge, type "A" personalities, desiring to be in control. Dr. Wiersbe instructs us on how we can relax and rely on the Holy Spirit to help us in building His kingdom, while remembering to always give the Glory to God.

At the beginning I mention that I did not know why this book was given to me; but Dr. Wiersbe planned for people like me and the last page reminds us: All of God's people are ministers, a few are ministers with a capitol "M". We are either good ministers or bad ministers: but ministers we are. I am reminded to show love for others and to give the Glory to God. I promise you that reading this book will be a great experience for you. Available at Amazon.com

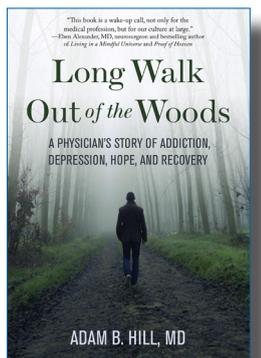


LONG WALK OUT OF THE WOODS: A Physician's Story of Addiction, Depression, Hope, and Recovery. Written by Adam B. Hill, MD. Published by Central Recovery Press.

Dr. Adam Hill takes a leap of faith and reveals himself completely in this book. He feels it is more important to shed light on the obstacles that medical professionals face when they seek help for addiction and mental health issues, than to protect his own anonymity. He risks everything to provide a road map for other professionals working in the field.

Adam outlines his journey through addiction, depression and suicidal feelings, noting that although these overlapped in his life, "Each issue is complex, unique and often difficult to fully understand." Dr. Hill reminds us that the public perception of mental health conditions, are sometimes outdated and leads many professionals to hide, and ultimately not receive help, for their addiction and/or mental illness.

The medical professional suffers more pressure and anxiety, and less help is provided to them. The unique situations that are faced by medical professionals place them in a vulnerable place that few talk about. Adam Hill writes about his journey opening a door for other medical professionals in hopes that they too can receive the help needed. I actually cried more than once while reading his story, because it is told with such honesty and is written straight from the heart. I felt his hope, as Adam became self-aware, and started to heal the wounds of the past. His courage to write this book comes directly from his passion to help others. He has taken his silent suffering, and turned it into recovery for himself and others. I give this lifesaving book, FIVE STARS Available at Amazon.com.

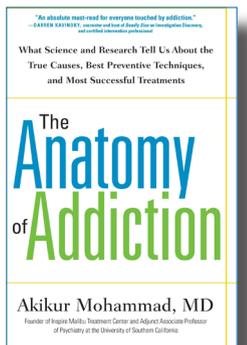


THE ANATOMY OF ADDICTION: What Science and Research Tell Us About the True Causes, Best Preventive Techniques, and Most Successful Treatments. Written by Akikur Mohammad, MD. Published by Penguin Random House LLC.

There are many interpretations about the physiological origins and foundations of Drug and Alcohol addiction. Dr. Mohammad peels away and discards the layers covering the core of why addiction is so prevalent in today's society. This remarkable book explains in detail about result based preventive techniques, approaches and applications to help ensure life-long recovery from drugs and alcohol. Dr Mohammad describes "The Invisible Epidemic That's Killing Us," and asks "why is addiction continuing to take so many lives?"

This is a must read for all of us looking for the complete understanding of the reasons for addictions, because there are a lot of misconceptions and uncertainties regarding addiction. In this generation of countless recovery facilities, why are we so misinformed about the true nature of this deadly disease.

Dr Mohammad explanations are clear and concise, which thoroughly uncovers the causes and conditions of addictions, that are plaguing our societies as a whole. This book is a treasure trove of knowledge and information, for those wanting clarity in order to be a truly effective member of the recovery professional community. I give it Five Stars. Available at Amazon.com.



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

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CATALYST SOBER LIVING & SUPPORTIVE LIVING: 10335 Kurt St., Lakeview Terrace, Calif., \$855 Includes utilities & 3 meals a day. Supportive Services Include: AA Groups, Day Treatment Programs, Partial Hospitalization Services, Mental Health Screenings, Self-Help Groups, Job Training. Call Sergio Ventura (661) 434-8699 or email: sergio@ccs.org

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MIRACLE MILE RECOVERY: Brand New Transitional Sober living for men, women, and couples located in mid city of Los Angeles, Miracle Mile. Clients are required to attend Intensive Outpatient, actively participate in any type of self help or recovery and either gain employment or attend school. Case management is provided Call or Text (951) 567-3285 or (323) 949-5309.

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HOUSE IN THE HILLS Sober Living for Women in Woodland Hills, CA. We believe that recovering addicts/alcoholics must safely reconnect with the outside world, aided by a healthy, balanced and secure environment. www.HouseintheHills.org. Call (818) 264-8545.

