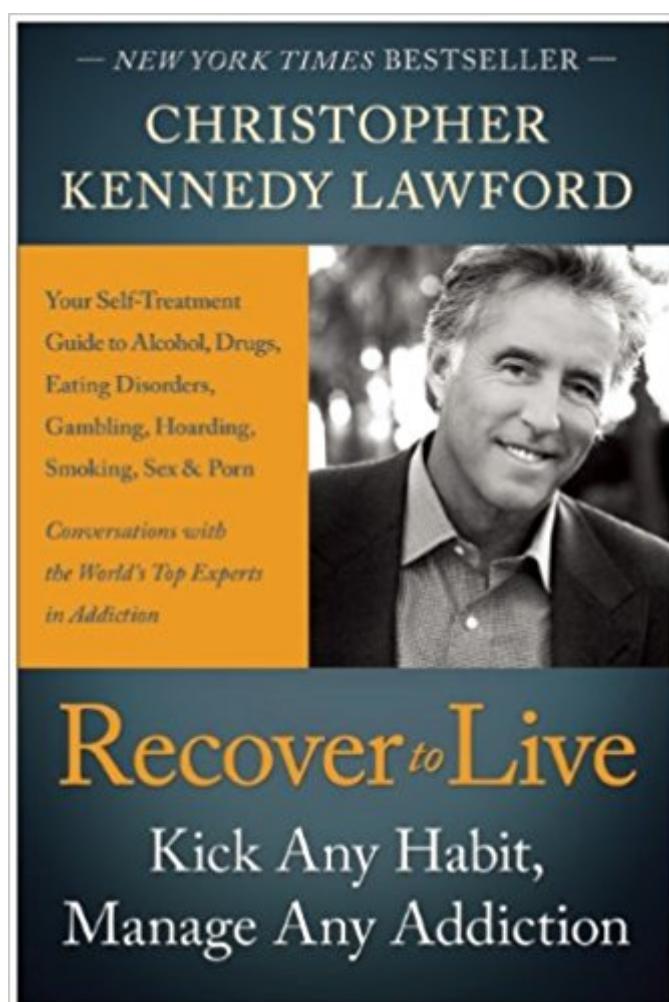


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Recover To Live: Kick Any Habit, Manage Any Addiction: Your Self-Treatment Guide To Alcohol, Drugs, Eating Disorders, Gambling, Hoarding, Smoking, Sex And Porn





Synopsis

From New York Times bestselling author of *Symptoms of Withdrawal* and *Moments of Clarity* Christopher Kennedy Lawford comes a book that will save lives. For most of his early life, Christopher Kennedy Lawford battled life-threatening drug and alcohol addictions. Now in recovery for more than 25 years, he works to effect change and raise global awareness of addiction in nonprofit, private, and government circles, serving as the goodwill ambassador for drug dependence treatment and care for the United Nations. For the first time, *Recover to Live* brings together all of the most effective self-care treatments for the seven most toxic compulsions affecting every culture on the planet today—alcohol dependence, drug dependence, eating disorders, gambling, hoarding, smoking, sex, and porn. In *Recover to Live*, more than 100 of the world's top experts interviewed by Lawford share their research and wisdom on how to determine if your bad habit is becoming a dependency, what treatments will work best for you, how best to help yourself or a loved one recover from addiction, and how to lead a fulfilling and productive life in recovery.

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Customer Reviews

Christopher Lawford's *Recover to Live* is not only a personally revealing bible of hope and an encyclopedia for those struggling with addictions and their families, friends, and colleagues, it is a robust anthem to inspire the recovery community to come together to make our nation and this world a better place for all of us. • Joseph A. Califano, Jr. Founder, The National Center on Addiction and Substance Abuse at Columbia University Former U.S. Secretary of Health, Education,

