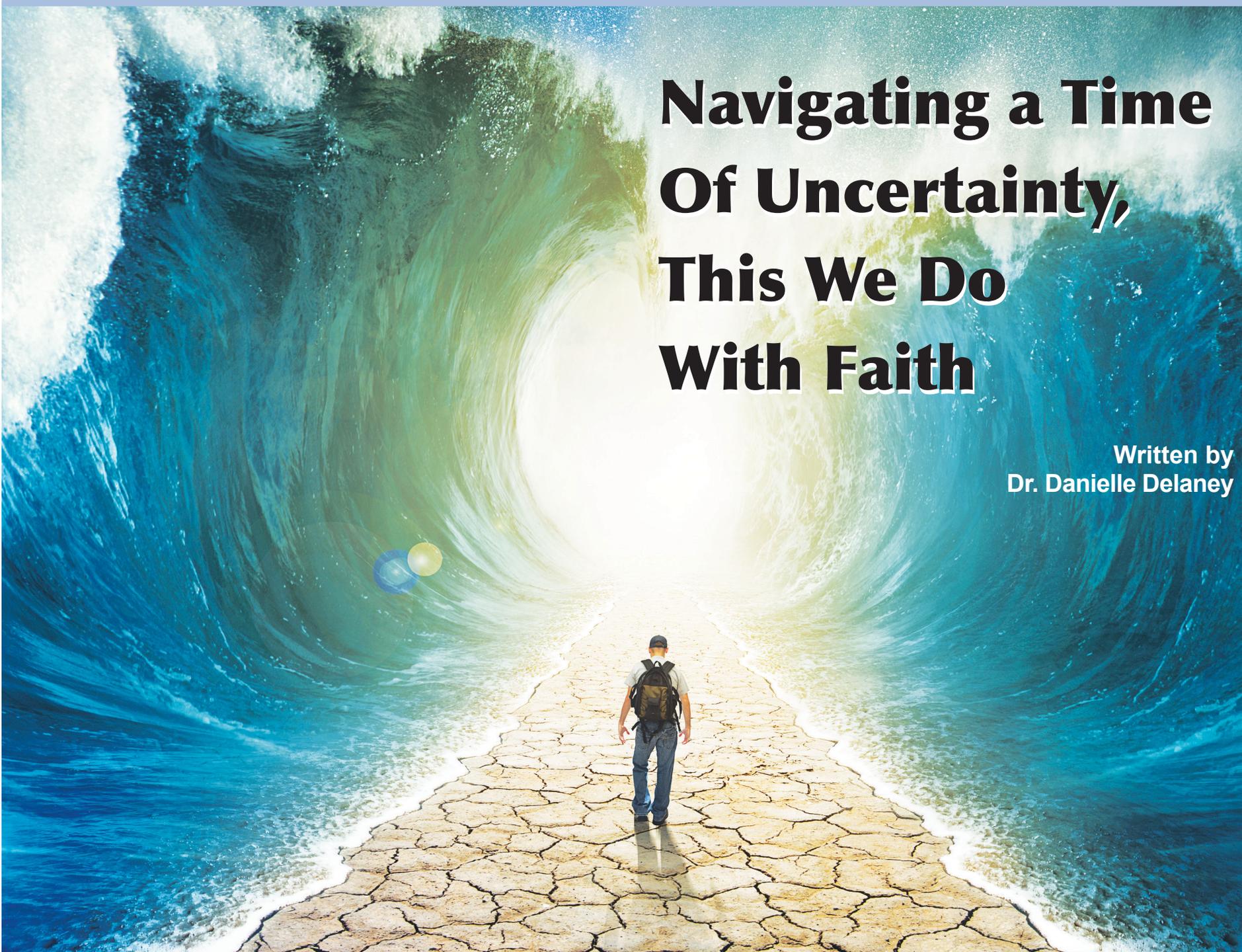


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January / February 2021

KEYS TO RECOVERY NEWSPAPER, INC.



**Navigating a Time
Of Uncertainty,
This We Do
With Faith**

Written by
Dr. Danielle Delaney

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True Self**
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Living Proof**
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Happy New Year to you, our trusted readers, advertisers, and writers. We just finished watching the inauguration, and I don't know about you, but I was filled with so much hope that I found myself crying. Every oath, each speech, and performance brought me to tears and filled my heart with light. No matter what the rest of the year holds for us, I will remember this day forever.

Keys to Recovery Newspaper, like many others are struggling to stay in business. Struggling or not, we will do what is needed to continue to carry the message of hope for recovery. God didn't bring us this far, well, just to bring us this far. Marcus and I know that Keys to Recovery belongs to God, not to us. Each issue is published with the sole purpose of helping people recover from all addictions and disorders. This is a labor of love for us. Bringing Keys to Recovery to our readers, month after month, year after year is our way of shining light into the darkness of addiction.

We know we are doing our job, when we get your letters telling us how much our newspaper means to you, how it has helped you or your family and friends. It means the world to us, when someone reaches out to us, and understands our mission and our purpose.

The recovery world has been turned upside down during the pandemic. We have lost our regular in-person meetings, and connections with those we need and who need us. Numerous meeting halls, treatment facilities, and sober livings are shutting down without the hope of reopening. People suffering from mental disorders and addictions are giving up and losing hope, we see this by the high number of deaths, due to suicide and fatal overdoses.

The world needs hope NOW. Whether that comes through a vaccine or a shift in power, a zoom meeting, or a recovery newspaper, we can all do something to help. When you get weary and feel like you can't take one more day...reach out and help someone else. You don't have to do something big, just something that you don't seemingly benefit from, but trust me you will benefit.

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Make sure your neighbors, friends, and family have enough to eat.

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Call everyone in your phone book and see how they are doing.

Make amends where needed.

Forgive others for the wrongs they have done, and while you are at it forgive yourself.

I know it sounds crazy, but it works. I have had doubts about what to do next with the newspaper, but your letters and donations come at just the right time. We are supported by the ads that you see in the newspaper. We are able to continue our mission because of people like you. Please support those who support us. - Thank you & God bless you! - **Jeannie Marshall, President & Cofounder**

Hello to one and all, thank you for reading our editors columns monthly of how we come to terms with what is happening all around us. This first month of the new year 2021, has been mind-boggling in many ways! January usually starts out with setting long-and short-term goals, for becoming a better person in all that we say, do and think. With the political unrest, and what the news showed about the insurrection on the Capital, my faith in God accompanied by my sobriety, keeps me rooted and confident about our nation's outcome. I want to keep my eyes on the goal, a lifetime of freedoms due in part to sobriety, with its numerous rewards.

Next month I will have nine years of being continuously clean and sober, if not for that, my behavior would truly be in question during these times. Each and every one of us contributes to the overall makeup of humankind, without one of any of the components - ethnicity - we would not be a whole!! The separation of races, which is one of the main focal points of the nation, is misunderstood and damaging to us all as a whole. We as a community of recovering addicts should stay focused on our sobriety first and foremost, because without it, our lives and our perceptions would be impaired tremendously.

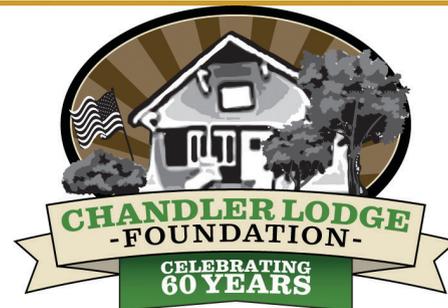
My life has dramatically improved through my recovery from drugs and alcohol. My reflection of this month of January is still positive, even though nationally, we are plagued by Covid-19 and the political unrest daily. When I stay focused on what I actually have control over, and I relinquish what I cannot control over to God, such as the uncertainties of what is occurring throughout our country, I find some comfort during these times of distress. Peace can be obtained even in times of chaos if we search our hearts and minds, for the blessings that we receive daily.

When we have our health, loved ones, friends, and sobriety, our future looks brighter during these dark times. The month of January is the beginning of appreciation to God, for giving me another year to apply myself correctly in my endeavors. I have lost loved ones, friends, and family due to Covid-19, and yet God has given me the opportunity, to see a new year. I do not take that for granted. By the grace of God, we can wake up each morning with hope, and the opportunity to better ourselves in every way. Until we come together again for reasoning, may we all stay, strong, safe and healthy.

