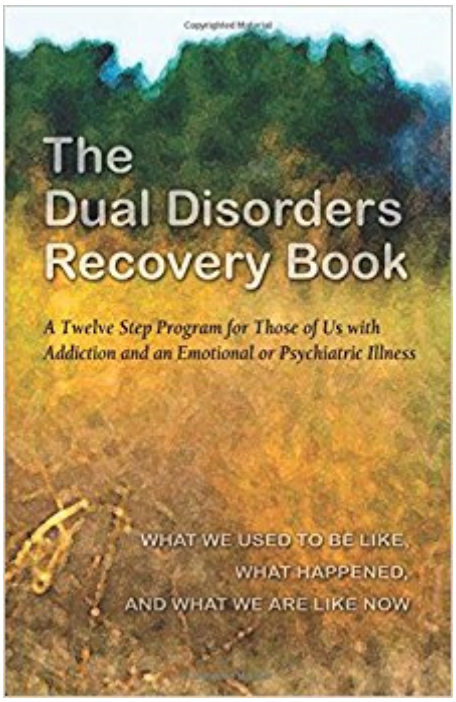
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The Dual Disorders Recovery Book: A Twelve Step Program For Those Of Us With Addiction And An Emotional Or Psychiatric Illness



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Synopsis

This compelling Dual Disorders Recovery Book, written for those with an addiction and a psychiatric illness, provides a source of information and support throughout recovery.This compelling book The Dual Disorders Recovery Book, written for those of us with an addiction and a psychiatric illness, provides a source of information and support throughout our recovery. Personal stories offer experience, strength, and hope as well as expert advice. The book offers information on how Steps 1-5 apply specifically to us. An appendix includes a "Blueprint for Recovery," the meeting format of Dual Recovery Anonymous, and self-help resources.

Book Information

Paperback: 264 pages

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Customer Reviews

"Hopeful, informative, and thoroughly enjoyable reading."--Michele L."Clearly written, forthright, and honest accounts of pain, loss, hurt, and the gradual emergence of hope and recovery through both Twelve Step programs and mental health services. This book will provide a heart-warming map for many readers."--Bert Pepper, MD, executive director, The Information Exchange, Inc.; clinical professor of psychology, New York University School of Medicine"This book fits totally with our integrated model for treating mental illness and addiction with a parallel disease and recovery model. More important, it puts the dual diagnosis recovery process into human terms that people with dual diagnosis can identify with and use."--Kenneth Minkoff, MD, assistant professor of psychiatry, Harvard Medical School

Anonymous Anonymous is a contributor for Hazelden Publications including Alcoholics Anonymous Big Book 4th Edition.

I have used this several times in my psychiatric practice. Often people with mental illness also have addictions. They may feel that they fall between the cracks. i like that there is a 12 step book which deals with the complexities of those with both an addiction and a mental illness. I hope that this helps many on their road to recovery!

If I had read this book when I was younger I might've rolled my eyes thinking "this is obvious stuff." But now, having been thru outpatient psych and outpatient rehab I appreciate the way the book outlines the merits and shortcomings of each program. I see now some links I never saw before and understand better where I fit in the world of addiction and mental illness. The little things I have done that I thought were uniquely me are actually common signs of a relatively uncommon side of addiction and mental health. Give this book a read. It will likely change your life. And if it seems a little bleh, I suggest holding onto it anyway cause it might be what you need a few years down the road. I hope the pieces don't fall that way for you, but if they do/did, this book is a good key to help you piece together the puzzle.

I will probably purchase a second copy for myself to help my son

Wow! This book is fantastic!I spent years in recovery from substance abuse ignoring or minimizing my mood disorder. And never understood why I was clean, sober and miserable. And unfortunately many of the well-meaning people in A.A. and gave me some incorrect information. "You're having a dry drunk", "Medication is a crutch," "You need to work the steps harder".Even after I realized that there was another illness that I was powerless over, it took me years to begin to understand how the two illnesses were entwined. This book has proved an essential tool in my recovery. It is laid out much like the Big Book of AA and focusses on recovery through the 12 Steps and Fellowship.Many of us have even gotten together to form a group of Dual Recovery Anonomous - where we study The Dual Disorders Recovery Book. We're still active in AA but have gotten so much out the extra information and guidance provided by this book.

I read this book cover to cover the day it was delivered. I held on to but bc the info in the book is accurate.

Studying to be an addictions counselor and sadly have known a few people with a dual diagnosis. I am sure this book will be on my shelf for a long time!

i would recomend this book to anyone struggling with dual disorders. I esp like the part where he breaks down each mental illness.. very clear and insightful.

since losing a parent at age 16, awareness about your parents being a power greater than myself and also the clarity abouta widower with adult children, the other parents need for companionship. Emotions anger and resentment are very undercontrol with the willingness and the principle of being openminded

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