

Chandelier

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Al J. Mooney, MD Launches Second Edition of *The Recovery Book*

Al J. Mooney, MD, Willingway Director of Addiction Medicine and Recovery, has just launched a completely revised second edition of *The Recovery Book*. Co-authored by Catherine Dold and Howard Eisenberg, the new edition is available at all book retailers and the Willingway Recovery Store. We spoke with Dr. Al and here is what he had to share.

"I'm thrilled to finally have the new edition available to the recovery community," says Dr. Al. "There have been many changes in the field of addiction and recovery since the first edition came out in the early 1990s, and we've tried to reflect that in this edition. One great example is a focus on internet material - how to clean up your online reputation once you get sober, and vetted online resources on recovery and health.

Continued...

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Launches Second Edition of
The Recovery Book
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Dr. Mooney will be signing books at several Willingway alumni events over the next few months. Please visit www.willingway.com/recovery-store for more information.

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Al J. Mooney, MD Launches Second Edition of *The Recovery Book*

Additions include the latest science and the new Recovery Zone System

We've also included a helpful summary of the latest science regarding the brain in addiction. We used to think the brain was set in stone once a person was grown, but we now know that's not true – it can adapt and heal at any age. The Recovery Book introduces some very simple guidelines on how people in recovery can use that adaptability to heal their own brains over time.

The most exciting update is the new Recovery Zone System. It's a three-stage blueprint for getting into recovery, rebuilding a life, and staying sober for a lifetime – one I developed because over the years I saw too many people relapsing. They either took on too much in early recovery or lost their focus after a few years. The Recovery Zone System helps to ensure that someone new to sobriety:

- Does not take on too much at once
- Takes the time to build a rock-solid foundation for a lifetime of recovery
- And keeps attention on recovery throughout life

We offer clear guidance on treatment, fellowship work, spirituality, relapse prevention, relationship repair, recreation, socializing, education and career, finances, health, and more.

A message of hope, respect, understanding — and lifelong recovery

I'd like to think that my parents, Dot and John Mooney, would be proud of this new book. Certainly, their loving approach to helping others find recovery and stay sober was the foundation for everything I learned about addiction over the last few decades. From the very beginning – when they were treating people in our house on Lee Street when I was just a kid, and later on when they founded Willingway – they fostered an atmosphere of treating patients with dignity, compassion, and respect. They built a treatment program based on the idea that addiction is an illness that affects the total person – body, mind, and soul – as well as every other member of the family. I did my best to carry on their legacy when I was the medical director of Willingway, and I know that Willingway's staff still emphasizes those same basic principles. I've tried very hard to convey that very same message of hope, respect, and understanding – and the very real possibility of lifelong recovery – to the readers of *The Recovery Book*."

Help us get the word out

Chandelier readers can play an important role in helping us get the word out about the new book. Please tell your friends and fellowship members about it. If you have a few moments, read our blog and follow us on Facebook or Twitter (see www.TheRecoveryBook.com), or share a review on Amazon.com (see www.ReviewTheRecoveryBook.com). Ask for the book at your local bookstore. Please help us to share the incredible gift of recovery with those in need.

Recovery is the best gift

There is never an easy time to get sober. Last year at this time, my life had fallen apart because of my addiction. I was scared to go to treatment for help during the holiday season. I thought maybe I should just wait until after the holidays. I thought I could push through, so I wouldn't miss out on time and memories with my family.

But I finally got to a point where I was too desperate and broken to wait any longer. I couldn't go on for another day, so I entered treatment – despite all my fears. It was painful to be away from my family but they knew I was safe and beginning my journey of recovery. I didn't know it at the time but now I realize that I gave my family and myself the best gift ever by finally letting someone help me.

I'll be at home with my family this holiday season and, God willing, I will be sober. I am so grateful for the love my Willingway family gave me when I was away from my own family. My sobriety date is October 31, 2013. I spent both Thanksgiving and Christmas of 2013 in treatment away from my family. In a way, being in treatment during the holidays gave me a solid and safe foundation to start my recovery. For me, it was exactly what I needed, exactly when I needed it – and I am truly grateful today.

– Women's Residence Alumna



Willingway®

MARK YOUR CALENDARS!
Homecoming - May 1-3, 2015

10 Tips for Maintaining Sobriety During the Holidays

"I always look for people to say hello to at holiday events and parties. I ask them how they are doing. It's not all about me! When I do that, it gets me out of my own head, and I can be helpful to others."

Rebecca H., Willingway Alumna



Here are the TOP 10 holiday survival tips from Willingway to get you through the party season serene and sober:

1

Increase support from your circle of sober friends. Attend extra 12-Step meetings. Be sure to stay in touch with your support group, who can help keep you accountable.

