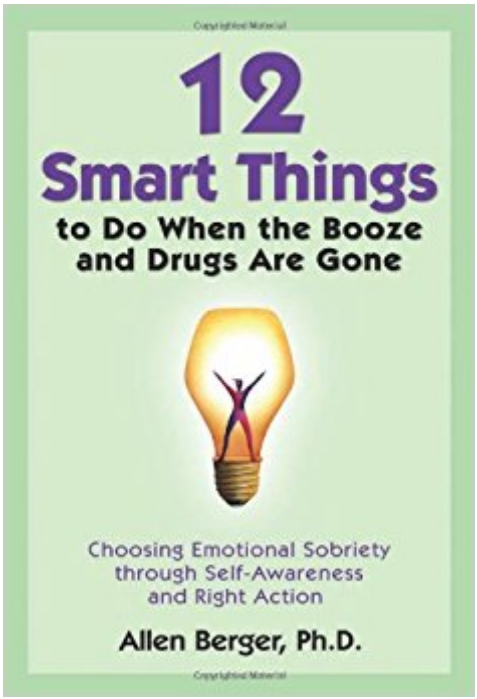
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12 Smart Things To Do When The Booze And Drugs Are Gone: Choosing Emotional Sobriety Through Self-Awareness And Right Action



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Synopsis

The author of the classic 12 Stupid Things That Mess Up Recovery offers a fresh list of "smart" things to do to attain and sustain emotional sobriety.The author of the recovery mainstay12 Stupid Things That Mess Up Recovery offers a fresh list of "smart" things to do to attain and sustain emotional sobriety. Whether it’s called "dry drunk" or "white knuckle sobriety," it’s that stage in recovery when we realize that "putting the plug in the jug" isn’t enough. The next step is taking responsibility for the emotional immaturity that fuels our addictive personality and has a tremendous impact on ourselves and others. Allen Berger, PhD, draws on the teachings of Bill W. and psychotherapy pioneers to offer twelve hallmarks of emotional sobriety that, when practiced, give people the confidence to be accountable for their behavior, ask for what they want and need, and grow and develop a deeper trust in the process of life. These smart things include:understanding who you are and what’s important to youlearning not to take others’ reactions personallytrusting your inner compasstaking responsibility for your reactions to problematic situationsIt is in these practices that we find release from what Bill W. described as an "absolute dependency" on people or circumstances, and develop the tools to find prestige, security, and belonging within.

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Customer Reviews

Berger, Allen. 12 Smart Things To Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety Through Self-Awareness and Right Action. Hazelden. Sept. 2010. c.200p. bibliog. ISBN 9781592858217. pap. $14.95. McAlister, Brian. Full Recovery: Creating a Personal Action Plan for

Life Beyond Sobriety. 2d ed. MacSimum. Sept. 2010. c.240p. ISBN 9780982394816. $22.95. SELF-HELP These two titles cover similar territoryÃ¢â ¬â •how to free oneself from emotional bondage and to achieve abundant living after putting the plug in the jug. Psychologist Berger (12 Stupid Things That Mess Up Recovery) draws on the studies from psychological research and the lessons of Alcoholics Anonymous (AA) founder Bill W. to offer 12 smart things to do to achieve self-masteryÃ¢â ¬â •the maintaining of a healthy relationship with oneself. Each chapter offers readings and instructions on such goals as pressuring oneself instead of others to change, appreciating what is, and not taking things personally. Essentially, Berger helps the reader to fill the hole once filled by addiction in a manner comfortable to those familiar with AA material. Motivational speaker and recovering alcoholic McAlister incorporates a strong reliance on God for assistance in achieving long-term success. He uses personal examples and case studies of both success and failure to help the reader explore old maladaptive habits/beliefs, find motivational activities, and develop a game plan that overcomes hurdles. He provides exercises and practical applications for career and relationship goals. All those in recovery or even actively drinking can get help from either book, but practicing Christians may prefer Full Recovery. (Brian McAlister Library Journal)

Allen Berger, PhD, a popular public speaker and nationally recognized expert on the science of recovery, is the author of 12 Stupid Things That Mess Up Recovery, 12 Smart Things to Do When the Booze and Drugs Are Gone, and 12 Hidden Rewards of Making Amends. His pamphlet, How to Get the Most Out of Group Therapy, helps clients in treatment, continuing care, or Twelve Step groups, understand what happens in group meetings and how these meetings help members acquire recovery skills.Dr. Berger lives in Los Angeles, California.

