

I remember very well saying, "There's only one person in the world whose guts I hate worse than yours, and those are my own." She cried a bit and went to bed; that was the only answer to problems that she had left. I cried a bit and then mixed myself another drink. (Today, we don't have to live like that any more.)

Max hadn't gotten that way because I didn't care. Indeed, it seemed that I cared too much. I had sent her to four consecutive psychiatrists, and not one of them had gotten me sober. I also sent my kids to psychiatrists. I remember, one time, even the dog had a psychiatric diagnosis. I yelled at Max, "What do you mean, 'The dog just needs more love'? You tell that dumb cat-and-dog doctor he's not a Beverly Hills psychiatrist. All I want to know is, why does that dog wet in my lap every time I hold him?" (That dog hasn't wet my pants once since I joined A.A., and neither have I!)

The harder I worked with Max, the sicker she got. So, when it ended up at a psycho ward, I wasn't all that surprised. But then, when that steel door slammed shut, and she was the one that went home, I truly was amazed.

I had begun to drink in the early years of pharmacy school, in order to get to sleep. After going to school all day, working in the family drugstore all evening, and then studying until one or two in the morning, I would not be able to sleep soundly, with everything I had been studying going round in my head. I would be half asleep and half awake, and in the morning I would be both tired and stupid. Then I found the solu-

Big Book Page 417

Louis Teresi



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KISS SPIRIT Doug Norgren, Barb Lund, 2023-02-10 kiss spirit is an inspirational book filled with hope and gratitude The book is mind expanding and very practical Tidbits and golden nuggets can be found throughout A lip lock here and a smooch there The twelve steps are the heartbeat of kiss spirit They make for a fabulous attitude adjustment Fun acronyms and humor are embedded in kiss spirit This book shows that the twelve steps make for a great foundation for a saner less chaotic drama free life and are an extraordinary design for living in an insane world The twelve steps are the blueprint for a saner life After all many many many support groups worldwide utilize the twelve steps in their recoveries to sanity Incidentally a support group is not necessary to incorporate the twelve steps into your life Some of them you may even be living with right now kiss spirit softens up the twelve steps via simplification This book has many helpful hints for all who want more sanity in their lives Techniques slogans and simple suggestions can pave their way Mind food nourishment for a personal recovery to sanity kiss spirit shines a light on the fact that our sanity depends on our spirituality and that spirituality doesn't need to be a scary thing for some A wider sphere of spirituality does do wonders Spirituality does pop us in the nose wherever we go and whatever we do Spirituality is ingrained in all we do Our choice of spirits does determine our sanity or lack thereof kiss spirit is a quick read packed with a whole lotta payoff The payoff is more sanity and spiritual enhancement one page after another

Crazy Big Book of First Grade Activities, 2017-03-15 The Crazy Big Book of First Grade Activities covers essential concepts such as numbers and place value addition and subtraction grammar and vocabulary parts of speech Filled with puzzles and games this language arts and math activity book offers a fresh fun way to learn at home Capturing and keeping your child's attention can be a challenge the Crazy Big Book of First Grade Activities makes it easy Using a variety of engaging activities this workbook offers hours of fun filled learning Whether at home or on the road the Crazy Big Book of First Grade Activities helps children build the math and language arts skills for success Available for kindergarten to third grades the Crazy Big Book of Activities series strengthens skills with puzzles and games a learning format kids love All activity books feature 544 pages of exciting activities to help children get ahead in math and language arts *Hijacking the Brain* Louis Teresi, 2011-10-20 Hijacking the Brain provides the first ever scientific explanation for the success of Twelve Step programs Hijacking the Brain examines data provided by recent rapid growth in the fields of neuroscience neuroimaging psychology sociobiology and interpersonal neurobiology that have given us new dramatic insights into the neural and hormonal correlates of stress and addiction cognitive decline with addiction as well as for the relative success of Twelve Step Programs of recovery Addiction is recognized by experts as an organic brain disease and most experts promote Twelve Step programs AA NA CA etc which invoke a spiritual solution for recovery To date no one has described why these programs work Hijack tells us why In Hijack the role of working The Steps for reducing stress and becoming emotionally centered is discussed in depth A full chapter is devoted to the rewarding and comforting physiology of meditation and the spiritual

experience The author uses examples from animal sociobiology as well as sophisticated human brain imaging studies to demonstrate that empathic socialization and altruism are instinctive and naturally rewarding and along with Step Work act as a substitute for the synthetic rewards of drugs of abuse Hijack does not challenge the Steps or the Traditions of Twelve Step programs The sole intention of Hijacking the Brain is to connect the dots between an organic brain disease and a spiritual solution with sound physical scientific evidence Avoiding strict scientific language as much as possible Hijack is written for the layperson and abundantly illustrated

A Vicious Cycle Justin Witte,2003 This book is about my relationship with another addict I am an alcoholic and I have used every drug there is People told me at times in my life that I was incapable of getting sober but I eventually did but this book is about how I was just as powerless over another person as I was over my own drinking I was an extremely hostile person for a big part of my life and I was someone who could either be extremely loving or extremely cruel My cruelty was all with my words I have had doctors and psychiatrists ask me how I think of the insults that I think of but this book is about my definition of love wanting the best for someone and taking the necessary steps to carry that out and because of what I learned in this story I try and practice that with everyone today