2

If your holiday plans take you **out of town**, find a 12-Step group to attend while there. Make a commitment to attend a meeting.

3

If you're invited to a **dinner party where alcohol will be served**, plan to arrive just before dinner so that you can miss cocktail hour. **Pay close attention to relapse triggers and remember H.A.L.T.: hungry, angry, lonely, tired.** You'll want to get plenty of rest, eat well, and have a healthy support system in place before you go to the party. Check with the host/hostess ahead of time to see if any of the food will be prepared with alcohol so you can avoid those dishes.

4

Take your own vehicle so you can leave events early if needed. Also, take a sober companion with you to parties for extra support. Schedule a meeting with your sponsor, sponsee, or another sober friend so you can leave at a reasonable time. Have someone text or tweet you during the party as a check-in.

5

Limit the amount of time with your extended family if there are strained family issues or relationships. Significant, ongoing family issues can create or exacerbate the potential for relapse.

6

If you know you are **going to a party that will have alcohol, plan ahead.** For example, if you're at an office party with an open bar, sit across the room from the bar area or socialize in another room. Have a soda or other non-alcoholic drink in your hand - this decreases the chance that someone will offer you an alcoholic drink. Try to use a can, bottle, or a marked cup to prevent drink mix-ups.

7

Are you celebrating Thanksgiving, Christmas, Hanukkah, or New Year's? **Reflect on the meaning of the event.** Remember, you're not there for food and drinks but to celebrate with others on a special occasion. Focus on the relationships: we are celebrating relationships, making new ones, and rekindling old ones.

8

Being of service to the host/hostess (or a guest at the party) is always a great way to get outside of ourselves, away from our self-centeredness, and into the moment helping others. This almost always helps relieve the anxiety of this type of setting.

9

Make sure to **participate in recovery-based holiday activities.** Create new traditions! Host your own sober holiday party with friends who choose not to drink or recovering friends and their families. Get involved in your community. Take toys to local children in need. Prepare meals for shut-ins, volunteer with your church, or other local non-profit organizations.

10

Remember that **sobriety should be your number one priority!** Most holiday parties are optional. If you are uncomfortable attending, you can always say "No, thank you."

Continuing Care Meetings:

ALBANY, GA

Tuesdays 6:00 p.m.
1511 W. Third Avenue
Suite 101
229.669.3959
Charles Lamb

ATLANTA, GA

Mondays 6:30 p.m.
Shallowford Presbyterian
Church Youth Center
2375 Shallowford Rd., NE
404.216.3882
Robby Carroll

AUGUSTA, GA

Saturdays 10:00 a.m.
Covenant Presbyterian Church
3131 Walton Way
706.736.1183
Joe Ward

HILTON HEAD ISLAND, SC

Wednesdays 6:30 p.m.
Christ Lutheran Church
829 William Hilton Parkway
834.384.8759
Carol Rively

JACKSONVILLE, FL

Mondays 6:00 p.m.
All Saints Episcopal Church
Education Building
4171 Hendricks Avenue
904.463.1246 (John) or
904.463.5200 (Cathy)
John & Cathy Roberts

JACKSONVILLE BEACH, FL

Tuesdays 6:00 p.m.
Palms Presbyterian Church
3410 Third Street South
904.463.1246 (John) or
904.463.5200 (Cathy)
John & Cathy Roberts

MACON, GA

Mondays 6:30 p.m.
Centenary United Methodist
Church Fellowship Hall
1290 College Street
478.538.3863
Don Wilkinson

RALEIGH, NC

Mondays 7:30 p.m.
St. Timothy's Episcopal
Church - Parlor Room
4523 Six Forks Road
919.349.6269
Charlie Wagner

SAVANNAH, GA

Mondays 6:00 p.m.
St. Michael and All Angels
Episcopal Church
3101 Waters Avenue
912.920.9392 (phone)
912.657.0426 (cell)
Jayne Holland

ST. SIMONS ISLAND, GA

Saturdays 10:00 a.m.
The Club House
1501 Demere Road
912.617.6385
Joel Mills

STATESBORO, GA

Wednesdays 6:30 p.m.
Willingway Outpatient
373 Savannah Avenue
912.764.6236
Charles Stokes

WAYCROSS, GA

Tuesdays 6:30 pm.
Comfort Chapel Primitive
Baptist Church
1600 Cherokee Drive
912.286.0258
Sandie Blackburn

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Chandelier is a quarterly publication of Willingway for alumni, family, friends and addiction professionals.

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involved and give back!
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