- **Marcus Marshall, Vice President & Co-founder**



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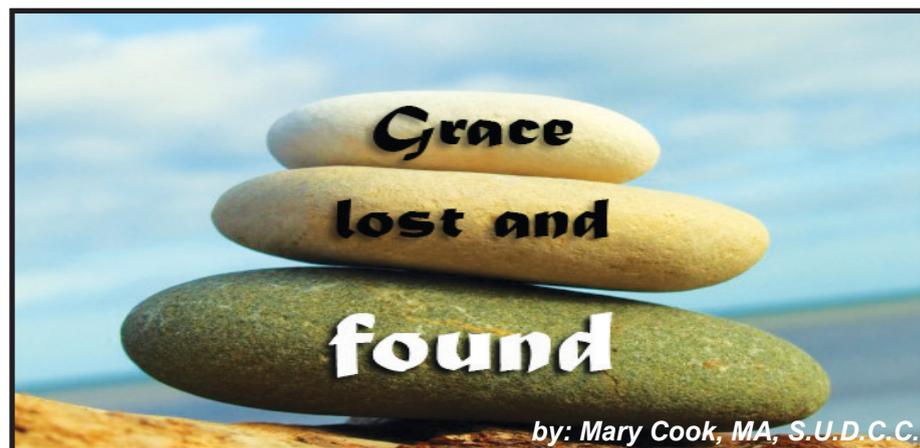
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by: Mary Cook, MA, S.U.D.C.C.

FINDING TRUE SELF

It is vital to investigate the layers of false self which interfere with healthy development, and reclaim deeper truth. Childhood trauma leads to defenses and dysfunctional adaptations to toxic experiences. Impositions of ideas and behaviors from family, friends, society, and institutions that do not feel healthy and right within the individual can be internalized or rebelled against. Rebellion based in anger and confusion without full awareness of internal truth generally leads to polar-opposite extremes. Feeling compelled to adopt others' practices rather than to discover what feels most right deep inside leads to personal betrayal and character flaws. Thus, both absorption and rejection create a layer of false self. Addictions of any kind bind us to harmful beliefs and behaviors that instill a sense that we are unsafe, unfulfilled, inferior and incomplete without these addictions. Like a domestic violence relationship, addictions enslave us and overpower healthier aspects of ourselves, and our lives. Being institutionalized can create another layer of false self, where we know how to behave in order to survive while anguish and anger remain unhealed and unprocessed. Over-identifying with labels is also a layer of false self, in which we miss the depth and breadth of who we are and fail to work toward personal growth. Whether we believe ourselves to be junkies, C.E.O's, playboys, prodigies, bullies, saviors, losers or the top of the heap, these limitations prevent us from knowing who we are as a whole, evolving individual and how life can direct us to our highest purpose.

False identities tend toward extremes. We might seek non-stop stimulation and busyness, or we might be depressed and oblivious. We might be selfish in our quest for fame and fortune, or we might be homeless and self-sabotaging. We might need to control or be controlled by others, or we might isolate from others and numb ourselves from personal awareness. Pain of any kind is a call to consciousness, to nudge us to discover what hurts and what helps. Not wanting to live any longer in the same way, and wondering if there is a better way, is a call to hope and deeper wisdom buried beneath the layers of false self. It is the true self that asserts I can heal, I can grow, I can live a better life, there is value and purpose in my life and in myself, and I can find it.

The diversity on this planet is beyond description and we are dependent upon and a part of all life on earth. We must begin to wonder how to move from needy, greedy, and selfish to grateful, respectful, and reverent. Let us wonder how to move from arrogance and judgment to humility and open-mindedness. Let us wonder how to move from harming and killing to nurturing and preserving. Let us wonder how to move from objectifying and attempting to possess what and whom we love, to experiencing and sharing endless love within us and around us. Let us wonder how we might grow and thrive not in spite of trauma, shame, and loss, but as a result of these experiences which have led us to healing, maturity, and grace.

Wondering opens windows to boundless possibilities. Reflecting on personal growth from a presence of peace and patience, and caring and kindness leads us toward our true self. Healthy positive experiences whether past or present stimulate openness to this process. We can absorb the energy of feeling safe and loved by an animal companion. We can pay attention to a person who sees behind our wounds and defenses to what is authentic. We might watch birds soaring across a colorful sunrise and feel hope in surrendering addictions. We may see a parent joyfully and tenderly teaching a child something new and realize that it is never too late to acquire new skills and confidence. We might envision or create something that reminds us that we are unique in our passion and purpose. We may be inspired by people in 12 step meetings who share how they transform anger and sadness into curiosity, compassion, acceptance, understanding, and forgiveness. We may hear people of all ages and circumstances increasingly discovering and learning more about themselves and life and what they can contribute to the world. These are glimpses of hope and transformation that guide us to our own truth. To meet sadness and gladness, successes and mistakes, losses and gains by focusing on how we can learn something new, continue to grow, know when to give and when to let go, and how to love authentically and gratefully means that we have found the treasure of our true self.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a substance use disorder certified counselor in private practice. She has 44 years of clinical and teaching experience. Mary is available for telephone and office consultations. Contact her at 310-517-0825. She is the author of "**Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity**", at Amazon.com.





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Sunlight of the Spirit

by: Darrell Fusaro

YOUR DIVINE ASSIGNMENT

When I was thirteen years old, with so many different interests along with adulthood's impending approach, I felt overwhelmed with pressure to choose a career path.

"What am I supposed to be when I grow up?" I asked my father.

"How the hell am I supposed to know what you're supposed to be when you grow up?" He continued, "But I do know, whatever you decide to do you're going to have to fight and work hard to achieve it. And then once you get there you're going to have to continue to fight and work hard to maintain it."

"Ugh. What's the use?" I thought as I walked out of his office.

What little ambition I had had prior to this conversation was extinguished. From then on anytime I'd become enthusiastic about a noble pursuit, such as showing up to my portrait painting class in college, I'd think, "What's the use?", and then give up. So I threw in the towel and dropped out.

That's when I decided to join the military. It seemed that being ordered around would be a much less stressful way to live life than to be constantly competing with everyone. However, due to my lack of motivation, a year into my enlistment I received orders to attend a rehabilitation center at Pearl Harbor Naval Base, Hawaii.

At the initial group meeting held in a small auditorium a Navy Petty Officer bounded onto the platform. He introduced himself and went on to exclaim how much he loved this place. Then he shared that it was here, thanks to the counselors, he learned that love was like a fountain within us that is always flowing.

All of his life he mistakenly believed that love was something outside of himself that he had to find. He was, according to his own words, "Lookin' for love in all the wrong places", like the lyric from that old country western song.

He had no idea that all the love he could ever desire was within him and it was by seeking to share this love that he would have access to even more of it; feeling more love, more happiness, and more confidence.

Hearing this was the antidote to the philosophy I had been living under for so long. Life wasn't about getting, it was about giving. It became clear that it wasn't a career path I was looking for when I asked my dad that question so many years earlier; it was my purpose. I wanted to know my purpose in life. I now had the answer that gave me hope and restored my ambition. Motivated by love, I could live by choice, not self-protection.

I began expressing love by way of appreciation. By feeling appreciation for what I already had and forgetting about what I thought I needed to make me happy, I felt happy. This happiness, which is the result of love, proved to be magnetic. I received more of the things, circumstances, and opportunities that made me happy and appreciative: more in love with life.

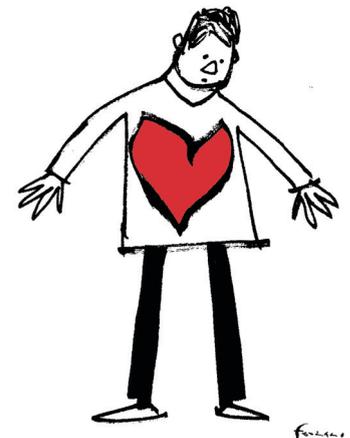
Today I am convinced that Love is our Divine assignment. When worrying or frustrating thoughts enter my mind, I am able to cast them off by simply reminding myself to focus on my Divine assignment: to express love.

Whatever situation presents itself, good or bad, by knowing that my only purpose is to express love, I feel confident. Free from the need to fight, scheme, or demand, I can abandon myself to the miracle-working power of God's love in the situation and things always turn out better-than-expected.

Ironically, my father's advice has now become a warning I heed. I often share it as, "If you have to fight to get it, you'll have to fight to keep it." So go the way of Love instead. You can affirm this truth for yourself as recommended by Florence Scovel Shinn, "Divine Love, through me, now dissolves all seeming obstacles and makes clear, easy and successful my way."

