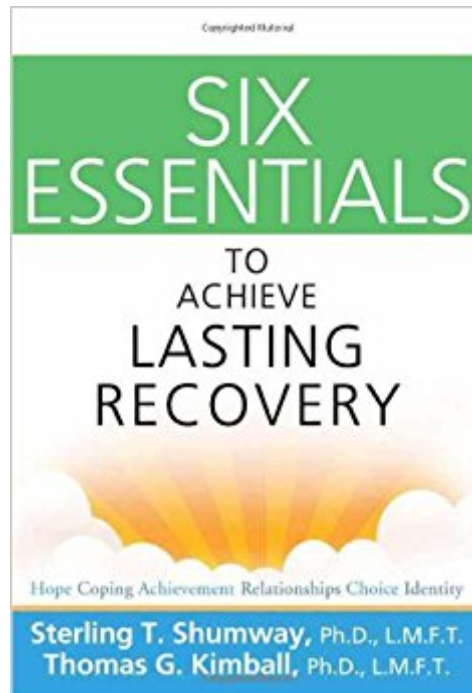




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# Six Essentials To Achieve Lasting Recovery



## Synopsis

Discover the six guiding principles key to lasting recovery from addiction to alcohol and other drugs. Why they're important, how they relate to the Twelve Steps, and why they work. Anyone who has recovered from addiction to drugs or alcohol knows that getting sober is only the beginning. Working the Steps, patching life back together, and living sober are where the real work lies. While the Twelve Steps provide a program of lifelong recovery, recovery experts Sterling Shumway and Thomas Kimball have identified six essential values, or principles, that reinforce the Steps and that are key to achieving lasting recovery:

- Hope: A reawakening after despair; to live with greater confidence
- Healthy Coping Skills: Managing the pain and stress of life
- Sense of Achievement and Accomplishment: Moving beyond the limits of addiction toward personal goals
- Capacity for Meaningful Relationships: The positive support and connection with family and peers
- Unique Identity Development: The emergence of a unique positive identity
- Reclamation of Agency: The internal knowledge that you have choices in your behavior

Using their research, personal stories, and guided journals and exercises, Shumway and Kimball thoroughly unlock these complex principles for recovering addicts and their families, and provide practical steps for applying them to a long-term recovery program.

## Book Information

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## Customer Reviews

Sterling T. Shumway, PhD, LMFT, is a regent's professor in the Department of Applied and Professional Studies, Addictive Disorders and Recovery Studies Division (ADRS) at Texas Tech

University, and is the program director of the Addiction and Recovery Studies Program. Thomas G. Kimball, PhD, LMFT, is an associate professor at Texas Tech University and the associate managing director for the Center for the Study of Addiction and Recovery. Both authors are co-facilitators of multi-family groups at The Ranch at Dove Tree, an inpatient alcohol and drug treatment facility providing detoxification, residential, sober living, and intensive outpatient services near Lubbock, Texas.

I just finished reading your book and enjoyed it very much! Being a Father with two sons who have struggled with addictive behaviors it was very helpful to me in many ways. The book hit on all of the "key points" and was an easy read and I feel it would be good for those who struggle with addiction and those who are family and friends!! Some of the things that were most helpful were: \* Questions in each chapter- to ponder and think about \* Service as a tool to help get outside themselves \* Taking it day by day- focus on that day \* How to get a good identity again \* Boundaries which I am big on- love the book Boundaries by Dr Henry Cloud- having healthy boundaries is critical to success \* I really liked the "likeability" piece and how to increase that \* Selfishness that addiction brings and how to get outside of that \* Hitting on all of the key things an addict goes through- I have especially seen the relationship piece not being healthy at times and seeing how much achievement and recognition are so important- so that was very helpful! Sterling and Tom give the readers a step by step guide to fully get back on track after dealing with addiction! The personal stories they share and examples give hope to the reader that a better day will come!

So many recovery books address all their message to the addict. This one sits the whole family down and explains that everybody needs to hope and cope, achieve and work on relationships, pull their identities back out of the dark places they've hidden them and recover their power over the choices they make. The underpinning spiritual network is addressed as well. Everybody has to figure out their Higher Power and draw on that resource as well. Interspersed are a few stories of the authors own struggles who drive home specific points. It's a useful, supportive message for its audience.

Very satisfied. Met product description. Also, it arrived timely.

This is an excellent book on recovery or life in general for that matter. A good read if you know anyone in recovery from addiction. I met the author and was very impressed with his passion for

those in recovery.

Great for anyone struggling with this terrible disease. As well as anyone who knows someone who is battling it.

An excellent treatment of an often misunderstood and epidemic brain disease. The information and tools provided to successfully achieve and maintain a lasting recovery are well presented for both an addict and their family.

My son was in recovery and Sterling came and talked to us. He is very knowledgeable and the book is very helpful. I would recommend this book.

An excellent treatise on the return to sane living.

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