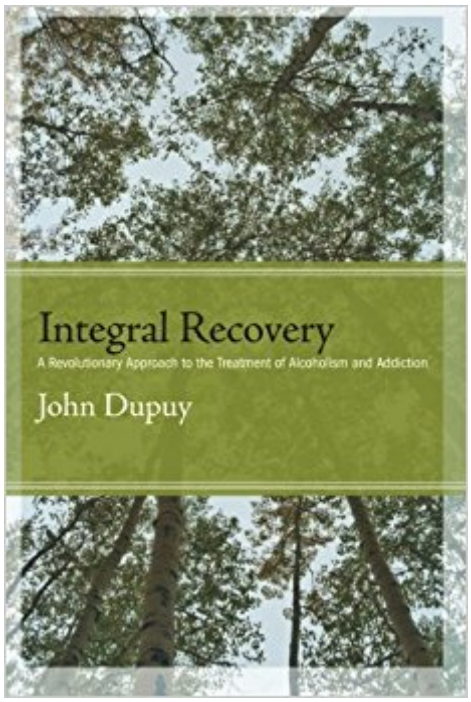
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Integral Recovery: A Revolutionary Approach To The Treatment Of Alcoholism And Addiction (SUNY Series In Integral Theory)



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Synopsis

This book is for everyone who is suffering from the disease of addiction or who cares about someone who is: for addicts, their families and friends, and their health care providers. It is for those who are currently in recovery and looking for a way to shift their recovery into a higher gear--from just surviving and muddling through to becoming the absolute best version of themselves, from mere recovery to Integral Recovery.Integral Recovery is the groundbreaking application of Integral Theory to addiction. It brings alcohol and drug treatment into the twenty-first century by combining the best of the treatment modalities of the past with the latest knowledge, techniques, and neurotechnologies in order to ensure a more holistic and lasting recovery.Ã Â In addition to providing an illuminating and inspiring map to the path of recovery, Integral Recovery teaches life-changing practices that initiate the addict on a journey of healing, transformation, and awakening, offering the possibility of a lifetime of health, joy, and sobriety.

Book Information

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Customer Reviews

John Dupuy s Integral Recovery is a revolutionary application of Integral Theory to the national epidemic of substance abuse and addictive behavior. Clear, comprehensive, and appropriately inclusive, it points to a radically new way to deal with alcoholism and addiction, one that looks to be incredibly promising and much more effective than existing approaches, all of which are partial and segmented. The Integral approach, on the other hand, by taking a truly holistic (in the best sense of

that term) approach, points to a comprehensive strategy much more promising in its results. Highly recommended for professional and layperson alike! Ken Wilber, author of The Integral Vision: A Very Short Introduction to the Revolutionary Integral Approach to Life, God, the Universe, and Everything John Dupuy s Integral Recovery should be considered a must read for professionals in the addiction recovery field. Such a holistic approach to the treatment of alcoholism and other addictions is long overdue. This book deserves a wide readership. Michael Dowd, author of Thank God for Evolution: How the Marriage of Science and Religion Will Transform Your Life and Our World""John Dupuy's Integral Recovery is a revolutionary application of Integral Theory to the national epidemic of substance abuse and addictive behavior. Clear, comprehensive, and appropriately inclusive, it points to a radically new way to deal with alcoholism and addiction, one that looks to be incredibly promising and much more effective than existing approaches, all of which are partial and segmented. The Integral approach, on the other hand, by taking a truly holistic (in the best sense of that term) approach, points to a comprehensive strategy much more promising in its results. Highly recommended for professional and layperson alike!" -- Ken Wilber, author of The Integral Vision: A Very Short Introduction to the Revolutionary Integral Approach to Life, God, the Universe, and Everything "John Dupuy's Integral Recovery should be considered a 'must read' for professionals in the addiction recovery field. Such a holistic approach to the treatment of alcoholism and other addictions is long overdue. This book deserves a wide readership." -- Michael Dowd, author of Thank God for Evolution: How the Marriage of Science and Religion Will Transform Your Life and Our World

John Dupuy is CEO of Integral RecoveryÃ Â® and iAwake Technologies, LLC and teaches at John F. Kennedy University.

I got the Kindle version and read through the book pretty quickly. I am a person who is in recovery and found much to appreciate and apply from this book.He strength of the book is that it advocates an ongoing, holistic program of recovery. In most recovering communities, there is an instinctual recognition that recovery should be holistic. John Dupuy's book is the first of its kind that actually lays out a map for such a program. The quadrant map that Dupuy lays out for a holistic, multifaceted, and developmental program of recovery may be worth the Kindle price of the book.One of the really neat features on the Integral Recovery program is that it develops along with the person who is working he program. Thus, the program can be applied on a daily basis throughout a lifetime. I speak of "the program" for conceptual reasons. It should be understood that

with personal familiarity with the IR program will come a learned instinct to continuously improve in all areas of one's life in a very fluid and natural way, over against a dry and wooden practice.I came away with quite a few interesting ideas that I have sidelined for myself. I imagine any reader will come away with the same. Overall, the book was a worthwhile read, I was offered fresh perspective, and my recovery has gained both clarity and improvement from having read this book.

I've been searching for a framework that allows me to level upmy identity as AA has never resonated with me in that it required me to identify as "being an alcoholic." Alcoholism, while it is a brain disease it is also a symptom of much deeper unresolved issues, past trauma, etc. Integral Recovery gives you a framework to deeply work with the things that are preventing you from living your highest self. I never knew it was possible but it actually makes me excited to deal with my addiction because it gave me a map and showed me a glimpse of the awesomeness I can manifest in my life. Thank You John!

As I started to read this book I had to set it down multiple times - from overwhelming joy. In my quest to find a holistic approach to moving from addiction to a life beyond, I have read countless books blogs and articles. John's book was the first book I read that truly captured the essence of what helped me in my own recovery in a workable digestible framework. It's a masterpiece. John is no doubt a visionary and this work is no doubt the beginning of what is to become the standard of addiction recovery in America. I recommend this book to everyone I know.

This is the most comprehensive book I have ever read on the treatment of addiction. It integrates many concepts such as Gardner's multiple intelligences, the enneagram, new (and much more effective) ways to meditate, as well as mind, body, emotional and spiritual development methods. It can be used to significantly enhance traditional treatments, and applies to anyone - user or not. The author explains complex issues as simply as possible for us lay readers. While he promises no magic bullet, he fills me with hope that there is a path that with hard work one has a real chance of permanent recovery.

This book shone so much light on the whole phenomenon of addiction, I wanted to buy a copy for every treatment centre in NZ. As the mother of a person with a history of addiction as long as her adult life, this really made so much sense to me and I have already begun to change the way I think, relate and even feel towards her. It has increased my understanding by 100 per cent. Thank you,

John and colleagues!

An essential guide for a truly holistic practice that will foster health, balance, growth, and rapid progress. John has done the impossible with this book---he has boiled down mountains of psychology, obtuse theory, and personal experience working with addicts to come up with a practical blueprint for recovering addicts---and anyone seeking to become a better version of themselves, free of compulsive patterns.

Anyone who has been touched by addiction - be it through personal experience or witnessing a loved one’s struggles - would greatly benefit from reading this book. It gives a thorough analysis of the subject, in conjunction with the areas of one’s life that have often been overlooked in the past. Written with great gentleness and sensitivity, a masterpiece.

And sanity, and health, and hope. Mr. Dupuy writes from both intellectual exercise and personal experience of abject despair. I doubt there is a more comprehensive and potentially successful substance abuse treatment plan extant in America.

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