"If you are not attracting the good that you desire in your life, learn to express love; become a radiating center of love; and you will find that love, the divine magnet within you, will change your whole world. ... When your heart is filled with love you will not be critical or irritable, but you will be divinely irresistible." -May Rowland

Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran, co-host of the podcast, "Funniest Thing! with Darrell and Ed" and author of the book, "What if Godzilla Just Wanted a Hug?" To learn more about Darrell visit: www.ThisWillMakeYouHappy.com



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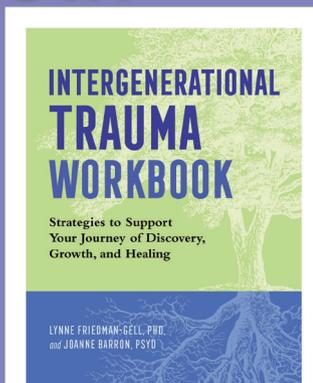
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"The Intergenerational Trauma Workbooks a welcome contribution to the burgeoning field of intergenerational trauma awareness and integration. This gentle, user-friendly, yet comprehensive manual will speak to people of all ethnicities and backgrounds who sense that they are carrying the residue of their ancestors' painful past. Simply put, this workbook is a much-needed treasure trove of usable wisdom and support for all of us on the healing journey." - Rabbi Tirzah Firestone, PhD.



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by: Annie Kuni, LMFT

HOW TO MAKE THE MOST OF YOUR EATING DISORDER THERAPY

Seeking therapy can be a big first step for anyone. Seeking therapy for an eating disorder can be even more intimidating because of the amount of shame around behaviors while simultaneously not wanting to let them go. Whether you're feeling stuck in your treatment, reaching out for the first time, or considering going back to therapy, here are some of my top tips and tricks to make sure you're getting the most out of your experience.

I've written an entire article before about the importance of specifically seeking someone who specializes in eating disorders for therapy, dietitians, and even doctors – and it bears repeating again because of how important it is. There are so many nuances around language, food morality, and diet culture with food that you're taking a big trigger risk by seeing anyone who doesn't truly understand these experiences. Do your homework and be picky! You're most likely going to be spending a fair amount of money on therapy, so it's fair to have high standards.

Speaking of money, this is another issue that can be a sticking point for getting the most out of your therapeutic experience. There's an old saying that "you get what you pay for." While that doesn't always directly translate to therapy, if you're using a low fee service then you're most likely going to be seeing a trainee or an intern. And that's fine! But if you're looking for a therapist with more experience and can financially afford to do so, then you should give yourself permission to spend money on therapy. And why not? Your mental health is something that you live with every second of every day. It's ok to have a high value here and treat it as such. There's also something to be said about having skin in the game. People tend to value things more and put in more effort the more money we spend on a service.

Now when it comes to what you talk about in therapy, the most important issues to keep in mind are honesty and preparedness. It's very tempting to want to hide eating disorder behaviors – not just from your therapist, but from anyone. We're used to being very secretive around these issues and feeling ashamed of odd food behaviors. A lot of people are afraid their therapist will "make" them stop their behaviors if they share them, and yet this keeps them trapped from ever being able to unload about them in the first place. For preparedness with therapy, make sure you are intentional with your session time. Fifty minutes flies by quickly! It's often helpful to take some quiet time before and after your session to think about what you want to talk about. This can even be done on the car ride to and from the therapy office. Turn off the music, silence your phone, and just do some thinking. The therapist is the chef, but you need to give them ingredients to work with. What was significant in your week? What have you been feeling? What do you want help with? Did you do your therapy homework?

So many people tend to blow off their therapy homework. "I got busy!" "I forgot!" "I was nervous!" Whether it's a worksheet, a food challenge, an art activity, or a letter to your past self, make time to prioritize it. Eating disorder therapy is extremely behavioral. It's not easy and you can't just talk it. You have to actively challenge the behaviors. Which brings up the next topic – your eating disorder therapist is going to suggest things that make you feel uncomfortable. Be open minded. They are going to suggest that you feel your feelings, start to reduce your behaviors, and change your relationship with food. Many clients have layers and layers of defensiveness around their disordered eating that are primed and ready to argue and lie. Be aware of this when it shows up! You're not in therapy to be comfortable. You're in therapy to change, grow, and challenge yourself.

Lastly, eating disorder treatment doesn't exist in a vacuum. People make the most and quickest progress when they have supplemental resources that they are using in addition to individual therapy. Dietitians, Support Groups, family therapy, and couples therapy are all additional (and often essential) pieces of the puzzle that also need to be addressed. If you're thinking, "wow, that's a lot of work and a lot of people," you're right, it is! But you also deserve to have all the help you need for a disorder that will take over your brain and your life.

Annie Kuni is an LMFT. She co-founded Gemmed to provide eating disorder support groups for teens and adults. She can be reached at www.gemmed.ngo, on IG @theinnergem, and can be heard on the podcast Freudienne.



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by: Catherine Townsend-Lyon

HEALING THE ROOTS OF ADDICTION

"There are days when you may have to revisit a place of trauma as soon as you walk through the front door of your apartment," my therapist said to me years ago. I had to ponder this for a while. Especially when she said it could be causing my agoraphobia attacks and anger. Agoraphobia is an anxiety disorder characterized by symptoms whereby the person perceives their environment as unsafe and can include open spaces, public transit, shopping centers, or simply being outside their home. This perception causes tremendous anxiety. The therapist felt that trauma was causing my anger, and that my anger was coming from holding in unresolved resentments as I began treatment for my addictive gambling.

I think I was using my addiction to "get back" at those who had hurt me deeply. My therapist informed me that trauma has many different faces. When I first came into recovery, I had a desire to stop gambling and live a life of freedom again. I had no idea, nor did I have the understanding of how much work it would take and all the areas that I would need to address. I was sexually abused as a child. Not once but twice as a young girl. Not only does this change you on the inside, but it strips you of trusting others and not just men. It changed me forever in every aspect of my life. I carried that into my adult life, while stuffing this excruciating pain way down deep inside myself for years. It festers and bubbles with flashbacks and deep depression at times. Sometimes I feel like I'm alive but not living.

I wore a happy mask for many years to make it look like I was okay and satisfied, living an every day happy life. At the same time, I was dying inside. I began bouts of sadness and would isolate in my room, so my parents didn't see how depressed I really was when I was a teen.

At around thirty years old and after my brother-in-law passed, he was like a brother I never had, I began to have nightmares about my sexual trauma. It began haunting me, and I couldn't stuff the pain away any longer. That was the first time I sought help. It was also the time I began gambling a little more than usual.

I didn't know I was using gambling to hide, escape, and cope with life. That led me to cross the line and become an addicted gambler, on and off for fourteen plus years. Slowly over the years, I began losing most of what I worked so hard for by becoming an addicted gambler.

Why am I sharing this now? Since the start of the pandemic and these uncertain times, we find ourselves in, I've been reflecting a lot and I acknowledge the hard work I have accomplished while maintaining my recovery. Especially the work I've done in recovery addressing the early years and those areas that I now know were the underlying roots as to why I turned to gambling and became an addict.

My resentments and anger had me hurting the people I loved the most. It was also the most challenging part of my recovery work to accept, work through, and finally let go of.

I cannot change what happened to me, or control how my family and others hurt me, but, in a way, I honor that detour in life because I would not be where or who I am today. It took practice and mindfulness of my character defects and loads of therapy to help me to make those changes. But most importantly, I believe that to maintain a happy, healthy lifestyle while maintaining recovery, one needs to dig deep at the start of their recovery journey, identify, process, make the changes, and then give it to God.

This is all necessary to reach success and long-term recovery. It will be uncomfortable, but necessary 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.



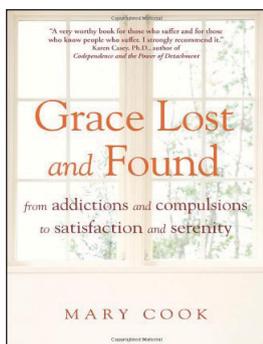
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TREATMENT FOR BRAIN DISORDERS: I AM LIVING PROOF

My mania began as a freshman in high school in 1996. In a small town near Buffalo, New York, I was a top student in biology and earth sciences and voraciously pursued these interests. In researching the interconnections in nature, learning about the DNA double helix and the energizing actions of mitochondria in human cells, I was transported into a strangely tantalizing and visual world that piqued my curiosity.

