

Happy, Healthy & **Substance-Free** with Fay Zenoff

RESOURCES

Recovery Books: Stories, Theories and Healing Modalities

Addicted to the Monkey Mind. J.F. Benoist. (2018)

Spirit Junkie. Gabrielle Bernstein. (2011)

Recovery. Russel Brandt. (2017)

The Miracle Morning. Anna David. (2018)

My Fair Junkie. Amy Dresner. (2017)

If You Loved Me, You'd Stop. Lisa Frederiksen. (2019)

This Naked Mind. Annie Grace. (2015)

Hopeful Healing. Mackenzie Phillips. (2017)

A Sober Mom's Guide to Recovery. Rosemary O'Connor. (2015)

In the Realm of Hungry Ghosts. Gabor Mate M.D. (2018)

Love Warrior. Glennon Doyle Melton. (2016)

Rewired. Erica Spiegelman. (2015)

Unbroken Brain. Maia Szalavitz. (2016)

Quit Like a Woman. Holly Whitaker. (2019)

The Big Book: Alcoholics Anonymous. Bill Wilson. (1939)

Conscious Recovery. TJ Woodward. (2017)

Advocacy Books: 'War on Drugs' History & Recovery Movement

American Fix. Ryan Hampton. (2018)

Chasing the Scream. Johann Hari. (2016)

Many Faces One Voice. Bud Mikhitarian. (2015)

Slaying the Dragon. William White. (2014)

Films & Projects: Documentaries about Recovery

The Anonymous People (2014) Documentary about the recovery movement

The Creative High (2020) Documentary about the power of art and recovery

Generation Found (2016) Documentary about recovery in high school

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Recovery Programs, Support, Treatment & Education

Al-anon Family Groups Help for family & friends. 12-Step based. www.al-anon.org

Alcoholics Anonymous Peer-based fellowship of recovery. Spiritual. www.aa.org

Life Ring Secular sobriety support. Groups. www.lifering.org

Moderation Management Lay-led program to reduce drinking. www.moderation.org

New Life Program Women's emotional issues womenforsobriety.org/new-life-program/

NIH Guide treatment types. www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edutui/drug-addicion-treatment

Recovery 2.0 Holistic strategies to thrive in recovery. <https://r20.com>

Recovery Consultants Private placement specialist. www.recovery-consultants.com

Refuge Recovery Buddhist peer-based recovery program. refugerecovery.org

SAMHSA National help line and treatment locator. www.samhsa.gov/find-treatment

She Recovers Online women's community, coaching, retreats, events. www.sherecovers.co

Smart Recovery Science-based mutual support group. smartrecovery.org

Tempest Eight-week online sobriety school and support. www.jointempest.com

Workit Health Online telemedicine, therapy, recovery coaching. www.workithealth.com

Y12SR Yoga and 12-steps recovery programs. <https://y12sr.com>

Recovery Community, Coalitions, Advocacy and more

The Communities Project Developing leadership to save lives. communititesproject.org

Faces and Voices of Recovery Mobilizing People in recovery. facesandvoicesofrecovery.org/

Harm-Reduction Coalition Advocacy for those impacted by drugs harmreduction.org

Recovery Advocacy Project Coalition of recovery activist actionnetwork.org/groups/recovery-advocacy-project

Shatterproof Nonprofit working to end stigma and find solutions. www.shatterproof.org

YPR Peer support for young people in recovery. youngpeopleinrecovery.org