and Welfare“This is an important book by a genuine and insightful man. He is articulate on his subject and clearly researched it to within an inch of his life. If you donâ™t read it you should buy it and hit yourself on the head with it.â•#151;Russell BrandActor/Comedian“Christopher Kennedy Lawfordâ™s new book Recover to Live will be a force with the power to educate as well as motivate transformational personal change. Recover to Live may alter the way broader society looks at the disease of addiction and those who are suffering from it.â•#151;Drew Pinsky, M.D.Host, Dr. Drew“There's great wisdom, insight, and knowledge in this book. Recover to Live will help ease the suffering of addicts and their families. It will help repair broken lives and save some.â•#151;David SheffNew York Times Bestselling Author, Beautiful Boy: A Fatherâ™s Journey Through His Sonâ™s Addiction“Too bad they didn't have books like Recover to Live around when I started my knucklehead years. I might've figured it out earlier and saved myself and those who loved me a bunch of pain.â•#151;Tom ArnoldActor/Comic/Writer“Personal, documented and relevant is Christopher Lawfordâ™s strong and clear message on the seven toxic compulsions that devastate many lives throughout the world. His new book, Recover to Live, addresses the serious matter of dependency. Itâ™s a great book for your medicine cabinet.â•#151;Bob MartinezFormer Florida GovernorFormer Director, Office of National Drug Control Policy“The best way to read Christopher Lawfordâ™s Recover to Live is with a highlighter. Chrisâ™s book is filled with such clinical history. Best of all, this book offers hope. Chris Lawford knows about recovery because heâ™s living it.â•#151;Chris MatthewsAuthor, Jack Kennedy: Elusive HeroAnchor, MSNBCâ™s Hardball“Addiction has many faces, and Chris Lawford unmasks the variety of ways addiction is our number one public health problem.â•#151;Patrick Carnes, Ph.D., C.A.S.Author, Out of the Shadows“Recover to Live will give you the best information available about the illness of addiction.â•#151;Martin SheenEmmy Award-Winning Actor and Activist“Christopher Lawfordâ™s Recover to Live gives hope to those who are seeking answers and effective strategies to overcome this life-threatening disease.â•#151;Rep. Mary Bono Mack (R-Calif.)“Recover to Live is a lifeline for anyone drowning in addiction. There is hope and a better life is possible.â•#151;Lawrence KudlowHost, CNBCâ™s The Kudlow Report" A clear and simple starting point from which to gain real and lasting help."—Patrick J. KennedyU.S. Rep. (D., R.I.), 1995-2011and Jim RamstadU.S. Rep. (R., Minn.), 1991-2009“Leave it to Christopher Kennedy Lawford to turn over the addiction rock to find a diamond, recovery. Recovery is a whole lot more than abstinence from addictive behavior; it is a new and less self-centered life that rises from the suffering of addiction.… Here you will find a road map to recovery.â•#151;Robert L. DuPont, M.D.Author,

The Selfish Brain: Learning from AddictionFirst Director, National Institute on Drug AbusePresident, Institute for Behavior and Health, Inc."Addiction is one of America's dirtiest little secrets, an epidemic running amok not only among adults but also among our children. Recover to Live provides a helping hand to anyone whose life or loved one has been hurt by it."¹⁵¹Marianne WilliamsonNew York Times Bestselling Author, The Age of MiraclesFounder, The Peace Alliance"Recover to Live has a clear and powerful message: Anyone can step out of the shadows of addiction and have a better life."¹⁵¹Jack CanfieldBestselling Author, Success Principles Co-Creator, Chicken Soup for the Soul Book Series"Simply the best book on addiction I have ever read."¹⁵¹Pat O'BrienHost, Fox Sports RadioFormer Television Host, The Insider¹⁴⁷Chris has done it again! His work has made it possible for those of us with an addiction of any kind to see the possibility of having an outstanding life. His work is worthy of a Nobel Prize.¹⁵¹Louis Gossett, Jr.Academy Award and Emmy Award-winning Actor¹⁴⁷Lawford offers eminently sensible and practical advice¹⁵¹and seven different, well-tested coping methods to choose from. The compelling writing style, the veracity of personal experience, and the practical coping choices make this an excellent book for those who are struggling with substance abuse and for those who struggle with them.¹⁵¹A. Thomas McLellan, Ph.D.CEO, Treatment Research Institute¹⁵¹Philadelphia, PAFormer Deputy Director, White House Office of National Drug Control Policy¹⁴⁷Recover to Live provides the most up to date information available on addiction, treatment, and recovery today; the tools and strategies are proven to work, easy to understand and to apply.¹⁵¹Evgeny M. Krupitsky, M.D., Ph.D., D.Med.Sci., Prof.Chief, Laboratory of Clinical Psychopharmacology of Addictions, St. Petersburg State Pavlov Medical UniversityChief, Department of Addictions, Bekhterev Research Psychoneurological Institute"This book reflects the most current science showing that addiction is a singular disorder with many and varied expressions. Recover to Live is a must read for anyone interested in changing behavior."¹⁵¹Howard J. Shaffer, Ph.D., C.A.S.Associate Professor, Harvard Medical SchoolDirector, Division on Addiction, The Cambridge Health Alliance, a Harvard Medical School Teaching Affiliate¹⁴⁷ALL you need to know to overcome the grip of any addiction and find recovery ¹³³¹⁵¹William C. MoyersAuthor, Broken¹⁴⁷Our country is on the verge of an awakening. Activists like Christopher Lawford are pushing the message to the forefront of our collective consciousness in regards to the disease of chemical dependence and life after recovery. A must read to understand this country's epidemic disease.¹⁵¹Robert L. ShapiroAttorney and Chairman, The Brent Shapiro Foundation For Alcohol and Drug Awareness¹⁴⁷Mr. Lawford has cleverly covered every aspect of recovery possible. He does this with great respect to the