I explored scientific literature in the local library, coming upon ecology, then chaos theory. Meanwhile, I was learning how to play guitar and was drawn into the music of Jimi Hendrix and Janis Joplin. I was incredibly active and energetic and was constantly searching for the next rush through performances in the drama club or winning races in track. Note that the high was from healthy activities, not drug use. I was a healthy adolescent at the tail end of puberty.

However, as with many people who pursue activities that bring pleasure to them—in my case, music, science, and running—a crash eventually came. In the spring of 1998, the hallucinations, delusions, and paranoia began to manifest. I survived on little to no sleep. My symptoms were so extreme that by April, I needed the safety of a hospital so that I didn't hurt myself or anyone else. Doctors thought I was on street drugs, but in reality, I was experiencing intense mania that made me feel like I was spinning in countless directions at warp speed. It was terrifying.

My mania finally subsided with medication, but after a three-week hospitalization, I felt flat. I had trouble concentrating, even when I attempted to read books I loved. But a welcome change was that my social anxiety and severe depression were mostly absent. I made a beautiful impressionist chalk pastel in occupational therapy that others loved. My circle of friends grew wider, and I became the lead guitarist of a punk band. Although my time studying intense detail was gone, I had an exciting life balancing drama club performances, birthday parties, and high school dances. I was a popular dude, only made possible through medications, which counteracted paranoia.

After high school graduation, I made the tough choice to pursue biology over English in my freshman year. I yearned to be like my dad, a master in science. After an intense study in biology, I eventually acquired creative talents and sought information about major world events. But times became tougher due to the freedom of being a college student and lack of structure.

I became manic again in September 2001. I slept little and had grandiose beliefs in my ability to save the world from terrorism. I fancied that my guitar playing would bring peace from Osama bin Laden. I was devoid of reality and rude and belligerent with loved ones.

After three years of alternating between dorm living and my parents' house, I moved into formal transitional living in Buffalo in 2004. In 2005, I declared English as my new major at the University of Buffalo and won my Social Security case.

My psychosis never completely resolved, and I would occasionally hallucinate complex patterns. As I joked with friends in the car, I likened the patterns to functions in calculus—a subject in which I excelled in college.

Suicidal ideation crept into my mind for the first time in 1998. Yet it only became a tangible idea five years later in 2003, when I created a beautiful original chalk pastel, with a suicide note left for my family. Thoughts of suicide would repeatedly arise and surface with no warning for the next four years, until I finally followed through twice, in 2007.

In April 2007, I found solace and safety at the hospital from scary and restless agitation with minimal sleep. I was discharged per my request, but I was not of sound mind. A better treatment team might have recognized that.

My dad picked me up from the hospital and dropped me off at home, where I took an entire bottle of lithium and endured a severe cutting episode. I felt that I might as well have given up. I had no hope that I would ever feel good. This manic agitation, with three packs of cigarettes a day, was terrifying.

My final attempt at suicide in August 2007 left me with a frontal lobe brain injury. It was the result of a desperate attempt to take my own life by exiting the passenger side of an automobile on the thruway in rush-hour traffic. Recovery from this trauma and coma required a year of recuperation in inpatient units.

In 2008, I began a much-needed extended stay in a state hospital, where I began recovering from years of trauma, self-injury, and mental illness. This stay provided the genuine rehabilitation I needed. It even led to a volunteer job upon discharge that lasted several years, as a group facilitator of creative expression and smoking cessation. Looking back, an extended hospital stay earlier in my illness could have prevented my near-death experiences.

The resulting health difficulties from frontal lobe damage, such as poor impulse control and intermittent memory loss, have made my life more complex. Independent living was challenging. For example, a low-stress threshold due to my brain injury made it difficult to handle the large and crowded buildings where the housing agency assigned me to live.

My stress, plus more responsibility outside of my group home, brought more unpredictable temper tantrums. These tantrums led to my eventual expulsion from the housing agency.

The system had difficulty understanding my needs because of my dual diagnosis of frontal lobe head injury and bipolar 1 with psychotic features. Between 2009 to 2016, I was able to move into an effective group home, which was a better environment for managing my stress. I was slowly moving toward independence, but the route proved painstaking. Once again, my stress became hard to manage, but I felt it was worth the struggle. As I increasingly realized that I function better when not living in close proximity to others, I became proactive in advocating for a home where I could be as independent as possible.

Luckily, I was able to advocate with my case manager for my housing and treatments before the COVID pandemic started. I felt strongly that I needed a safe place to be completely on my own before I hit forty. Currently stationed in permanent housing, I'm stabilizing. I am in a solitary, one-bedroom apartment, but regularly stay in touch with treatment providers. My flare-ups have steadily tapered off. Although I struggle with anxiety nightly, my psychiatrist, psychotherapist, neurologist, cognitive therapist, and case manager effectively help me manage my independence.

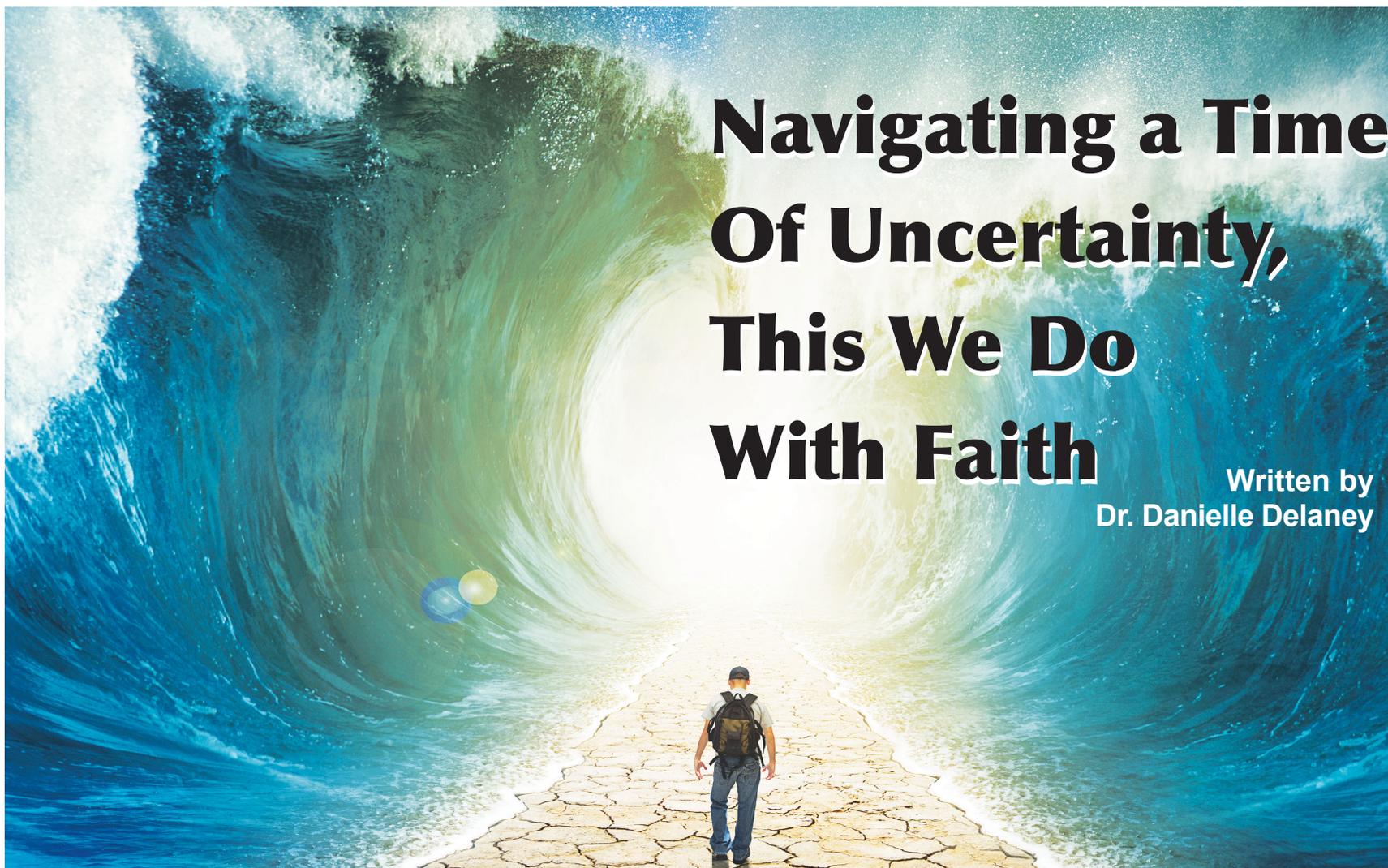
My journey has had lots of challenges, but I'm genuinely happy with my current circumstances. My frustration with community living has made me realize I am a loner at heart. I now enjoy studying science and history at my own leisure, and my original art is framed on my walls.