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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 email 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
- Colleges
- Correctional Facilities
- Counseling Office & Services
- Department of Health

- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Drug Courts
- 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
- Sober Livings
- Transitional Housing
- Therapist Office

- Universities
 - Veterans Hospitals
- Recovery Conventions & Conferences,
Industry Networking Events & many more
locations each and every month.*

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

Vital Services Resource Guide

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

RESOURCE GUIDE

12 Step Recovery Info Line: Phone meeting info & recordings of recovery (951) 262-3623, Lisa Moss (818) 293-2222.

Alcoholics Anonymous (A.A.) World Services: P.O. Box 459, New York, NY 10163, www.alcoholics-anonymous.org (212) 870-3400.

A.A. San Fernando Valley Central Office: (818) 988-3001.

A.A. LA Central Office: 4311 Wilshire Blvd., #104, Los Angeles, CA 90010, www.lacoaa.org (323) 936-4343 (800) 923-8722.

A.A. 8752 S Broadway, L.A., CA 90003, www.aa.org (323) 750-2039, info for Spanish Speaking.

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

A.A. Santa Clarita Central Office: 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 meetings, Thurs & Sun 6pm 8742 Mulberry Dr., Sunland, CA. Lisa (818) 293-2222.

Alsana Eating Disorder Helpline: For individuals, friends, families, and providers to receive support, answers to questions, and resources. Monday – Friday, 6am – 6pm PST. Call or text: 314-807-3065. www.alsana.com/helpline/

Anaheim Alano Club: 202 W. Broadway, Anaheim, CA 92805. Meetings 7-days a week (714) 535-0900.

California Dept. of Health Care Services: www.dhcs.ca.gov (800) 735-2922 for deaf and blind.

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: sfvalleyhow@aol.com or Bryce at (818) 621-2130.

CEA-HOW: NEVEDA Compulsive Eaters Anonymous: 12-Step Recover. Las Vegas www.ceahow.org (702) 393-6570.

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

Clutterers Anonymous: (866) 402-6685.

Co-Dependents Anonymous: (CoDA) L.A. (323) 969-4995.

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

COMMUNITY REFLECTIONS INC.: Prison Outreach, Homeless & Veteran Care, LiveScan, Pop 47, Legal Services, Etc. 10020 S. Western Ave., Los Angeles, CA 90047 (323) 674-4376

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

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

Debt-Anon: 12-step recovery program for those affected by a problem of compulsive debt in a relative or friend. Phone Mtg. Sundays 10am Pacific Time (605) 313-5104, 74951#. www.debt-anon.org

Eating Disorder Support Recovery Groups 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 Bch; 11455 El Camino Real, #360, Del Mar. for info visit www.centerfordiscovery.com

Eating Disorder Support Recovery Group. FREE. Drop in. Open to the public. Wednesdays from 6-7pm. EDCC (Eating Disorder Center of Calif) 520 S. Sepulveda Blvd., #208, Los Angeles, 90049.

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

Eating Recovery Center: (877) 957-6575, www.EatingRecovery.org

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

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

Family Support Group: FREE of charge. Have a loved one suffering with mental health and/or substance abuse? Parents & spouses invited to join group, Wed. 6:30pm-7:30pm. At Awakenings, 28720 Roadside Dr., #200 Agoura Hills. For info call (805) 574-0936.

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

Food Addicts in Recovery Anonymous: (FA) www.foodaddicts.org (781) 932-6300.

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

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

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

LGBTQIA+ AA Meeting: Saturdays, 6:30 PM, Thousand Oaks, CA (800) 560-8518. www.laventanatrement.com

LifeRing Secular Recovery, Lifering.org, (800) 811-4142

Love Addicts Anonymous: (LAA) www.Loveaddicts.org

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 or Van Nuys (818) 759-9194.

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

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

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

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

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

National Council on Alcoholism & Drug Dependence Headquarters: (NCADD 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.

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.

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 (800) 977-HEAL.

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

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

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

SUPPORT GROUP: Free & open to anyone supporting a loved one through their mental health and/or substance use recovery. 1st and 3rd Thurs. of each month, 7:PM Thousand Oaks, CA (800) 560-8518 www.laventanatrement.com

Survivors of Incest Anonymous: (877) 742-9761. 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.

DISABILITY SERVICES

Job Accommodation Centers, Toll Free (800) 526-7234 (voice & TDD).

ACCESS Paratransit Referral Service, transportation voucher program, (800) 431-7882.

Social Security & Medicare Eligibility, Info (800) 772-1213, TDD (800) 288-7185.

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.

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.

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.

Los Angeles Food Bank (323) 234-3030.

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.

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) 346-5554.

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

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

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

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.

EMERGENCY HEALTH & MENTAL SERVICES

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

Because I Love You, Nationally Known Parent And Teen Support Group. www.bily.org

County of LA Depart. of Mental Health for listing of 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.

MISSION HILLS Recuperative Care Shelter (818) 392-0020.

