



## **Resources for Self-Help with Recovery and Stress Reduction**

### **Reading List**

#### **(\*Highly recommended)**

#### **The Professional (MD) and Substance Use**

\*Being Sober: A Step-by-Step Guide to Getting To, Getting Through, and Living in Recovery [Harry L. Haroutunian, MD, 2013]

\*Healing the Healer: The Addicted Physician [Daniel H. Angres, MD G. Douglas Talbott, MD Kathy Bettinardi-Angres, RN, 2012]

Positive Sobriety [Daniel H. Angres, MD, 2012]

#### **Mindfulness/Meditation**

\*Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness [Jon Kabat-Zinn, PhD, 2013]

The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness [J. Mark G. Williams, DPhil, John Teasdale, PhD, Zindel V. Segal, PhD, Jon Kabat-Zinn, PhD, 2007]

\*A Lamp in the Darkness: Illuminating the Path Through Difficult Times [Jack Kornfield, PhD, 2011]

\*Ordinary Recovery: Mindfulness, Alcoholism, and the Path of Lifelong Sobriety [William Alexander, 2010]

Wise Mind Open Mind: Finding Purpose & Meaning in Times of Crisis, Loss, & Change [Ronald Alexander, PhD, 2008]

The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress, and Anger that Trigger Addictive Behavior [Rebecca Williams, PhD and Julie Kraft, MA 2012]

Refuge Recovery: A Buddhist Path to Recovering from Addiction [Noah Levine, 2014]

Steps to Happiness: Travelling from Depression and Addiction to the Buddhist Path [Taranatha, 2006]

Why Mindfulness is a Superpower: An Animation [<https://www.youtube.com/watch?v=w6T02g5hnT4>]

#### **Motivational Enhancement**

\*TIP #35 - Motivational Enhancement [William Miller, PhD, Center for Substance Abuse Treatment (CSAT), 1999c]

\*TIP #34 - Brief Interventions and Brief Therapies for Substance Abuse [Kristen Lawton Barry, PhD, Center for Substance Abuse Treatment (CSAT), 1999c]

### **Understanding Addiction/Alcoholism**

\*Beyond the Influence: Understanding and Defeating Alcoholism [Katherine Ketcham, William F. Asbury, Mel Schulstad, Arthur P. Ciaramicoli, 2009]

\*Under the Influence: A Guide to the Myths and Realities of Alcoholism [James Milam and Katherine Ketcham, 2011]

Hijacking the Brain: How Drug and Alcohol Addiction Hijacks Our Brains. The Science Behind Twelve Step Recovery [Louis Teresi, MD in collaboration with Harry Haroutunian, MD, 2011]

### **Shame and Guilt Associated with Addiction**

\*Shame, Guilt, and Alcoholism: Treatment Issues in Clinical Practice. 2<sup>nd</sup> edition [Ronald Potter-Efron, 2013]

### **REBT**

When AA Doesn't Work for You: Rational Steps for Quitting Alcohol [Albert Ellis and Emmett Velten, 1992]

### **SMART Recovery**

SMART Recovery Handbook, 3rd Edition. (see <https://www.smartrecovery.org/shop/product/books/smart-recovery-handbook-3rd-edition/>)

SMART Recovery tool chest and homework (<http://www.smartrecovery.org/resources/toolchest.htm>)

### **Personal Accounts**

The Sobering Truth: What You Don't Know Can Kill You [Jeff Herten, MD, 2010]

Understanding the High-Functioning Alcoholic [Sarah Benton Allen, 2009]

No Desire to Drink [Peter Claylan, 2013]

Sober for Good [Anne Fletcher, 2001]

### **Apps/Devices**

Jon Kabat-Zinn's "JKZ Series 1" for guided MBSR (see <http://mindfulnessapps.com/>). Cost: \$9.99

"Muse" - a headband that detects brainwaves, real-time EEG data that can measure states of focus, relaxation, and mind-wandering (see <http://www.choosemuse.com>). High-tech, low cost home biofeedback that can help with calming the mind. Cost: \$250.00