I hope that describing the last twenty-four years of my history with mental illness can help to convince others that mental illness is real and that treatment really does help. Medications have been instrumental in my recovery, and I believe education on the positive benefits of medication needs to be more widespread.

People like me know you don't need to use drugs to hallucinate. It's not your fault if you are paranoid. You cannot just "get over it." But if you keep the faith and stay open and willing to work with your doctors to find the right medication, you will discover that staying alive really is worth it — it's more than enough!

This article originally was published by the National Shattering Silence Coalition.

David Meyers earned an associate degree in interdisciplinary studies from the State University of New York - Empire State College. He was awarded the E. Lester Levine Memorial Scholarship based on science writing and human services in 2016.



Navigating a Time Of Uncertainty, This We Do With Faith

Written by
Dr. Danielle Delaney

Since early in the year when the pandemic hit the world, most of our brains were at half-mast, as we had so much new information to compute and so many new efforts to be made in terms of staying safe from the virus. New thoughts and actions are taking up space. Simply bringing in take-out food was fraught with new guidelines, our work lives changed, and now many of us are coping with the grief of lost loved ones due to this virus. Many people have their children home with them all day long and are learning to multitask more than ever. This is a very tall order as we also continue to cope with the epidemic of uncertainty. It all begins to take a heavy toll, even upon the toughest among us. Add to this a tense racial and political climate, and we have a collective panic as we reach for common ground, understanding, and some certainty in life.

Add to this conundrum that you may be going through other life changes as we also endure this pandemic. Being in recovery from any addiction or behavior, going through a divorce or other major life stage transitions, health challenges, relationship breakups, and upheavals, loss of loved ones due to other circumstances...life does not pause because of new trauma that is introduced. The “piling on” of painful situations can seem endless and you may feel that there is no relief in sight.

This is when it helps tremendously to know when to say “uncle” or “give” - as the little kids used to say - in surrender. Surrender to the fact that you cannot do all things, and that you very likely may need to reach for support.

Personally, I realized that it was all hitting me immensely one day as I loaded my dishwasher with tears in my eyes, and dropped a dish, and started crying. The news on my television that day was on a repeating, endless loop of the George Floyd murder, and the image of this man crying out and being coldly, horrifically killed before my very eyes was tortuous to watch, and I was overcome with pain and a deep, deep sadness.

Adding to that moment that we are in a once in a lifetime pandemic event with thousands dying - and now, the tragedies of one terrifying and senseless murder after another, after another. I simply couldn't take the sadness anymore, and the tears flowed freely. I sat down and I sobbed and called a dear friend, another woman of color who feels it on the same level when these repeated and brutal murders occur. So often, the victim looks like family. It is heartbreaking to see over and over, and resonates on a deep ancestral level of my race's suffering that has never ended in this country. She listened and cried with me, and some of the burden of my pain, grief, and anger was lifted.

Counseling and therapy involve a very similar sort of unburdening of one's feelings. In times such as these in which we are living. It is invaluable.

My job in counseling others entails being compassionate and empathetic, listening and guiding my clients gently while not divulging anything major currently going on in my own life. Some clients have read my book, or have Googled me extensively and done an internet search, and know some things about my past and my work life. But they don't know of my present personal relationships, or very much about my own emotions at present about things, nor should they. That's not generally shared in therapy, which is always to be about the client. Some healthy compartmentalizing on my part, if you will. But there are times when I have to put work aside, call a personal friend or counselor myself, and find the release in commiserating about the state of the world, and find comfort in feeling understood and heard, and cared about. There are hours - or days - that I must take time off to process everything that is occurring in our world and my world, as well as needing to process the therapeutic sessions that fill my days. Not doing so would be detrimental to my work, as well as to my own well-being.

Time to double down on my own wellness. Time to use that endless compassion, usually extended to others, for myself. I can definitely feel when it's time for a “time out”

- and I encourage others to know when to “say when” as well. It can all get to be far too much, and better to address the panic and pain and turmoil than to allow it to fester and affect other areas of our lives in negative ways. Buried feelings have a way of coming out sideways, resurfacing when we least expect them or causing us illnesses, or depression, which is anger turned inward.

While coping with addiction & recovery, healing from any type of trauma, or experiencing the trauma of a divorce, the compassion you need to show to yourself is the number one priority. There are multiple ways to treat yourself with kindness and to nurture yourself. Find ways outside of your norm to get some fresh air and some time to yourself. If ordinarily that would be the gym, and the gyms are closed due to the virus, switch to a brisk walk or an exercise class online or on DVD/video. It's also a good time to pay attention to what you're ingesting, and to attempt to make healthy choices to keep yourself feeling your personal best. After all, the peer pressure of going out is almost non-existent, so it's more possible than usual to stick with healthy foods at home. What's healthy for each person varies, so choose what suits you and makes you feel your best. If you have the means, this is a perfect time to try a meal service, or to work on your habits with a nutritionist. If you don't have the means, a little research can go a long way.

That social attention that you usually give to others... if you're solo, give that attention to yourself by reading, resting, catching up on a hobby that you normally eschew for the company of others that you can't see right now. If you have children and family or a partner or housemates, use this time to get to know one another on deeper levels, in conversation, in play, and in time spent...these are things many are lacking in our previous “real world” prior existence. If you work daily, double down on forcing yourself to take small breaks. You need to shift gears with fresh air or some movement in order to keep your mind sharp, and a few moments not working won't cause the world to collapse and can be rejuvenating.

You'll be more effective when you return to your work tasks.

"Outsource" what you can in your life, if you can afford to do so. Your brain is doing calisthenics that it simply isn't used to doing. It's winded and overworked. I knew it when something so simple was my own error, such as putting ice cream in a cabinet and not discovering it for a few days. Normally, small tasks are automatically done the right way. Now, our brains are just overloaded.

You may have dealt with loss, trauma, grief or fear of the unknown for the entire world before - politically, racially, globally - but it is unlikely that you've coped with those things at such an alarming level and all at once! Welcome to 2020. On top of this, things are changing rapidly, and we have new information to process daily.

You need all the help you can get. Even the most resilient among us are suffering. I call it The Emotional Bandwidth Equation. High Emotion plus System Overload = Disaster! Where you once had "fully charged" power and strong WiFi to have all the "apps" in your brain open at once while also playing music and using GPS at the same time, NOW the device that is YOU is overwhelmed, sending error messages, and wants to 'force quit'. But naturally... you cannot. You have responsibilities, and others counting on you! So, you push forward...and this is how we have a personal system crash.

Please know that it is a strength, not a weakness to say "uncle" in these difficult times. You're dealing with so many variables that you never even saw coming. Life as we know it is very, very different. We have yet to reach that part of grieving that is called Acceptance. We don't even know what kind of future we are allowing permission to occur - so how can we accept it? The tabs in our minds are open...searching for answers. Give it time. They will come.

Additionally, some clients are dealing with things that were not an issue in our work pre-pandemic. Some have a rape trauma history, and being "busy" is their usual trauma response, yet now, while out of work or working from home, the pain of the trauma and the memories are resurfacing. Some are in recovery from substance abuse, and their daily battle is fighting a relapse. Many people are shelving plans, and having to face a completely different reality than what they had assumed was next. Some just began a business...or a relationship. Some were planning to relocate, and have to adjust their future according to Covid. Some are in the middle of a pregnancy. Some just began to cohabitate, and are finding out how both partners cope with extreme stress and lots of togetherness, while others are finding out truths about their partner or spouse of decades - truths that are untenable, and particularly hard to navigate during a pandemic and with childcare stress or job stress. Some are in the midst of a divorce, and the pandemic has changed court dates or visitation agreements.

The tensions are palpable, and risks are high.