For me, this book has helped me a lot. It has totally opened my eyes and given me clarity to why I have some of the feeling that I have. I have been in recovery for 8 years and while I don’t struggle anymore with any cravings to drink, I still have problems with my feelings getting hurt and taking things personally. I am very much into working a 12-step program and going to a therapist but until I read this book and read his explanations about why I might be experiencing these feelings, I just didn’t know!For me, this book has made all of the difference in the world and have provided me with peace and serenity because I am now aware of why I go through these feelings and I can actively work on issues as they come up using this book as a guide. I have to admit, that when I first started reading his explanations about differentiation, I didn’t quite understand it and had to re-read it and I still wasn’t quite bought into his ideas. As I got further into the book, it really started to come

together. Chapter 3, "Stop Taking Things Personally" was the clincher and made me a believer in this man and his book. I have to admit that I have not finished the book as I don't have a lot of time to read, but I will continue to read it until the end as there is no telling what other great information I will get from this book.So far, what I have read makes me very happy with my purchase.

I have been in recovery for 28 years and am very familiar with Bill Wilson's letter on Emotional Sobriety. I have been reading and studying this piece of writing in an attempt to have my deeper rooted character defects "cast out" as the 12-step process had done with my alcoholism in my early sobriety. It wasn't until I read Dr. Berger's book that not only was I able to identify more fully with Bill's dilemma (one unhealthily dependent person to another unhealthily dependent person), but was provided with awareness and concrete direction as to what I could do about it! Truth is, I sat down to read a few chapters and had a powerful awakening to my problem and its solution... I could not put this book down until I was finished. Dr. Berger spoke to my dis-ease and my emotional recovery. I highly recommend this book for anyone struggling for lasting inner peace.

I love this book, and I have probably read it 8 times and will probably read it 8 more times minimum. You don't need to be an alcoholic or a drug addict to benefit from these skills for becoming emotionally sober or as I would tag it, spiritually mature!! There is SO much here to help anyone learn to look at life and situations from a more freeing perspective. I can't say enough about this book! One of my all time biggest blessings!!

I am a recovering alcoholic with less than two years of sobriety. This book has opened my eyes to a number of concepts which give me great hope. I now understand that many of my so called problems are really products of my own emotional immaturity. We create a "false self" that keeps us from experiencing the joys & struggles of life. The author introduces some practical self assessments that reveal why we react rather than respond in relationships. I am grateful to Allen Berger for sharing his struggles and discoveries in his own recovery. This book will help anyone who is willing to pursue the great adventure of discovering their emotional serenity.

An absolute MUST-READ for anyone in recovery of any kind. I absolutely love it and need it. Thank you, Dr. Berger!

Best book to work through along with the 12 steps. Emotional sobriety is so very important and I

was not prepared for all the insights I gained about myself after reading this book

This has solid guideline for staying clean and sober . A few concepts are outdated .

Well written. Intelligent/knowledgeable author. Book is very useful I'd say for all readers, not just addicts, especially regarding allowing your real self to be more frequently displayed during interactions with others and to improve relationships.

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Yourself,Affirmations Book 3) Seven Weeks to Sobriety: The Proven Program to Fight Alcoholism through Nutrition Prescription Drugs: Understanding Drugs and Drug Addiction (Treatment to Recovery and Real Accounts of Ex-Addicts Volume III Ã¢â ¬â œ Prescription Drugs Edition Book 3)

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