You Can't Make Me Angry Dr. Paul O.,2022-01-14 And acceptance is the answer to all my problems today You may already know of Dr Paul s simple yet profound wisdom in the frequently quoted passage from his story in the Big Book of Alcoholics Anonymous Dr Paul continues sharing his experience strength and hope in this his second book You Can t Make Me Angry By the time you put this book down you will be convinced that people and circumstances don t make us angry we make ourselves angry People can t make us angry unless we let them We alone are responsible for our feelings A measure of the effectiveness of communication is the result it produces If you don t like the results you are getting when communicating with another person there s a great deal you can do about it I m not willing to let any thing or any person put my physical sobriety at risk why should I put less value on my emotional sobriety For physical sobriety we had to give up drinking and for emotional sobriety we have to give up blaming others No longer can we say You made me angry Instead we must accept personal responsibility for our emotional state This much responsibility may seem extreme yet in fact it is a great freedom Henceforth no person or situation can upset us if we don t give them or it permission to do so What could be a greater freedom than that Emotional maturity is like serenity The first time I felt serene I wondered what was happening but I liked the feeling and wanted more The more I got the more I wanted Serenity is addictive

This Way Out Diane Light,2011-09-27 People have too long accepted their lot in life People have too long accepted the idea that some have it and some dont People are waking up to the idea that some are not more entitled to the good life than others People are tired of playing in and paying in to corporate greed By the same token people have for too long accepted the concept of mental illness putting the power for healing in the hands of the authority People are frustrated and looking for answers for a better way to achieve a happier life for a way out of whatever makes us feel stuck for a way in to the life really desired **THIS WAY**

OUT presents Personality Integration Theory and Therapy IT a revolutionary blueprint to change lives This breakthrough empowering new system of concepts and techniques takes into account our spiritual dimension putting our spiritual nature into context in our psyches and our lives IT puts the power in the right hands our own We are still evolving and we are nearing a great shift in human consciousness In these pages you will find a down to earth theory one that embeds practical spirituality into a userfriendly system of psychology With it you will find effective methods for getting control of all aspects of your life family relationships finance creative recovery and spirituality Herein revealed for the very first time discover the elusive but necessary Missing Piece that makes deep and lasting change possible Incomprehensible Demoralization Jared Combs, 2008-08-12 Book Review 5 Stars Courageous We have an erroneous vision of what an addict looks like The person sitting next to you in church could be an addict It could be your doctor lawyer postal worker or the little old lady that lives next door Incomprehensible Demoralization drew me in and held me captive Jared Combs describes the life of an addict and pharmacist His marriage was deteriorating but the pills were more important Through the Lord his Church the support of his family and AA he has become a recovering addict Combs seizes every opportunity to help others Share his witness Reviewed by Debra Gaynor for ReviewYourBook.com

Crazy Big Book of Second Grade Activities, 2017-03-06 The Crazy Big Book of Second Grade Activities provides practice for skills such as grammar and vocabulary nouns and verbs addition and subtraction money geometry With a variety of puzzles and games this workbook makes learning fun Help your second grader boost essential math and language arts skills with the Crazy Big Book of Second Grade Activities A creative and captivating way to encourage skill mastery this workbook features fascinating activities to engage and educate your child at home on the road or during summer break Tired of relying on technology to entertain your child The Crazy Big Book of Activities series offers the perfect solution Filled with 544 pages of learning activities this series captures children's attention while they build foundational skills for success

The Addiction Treatment Planner Robert R. Perkinson, Arthur E. Jongsma, Jr., Timothy J. Bruce, 2022-04-19 Clarify simplify and accelerate the treatment planning process so you can spend more time with clients The Addiction Treatment Planner Sixth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This valuable resource contains treatment plan components for 48 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more You'll save hours by speeding up the completion of time consuming paperwork without sacrificing your freedom to develop customized treatment plans for clients This updated edition includes new and revised evidence based objectives and interventions new online resources expanded references an expanded list of client workbooks and self help titles and the latest information on assessment instruments In addition you'll find new chapters on some of today's most challenging issues Opioid Use Disorder Panic Agoraphobia Loneliness and Vocational Stress New suggested homework exercises will help you

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The Essence of Twelve Step Recovery Damian McElrath, 2013-11-05 The Essence of Twelve Step Recovery Take It to Heart was written in gratitude to the Jellinek patients at Hazelden whose lives struggles and pain are witness to what spirituality is all about Dedicated to Sandy McElrath Damian s wife of 26 years the book defines spirituality and the essence of Twelve Step living and the essence of Hazelden McElrath begins his Hazelden published book with a quote from the Big Book The spiritual life is not a theory We have to live it Alcoholics Anonymous page 83 He goes on to eloquently provide his view of spiritual fitness The person seeking recovery must reconnect with his true self with others and with his Higher Power the God of his understanding he writes He addresses the spiritual protocols of recovery in separate self contained chapters 1 The Community 2 The Spirituality of Addiction 3 The Twelve Steps Relational Spirituality 4 Benchmarks for Spiritual Growth and 5 The Cultivation of the Interior Life Gail Gleason Milgram EdD director of the Center for Alcohol Studies at Rutgers University endorses the book Damian is a born teacher He presents complicated and difficult content in a clear and concise fashion He helps the reader understand that the heart of what makes us human spiritual beings is our search for integrity purpose and meaning This book is a gift to all who are in search of the meaning of life Says Craig Nakken author of The Addictive Personality Damian has written a simple but profound guide for addicts that goes to the very heart of what is needed for recovery The book has purpose and meaning beyond its pages It s a must read for those looking to embrace or deepen their recovery Follow the spiritual protocol

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