For me as a practitioner, this time has shown me where I may need to simplify or streamline my practice as things get busier and will continue to do so, as the next pandemic is certainly the looming mental health crisis. The trauma of going to sleep in one world and waking up in another hasn't fully resonated with many at this point. The repercussions can last for years. This isn't even to mention the deaths that tons of us are processing. The images are a lot, but the loss of our loved ones is overwhelming. While hearing other's trauma, a clinician has to shelve the fact that we, too, are coping with emotions and adjusting and surviving a pandemic. In the past seven months, I've performed hundreds of therapy sessions while having just mourned a loss, attended a Zoom funeral for a loved one, executing the planning of the Zoom engagement party and attending the Zoom wedding for a sibling, watched one of the dearest and closest people to me suffer the loss of his parent, and observed my parents losing their loved ones and enduring the loneliness of being elderly and alone during this crisis. As well, I am witnessing their suffering through seeing civil rights being violated brutally, and then the injustices protested bravely, just as they lived it in the 60's and onward. In counseling, other's problems do consume your hour, and the next hours as well...we see many clients in a day's time, and sometimes hear from them later as well, plus we do our billing, scheduling and notes. Normally, everything is manageable - but it's a different ball game during this time. I've had to carve out times and spaces that are very strictly for my own healing and refueling, more so than ever before. I have to be vigilant about nurturing myself and talking to someone about what I'm also living through, or I can't effectively help anyone else. My moods, relationship, health and personal life are not up for any amount of real discussion during my day...I have to find my own outlets on my own time as ever, but now with the added weight of Covid. Also, where patients issues still vary, Covid-19 is now the relentless common denominator for all, whether I'm dealing with clients that now live in Italy or Tel Aviv or locally. It's the background music behind every story, the backdrop of every scene playing out in each and every precious life. I can only offer small reassurances since in this case, I don't know what's going to happen, either. It begs the question: why did we think we ever did?

Because of this loss of certainty, Spiritual Counseling has been in overdrive. Many people all around the world were already existing in spiritual bankruptcy and now, in this crisis, the existential questions come into play. Crisis Counseling is imperative - statistics show that suicide rates have skyrocketed 200% since the start of the pandemic. I urge everyone, whether taking care of sick loved ones, coping with loss, or navigating new territory at work and at home, to seek extra support.



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I appreciate the constant opportunities to be of service, and to continue to work doing what I love, more than I can express. Those of us in the mental health field want to help you. This is why we got into our field. This situation is, pretty much, our Olympics. While I also carry the sadness of knowing that so many others cannot make a living right now, I know that it's indeed essential what we, in the mental healthcare and wellness space, and all of us that are specialists in the addiction and recovery healthcare space and working in trauma recovery, are offering. We are offering a soft place to land, an ear to listen to the fears and to everything else that is washing up from this sea of uncertainty. We are providing some clarity, and a sense of routine, structure, wellness and relief. It's a priceless refuge, just as it's a priceless privilege to be allowed in so intimately to the lives of others. It's a responsibility, and one that we take very seriously.

Resolve to reach out for help when you need it. You don't have to go through all of this transition and this new experience alone. Please remember that we are not just "working from home" or "learning to homeschool" or "taking downtime" or whatever applicable euphemism is being mentioned. Above all else, we are attempting to SURVIVE a pandemic. The only sensible option is to reach for every life raft offered to you. As in most instances, your closest helping hand is your own. Use it to reach for support. Godspeed.

The National Suicide Prevention Hotline: 1(800)273-8255 or text HELLO to 741741 for help.

Dr. Danielle Delaney, Th.D. is the award-winning author of Expect Delays: How to Reclaim Your Life, Light, and Soul After Trauma. She is an Interventionist, a specialist in Recovery Aftercare and Life Stage Transitions, & is a Spiritual Counselor and owner of an elite boutique Sober Companionship Agency. She also specializes in the area of Adults Molested as Children, Rape Crisis, and LGBTQ issues. The L.A. Office of Protocol has hailed Danielle as "a proven asset to the City and County of Los Angeles." Danielle maintains her private practice in Hollywood, Calif. and is listed in Psychology Today. A frequent contributor to publications such as In Recovery and Keys to Recovery, and she has made numerous appearances on RadioMD, Rewired Radio, Soul Stories with Dr. Gayle Randall, and "All's Fair" podcast with Laura Wasser. To learn more about her practice, her book or her radio show The Real Deal With Dr. Danielle Delaney, please visit her website www.danielledelaneycounseling.com





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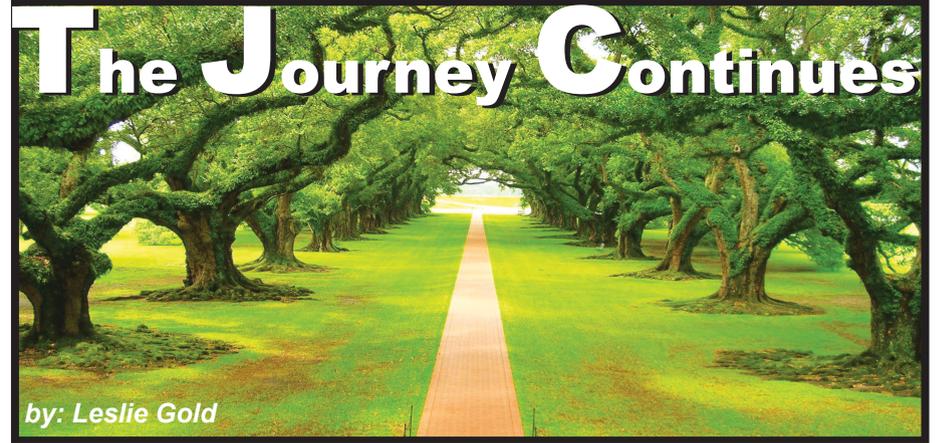
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by: Leslie Gold

LESSONS FROM A BAD HAIR WEEK

As I stood waiting in the yard at the facility where we would begin our Strides in Recovery session, "G", a client, came bursting out the side door. She was cussing out the staff and threatening to leave the program. Then she stormed back into the facility, slamming the door behind her. Moments later, she emerged again, this time raging at one of the clients about the behavior of another. Given where she was standing, it was hard to understand all the words, but the emotion behind them was quite clear. Fortunately, there were enough Strides in Recovery coaches that, once we did our warm-up together, they could walk/run with the other clients while I focused solely on G. The two of us began our walk. She shared her story, adding "Maybe you can help me sort it all out."

One week prior, G had asked one of the treatment center clients, N, to highlight her hair. The woman who would be doing the highlighting had very little experience, and the results showed. G's dark hair now had wide swatches of almost white on one side, and patches of orange on the other. It looked pretty bad. G was still furious days later. N left the program shortly afterward. G decided to fix the situation by hiring another client in the program to color her hair back to normal. G spent \$150 on supplies and gifts in lieu of payment. As she explained to me, she was looking forward to her new hair all week. Unfortunately, the person G chose as her new hairdresser was still in detox. That morning when the hair recoloring was to occur, the detox client decided she was too sick to do the work. G was furious once again.

As she shared the story with me on our walk, I did my best to empathize. I told her how I would be upset too if someone didn't honor a commitment, especially when I had done my part. We also talked about what she had learned from the experience, and how she could use that to help her make better choices next time. Our conversation seemed to help G rethink her decisions, but it did little to diffuse the underlying rage.

I decided to ask a question which I was pretty sure I already knew the not very helpful answer to. "What do you typically do to deal with anger and frustration?" As expected, she reeled off the list of drugs she had always turned to. Well, at least I had validated my assumption. We agreed that we needed to brainstorm about other options. I decided to share an approach that has worked well for me.

"When I'm angry, it feels like an all-consuming force." I began. "It takes over my whole body, and I feel like I can't even think straight. Does that happen to you?" She said it did, so I continued. "If I run hard when I'm really angry, it helps me get all that angry energy out of me. Eventually, I feel calm enough that I can think rationally about the situation, and decide on next steps."

As she was pondering my words, I was pondering her clothing. She was wearing a thick cotton jumpsuit, not exactly the right clothes for a run in 80+ degree weather, but I figured I had nothing to lose. "Want to try a short run?" She took me up on the offer and we ran a few blocks. Her face turned red. Sweat was rolling down her neck. It didn't matter to her. After a short break, she ran some more. We continued running together, and I let her set the pace. She ran harder and faster, and she kept going. When we finally got back to the facility, she was exhausted. I saw a huge grin on her face.

"How are you feeling now?" I asked.

"I feel awesome! I don't care anymore what that b\$%X@ did to me!"