MENTAL HEALTH SERVICES: Hathaway-Sycamores Child and Family Services, For info on mental health services, (844) 222-2377 (1-844-2Access) or email referral@hscfs.org. Please include the type of service being requested, the age and the city of the person you are requesting service for, and any additional comments.

We will respond to all calls within one business day. Interested in volunteering with us? Please email mentoring@hscfs.org.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) S.F. Valley (818) 994-6747 www.Nami.org. NAMI Urban Los Angeles (323) 294-7814, www.namiurbanla.org. We advocate, educate, and support people with mental illness and their families via our free education programs, support groups, and other services.

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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.

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 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.

Union Rescue Mission (213) 347-6300.

Union Station Homeless Services (626) 240-4550.

Volunteers of America Homeless Support Services (626) 442-4357.

WLCAC Homeless Access Center (323) 563-4721.

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.scadplne.org (562) 923-4545.

The Good Shepherd Shelter: (323) 737-6111.

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

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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) 651-6000.

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

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)

S.A.F.E LA www.safela.org/rape-and-sexual-assault, (800) 799-7233

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

Stalking Hotline (877) 633-00



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CON'T FROM PAGE 8

I realize now that my Mother knew what had happened to me, and the pain she carried in her heart knowing what happened to her "Little Lang."

Today I have built a solid foundation of recovery. Not only do I attend a twelve step program, I attend church, and I see a therapist. I also surround myself with a strong support group. But the key, I think, is talking to others who have gone through the same experience as me, just like in my drinking.

On a daily basis I tell myself that it's not my fault. That simple statement takes all the power away from the guilt and shame, that I shouldn't be carrying anyway! Each time the anger comes up, I need to forgive him, sometimes on a daily basis. I will never forget what happened to me, but today I know like every other experience I have had, it has created who I am.

Romans 5: 3 thru 5: 3, Not only so, but we also glory in our suffering, because we know that suffering produces perseverance; 4, perseverance, character; and character, hope. 5, And hope does not put us to shame, because God's love has been poured out into the hearts through the Holy Spirit, who has been given to us!

Written By Lang Martinez: On July 25 2018 , I begged God if you save my life I will give it all back to you, " I PROMISE". Because of Keys To Recovery I am working on a project with Catherine Townsend Lyon Author/ Advocate called " Nobody Knows But Me" You can also find my articles in Citizens Journal, US. If you have any questions regarding this subject matter please connect with Randy Boyd Courageous Healers Foundation: Email: info@courageoushealers.org Website www.courageoushealers.org



Ageless Recovery

CON'T FROM PAGE 10



tic tone, and language that puts down your partner or those around you. In fact, if you feel the overwhelming urge to use snark as a way of lifting yourself up, there is a better way forward. Consider speaking with a professional therapist or counselor. As a celebrated clinician who specializes in interventions, I can show you the insights hidden in the shadows to help you grow and thrive. This Valentine's Day, lay the snark to rest!

Dr. Louise Stanger founded All About Interventions because she is passionate about helping families whose loved ones experience substance abuse, mental health, process addictions and chronic pain. She is committed to showing up for her clients and facilitating lasting change. She speaks about these topics all around the country, trains staff at many treatment centers, and develops original family programs. Louise has been the recipient of many awards. Dr. Louise may be reached at www.allaboutinterventions.com or (619) 507-1699. Louise co-writes her articles with Roger Porter. Roger graduated with two degrees from the University of Texas at Austin. He works in the entertainment industry and writes for film and television.



Our core philosophy lies in the belief that recovering addicts and alcoholics must safely reconnect with the outside world, aided by a healthy, balanced, structured & secure environment as their Support System and Home.



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Quit to Win

CON'T FROM PAGE 15



Next, we must ask ourselves whether we can avoid these triggers altogether? By simply removing these triggers from our lives, we will be better prepared to take conscious control of our thoughts, feelings, and actions. However, there is yet another factor that we must take into consideration, which is the limiting beliefs we have associated with each particular self-sabotage pattern. The key is to identify these limiting beliefs, then work on transforming them into positive, empowering ideas that work for us rather than against us.

Again, I hope you visit and read the rest of this helpful article, and use the practices within. You'll begin to diminish self-sabotage from your life and within your recovery journey, while learning your real worth so you can continue to QUIT TO WIN!

Catherine Townsend-Lyon is the author of her debut memoir, "Addicted To Dimes," a gambling recovery advocate, coach, and ghostwriter. She runs "Lyon Media Services" helping authors market their books throughout social media. Catherine advocates about gambling addiction and has shared her story on Addictionland.com, Facing Addiction.org and Heroes in Recovery.com. Catherine writes and shares her recovery journey from gambling addiction along with resources on her recovery blog "Bet Free Recovery Now" betfreerecoverynow.wordpress.com. Catherine resides in Phoenix, Arizona and continues to help and sponsor those from gambling addiction. Email: LyonMedia@aol.com. Call (602) 633-3991. Let's Connect on LinkedIn, Facebook and Twitter.



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