Her hair still looked pretty bad, but the negative emotions of Bad Hair Week were gone. G learned that physical activity is a great way to diffuse anger. It creates a sense of calm. It helps prepare the mind to think through the situation.

Next time you're really angry, why not give it a try?

Leslie Gold is the founder and executive director of Strides in Recovery, a Southern California non-profit that brings the healing power of goal-oriented group exercise to addiction recovery communities. Participants in Strides in Recovery programs enjoy improved self-confidence, empowerment, self-discipline, camaraderie, stress reduction, health & wellness, pride in accomplishment, and so much more. Leslie is an RRCA certified running coach who has trained hundreds of people in early recovery to cross the finish line of events ranging from 5Ks to the Los Angeles Marathon. To learn more, visit StridesInRecovery.org



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(818) 433-8345 Admissions - PHP-IOP-Evening, Program-OP,
In-Network Anthem-Aetna-Beacon-Optum-ComPsych.

THERAPISTS

Ross Phillips Therapy, Specializing in Chemical

Dependency & The Addicted Family System
Ross Phillips M.A., LMFT, MFC 100034
805-455-1614, Telehealth therapist in California
RossPhillipsTherapy.com

Mercedes Cusick Therapy Services

Specializing in Addiction, Trauma and EMDR
Mercedes Cusick M.A., LMFT # 118720
818-425-9337 • www.MercedesCusick.com
Located in Woodland Hills/Telehealth Available

**We list your facility in our
Monthly Provider Directory for 1-year
(12 Issues) for a total of \$365. Call (818) 386-8400 or
email us at info@keystorecoverynewspaper.com**

Classified Ads

Classified Ads

SOBER LIVINGS
12STEP SOBER LIVING. ORG: Sunland Area, men's, shared rooms, \$150 week / \$20 day. Phone, Cable, Internet, TV in every room and all the coffee you can drink! www.12StepSoberLiving.org. Joel & Lisa Moss (818) 293-2222.

ADVANCED HOUSE MEN'S SOBER LIVING: Sobriety Starts With You. Located in Beautiful Venice Beach, California. Men's Sober Living Creating Alumni www.AdvancedHouseSober.com. Call start your journey today! (323) 338-1029.

ALCHEMY HOUSE SOBER LIVING is a structured and supportive heavy 12- step sober living home. Set up for adult and young adult men that have not been able to get sober in treatment or other environments and are willing to work all 12 steps in house! West Hollywood, Calif. Call (310) 562-2534.

FRESH START SOBER LIVING for women has beds available in our structured sober living. If you are looking to change your life and learn how to live clean and sober, we are here to help. We offer a clean, safe environment for women wanting to recover from addiction/alcoholism. \$650 month. We also offer weekly rates. Call for more info (818) 642-6384.

THE VESPER HOUSE! UNDER NEW MANAGEMENT: Are you ready to begin your NEW SOBER future TODAY? We are Southern Calif. Oldest Women's Sober living Home! Vesper House has been helping women recover for over 65 years. We offer semi-private rooms, bus line access, Cable TV, kitchen, laundry, computers w/high-speed Internet access, on site AA meeting for Clients, and more! Located in North Hollywood, CA. Zero Tolerance Alcohol & Drug Sober Living Home! The weekly rent is \$130. Call TODAY (818) 769-3057.

SOBER LIVINGS PROSPEROUS ROSE Sober Living is a beautiful structured Sober Living located in the foothills of Lake View Terrace, CA, Male only, is minutes away from Sunland and a few blocks away from Hansen Dam Park and Recreation Center. We offer the following: laundry facility, outdoor gym, covered patio and smoking area, internet with fast Fios internet and WIFI and big screen TV's with cable. The rooms are clean and spacious with flat screen televisions in all rooms. Cleanliness is a priority in this house. Rent is \$600 monthly. You have the option of paying weekly or monthly no deposits required. We accept the pilot program through DPSS. We are close to all major markets, bus and 12-step meetings (we have referrals to outpatient services, food banks etc.) We provide transportation for grocery shopping and 12-step meetings and to free food banks. The Owner of the house is a Substance Abuse Counselor that has a very good understanding of addiction and is ready to help with your recovery. Whether your court ordered, on probation or parole, Prosperous Rose Sober Living is a California Licensed Sober Living home that can be a great -stepping stone in this new chapter of your life. We are here to help and support you call Suzy (818) 660-8070.

SOBER LIVINGS
SINCE 2002 PRIMARY PURPOSE HOMES SOBER LIVING: primarypurposehomes.com Separate men and women's homes located in Valley Glen • Van Nuys • No. Hollywood, California. Call us at (818) 612-1439. For our (4) Dallas Texas, locations call (972) 821-9550.

ROB'S HOUSE SOBER LIVING: A clean, safe, and beautiful Co-Ed sober living home. Participation in our community depends on always testing clean, staying employed, and attending meetings. Located in Winnetka California. Contact us to see if we are the right fit for you and your new life free of drugs and alcohol. Email: akesaryan@gmail.com or call (818) 523-0025.

CHANDLER LODGE SOBER LIVING FOR MEN: non-profit, since 1960. We function as a recovery program of attraction. 28 on-site AA Meetings weekly, 12-Step Program Guidance, Relapse Prevention, Sobriety Monitoring & U.A. Testing, Close to Buses, Gym, Cable TV, Food, Internet, Laundry. Call (818) 766-4534 www.ChandlerLodge.org.

SUNSHINE SOBER LIVING : www.sunshinesoberliving.com. Upscale Structured Transitional Living in a warm family style environment. (866) 216-9789.



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 info. The only requirement is that you are clean & sober and have a love of old cars. Interested in attending meetings? Call Paul for info @ 818-447-0613

SOBER LIVINGS SMALL STEPS HOUSING: Transitional & Sober Living Homes. A Supportive, Safe and Sober Living Environment. Affordable Rent, For Men & Women, Job Assistance Program, Near Public Transportation & Shopping Centers. Locations in Reseda, Granda Hills, Los Angeles. Call Now (818) 335-1252.

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KEYS TO RECOVERY — NEWSPAPER, INC. —

Advertising Rates

Ad Sizes

	1x	3x	6x	12x
		ea.	ea.	ea.
Full Page	1,700	1,600	1,500	1,400
3/4 Page	1,400	1,350	1,300	1,275
1/2 Page	1,200	1,175	1,150	1,100
1/3 Page	750	725	700	675
1/4 Page	575	550	525	500
1/6 Page	400	375	350	325
1/8 Page	375	350	325	300
1/12 Page	275	250	225	200
Front Cover	\$1,500 (one time only)			
Banner	Each advertiser can only run once a year			
Business Box	\$100 flat rate			
Classified Ads	\$40 for 25 words or less Each additional word \$0.50			
<u>Additional Charges for</u>				
Full or spot Color				
Back Cover, Inside Back Cover & Inside Front Cover (which are premium locations)				

Full Page	10" width x 12" height
3/4 Page	10" width x 9" height
1/2 Page - Vertical	4.85" width x 12" height
1/2 Page - Horiz.	10" width x 6" height
1/3 Page - Vertical	4.85" width x 9" height
1/3 Page - Horiz.	10" width x 4" height
1/4 Page - Vertical	4.85" width x 5.9" height
1/6 Page - Horiz.	4.85" width x 3.9" height
1/8 Page - Horiz.	4.85" width x 2.95" height
1/12 Page - Horiz.	3.25" width x 3" height
Business Box	2.38" width x 2.38" height
Front Cover Banner	10" width x 1.5 height

Materials & Deadlines

Terms and Conditions

Advertising Materials: The best type of artwork/graphic to send is a PDF (with all artwork and fonts embedded), we can also accept JPEG's, Photo-shop 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
 - 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, NY, 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.

Grupo Al-Anon: FE Y GRATITUD DE NEWHALL, 22505 Market St, #102 Newhall CA.

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 & Suns 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 Depart. 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, Prop 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. Sun. 10am Pacific Time (605) 313-5104, 74951#. www.debtanon.org.

Debtors Anonymous: offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others. Visit www.debtorsanonymous.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.

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.ocfoundation.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 Driving 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 (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.siaowo.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.

INFORMATION & REFERRAL SERVICES

Dimondale Adolescent (310) 791-3064.

www.SunshineCommunity2015.org Social Services, (626) 297-6112, 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

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 Saticoy 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.

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.

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 Dept. 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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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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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 (626) 442-4357.

WLCAC Homeless Access Center (323) 563-4721.

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.

San Pedro, Rainbow Services: (310) 547-9343.

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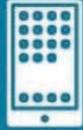
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YWCA of San Gabriel Valley

Alcoholics Anonymous  aa-intergroup.org/directory.php onlinegroupaa.org aaonlinemeeting.net	Narcotics Anonymous  virtual-na.org na.org/meetingsearch *for country, select "Web"
SMART Recovery smartrecovery.org/smart-recovery-toolbox/smart-recovery-online smartrecovery.org/private-convenient-online-recovery-support 	Other Resources addictioncampuses.com/alcohol/apps-for-recovery sobergrid.com/howitworks intherooms.com/home  unityrecovery.zoom.us/my/allrecovery
Online/Digital Recovery Support Resources	

Since many meetings have had to close their doors for safety reasons during this "safer at home," shutdown, many recovering individuals have been left alone and unsure of where to turn. We thought we should list some options for online meetings. Our collected experience suggests that groups that are unable to meet at their usual meeting places have begun to meet digitally. A.A. does not endorse any specific way to meet as a group digitally. Each group must decide what works best for their needs. You can visit the following providers to get more information on how to use their platforms to set up an online meeting. There are many options for converting to audio/video or phone meetings. See below platforms groups have shared:

Google Hangouts/Meet • Zoom • Free Conference Call/ For more information on other online platforms visit: G2.com

For more information on anonymity please see: Understanding Anonymity at www.aa.org/pages/en_US/options-for-meeting-online. For more information on passing the digital basket please see: www.aa.org/pages/en_US/options-for-meeting-online Winter 2017 Box 459 p. 3 "Passing the Digital Basket". Many online meetings are setting up ways to continue to give digitally. With AA meetings shut down internationally Our World Services Office and local Central Offices are going to need your support more than ever.

[Other 12-step Online Meetings can be found here:](#)

Gamblers Anonymous:

www.gamblersanonymous.org/ga/locations

Al-Anon

www.al-anon.org/al-anon-meetings/

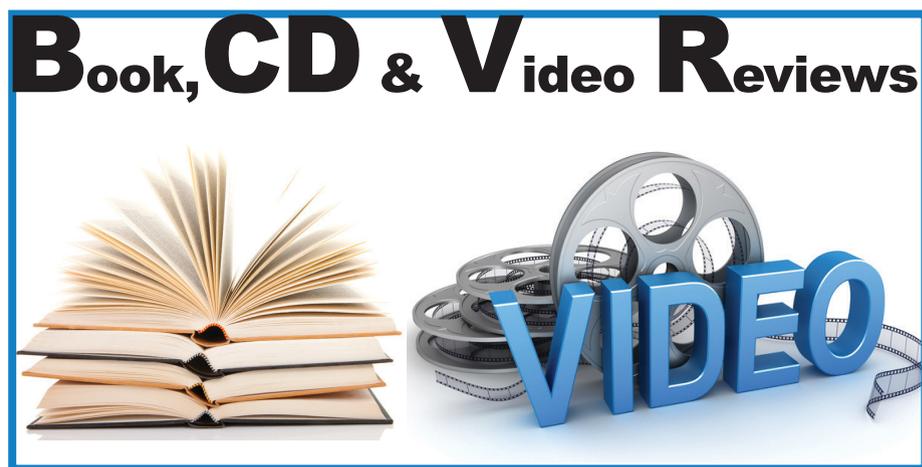
Support your local central office during this time.

Alcoholics Anonymous
San Fernando Valley Central Office

Telephone: 818-988-3001

Mon.-Fri. - 9:AM - 6:PM Sat. & Sun. - 9:AM - 5:PM

VOLUNTEERS ARE ALWAYS NEEDED

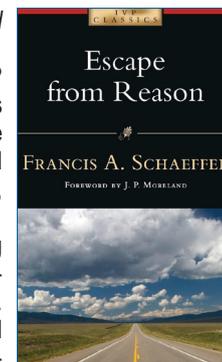


ESCAPE FROM REASON, Written by Francis A. Schaeffer. Published by IVP Books, an imprint of InterVarsity Press.

Do you value liberty, reason, science, individualism and progress? Francis Schaeffer has unlocked the thought process of Western society. His understanding and research is tight. He traces how man has tried to erase God out of History, and how that bold endeavor has left man hopeless and searching for something to fill his void. This book is filled with knowledge, insight and understanding. This is a timeless book.

When reading Schaeffer, we have to bear in mind that he was dealing with effects rather than intentions. His interest is in understanding the concepts as accepted and processed by the Western intellectual establishment. He is interested in conceptual understanding of the history of philosophy and the development of Western culture, and how such mentality reflects on communication of Christian message. This intention is effectively reflected in "Escape From Reason". Following his intention, it would be useless to read outside this conceptual framework.

Lack of confidence and certain disorientation with respect to limits and conceptual permissions characterized a lot of apologetic Christian thought in the 20th century. Why? Simply because most prominent Christian and ex-Christian thinkers, as a part of the same culture, didn't feel the burden to defend their faith. Instead they felt the need to explore their faith in a critical way. As a result, they were co-responsible for producing such culture in the first place in their attempts to understand the world and our place in it. Schaeffer is a thinker who expressed his view in terms of the conceptual understanding of the ideological coordinates by which they live. He engaged pop culture of his day analytically giving us better knowledge and the incentive, even permission to have our own understanding analysis of pop culture. This book is for people who like to think. Available at Amazon.com.

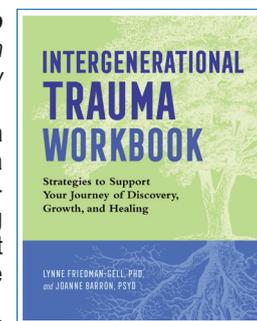


INTERGENERATIONAL TRAUMA WORKBOOK. Strategies to Support Your Journey of Discovery, Growth, and Healing. Written by Lynn Friedman-Gell, PHD., and Joanne Barron, PsyD. Published by Rockridge Press.

Friedman-Gell and Barron are experts in the treatment of trauma and addiction. They first became pioneers in the field by opening "Trauma and Beyond Psychological Center", an intensive treatment program specifically for victims of trauma. Now they are continuing that pioneering spirit with their trauma workbook released in December 2020. It could not have come at a better time with our entire world experiencing some type of trauma during this pandemic.

In order to review this book I revisited my own personal trauma and utilized it in the workbook exercises. Each chapter started off with a description and explanation, and ended with "chapter highlights", which were filled with so much clear and accessible information for the reader. Whether you are familiar with trauma or just starting your journey, the tools and techniques will empower you to "repair, recover and grow". I was surprised to see that some of my own work, that I thought was completed years ago still needed some attention. I used the tools laid out in this valuable book to doing some healing myself.

Lynne and Joanne wrote this book from their personal experiences, and more importantly from their hearts. They truly care and want to share the joy of recovery with the reader. I give 5 stars to this life changing book. Available at www.Amazon.com.



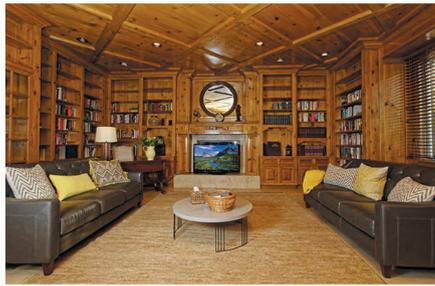
AND GOD CREATED RECOVERY: Jewish Wisdom to Help You Break Free From Your Addiction, Heal Your Wounds, and Unleash Your Inner Freedom. Written by Rabbi Ilan Glazer. Published by Maddix Publishing.

This book is filled with remarkable Biblical information to support believers searching for recovery. Rabbi Glazer experienced addiction firsthand, his personal experience started him on a quest to help others find sobriety through God. The Jewish methods that are introduced throughout the pages of this book, will help the reader find freedom from their addictions. The deep intuitive understanding that Rabbi Glazer shares with the reader, gives clarity and resolve in obtaining a sober life. There are certain subjects, addiction being one of them, are not necessarily received or spoken openly within the Jewish community. This book and its revelations are such a true gift, which Rabbi Glazer blesses individuals within the Jewish communities with love and compassion, to help provide long lasting solutions for their particular addictions. This is a must read for those of the Jewish faith, as well as anyone that is serious about their sobriety. I give this spiritual guidebook for sobriety five stars, and my appreciation to read about God's helping hand from a different perspective. 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.

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- Relapse Prevention
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