addict, as so many books do not. Recover to Live … will help save countless lives.â •#151;Kristen JohnstonActress and Author, Guts“In Recover to Live, youâ ™ll find out how and why they decided to get help, the many options there are to get well, and the choices you can make to live a new life.â •#151;Patricia TaylorExecutive Director, Faces & Voices of Recovery“Rarely does such a book cover a full range of problem behaviors and offers proven ways to address them.â •#151;Alexandre Laudet, Ph.D.Director, Center for the Study of Addictions and Recovery, National Development and Research Institutes, Inc.“Recover to Live offers a holistic approach to recovery … An approach to recovery of this kind is long overdue and I highly recommend this book to people in recovery, their families, and professionals in the field.â •#151;Kitty S. Harris, Ph.D., L.M.F.T., L.C.D.C.Director, Center for the Study of Addiction and Recovery, Texas Tech UniversityAuthor, Women & Recovery: Finding Hope“Recover to Live challenges us to be radically open-minded about the ubiquity of addictions and compulsions in our lives.… Solutions are found in collaboration, and Lawford has elicited remarkable cooperation from a broad range of addiction treatment professionals.â •#151;Jeffrey D. Roth, M.D., F.A.S.A.M., A.G.P.A.Addiction Psychiatrist, Author, and Medical Director, Working Sobriety ChicagoEditor, Journal of Groups in Addiction Recovery“Clear and comprehensive overview of the addictions and how to get free and healthy from them. Highly recommended!â •#151;Charles Whitfield, M.D., F.A.S.A.M.Author, Not Crazy: You May Not Be Mentally Ill and Core Issues in Relationships, Recovery and Living

Christopher Kennedy Lawford spent 20 years in the film and television industries as an actor, lawyer, executive and producer. He is the author of two New York Times bestselling books, Symptoms of Withdrawal (2005) and Moments of Clarity (2009).In recovery for more than 25 years from drug addiction, Lawford campaigns tirelessly on behalf of the recovery community in both the public and private sectors. He presently works with the United Nations, the Canadian Center on Substance Abuse, the White House Office on Drug Control Policy, and the World Health Organization. He also consults with Fortune 500 companies and numerous non-profit groups, speaking around the world on issues related to addiction, mental health, and Hepatitis C.In 2009, California Governor Arnold Schwarzenegger appointed Lawford to the California Public Health Advisory Committee. In 2011, Lawford was named Goodwill Ambassador for the United Nations Office on Drugs & Crime to promote activities supporting drug treatment, care and recovery. He also serves as national advocacy consultant for Caron Treatment Centers.Lawford holds a bachelor of arts from Tufts University, a juris doctor from Boston College Law School, and a masters

certification in clinical psychology from Harvard Medical School where he held an academic appointment as a lecturer in psychiatry.

Lawford's latest book stands as one of the best mass market books on addiction and recovery to come out in the last few years. Several features make this a strong read. For starters, he makes it a point to bring in a variety of top experts in the field such as Tom McLellan (former director of the ONDCP and a very respected authority), Dr. Andrea Barthwell, Dr. Drew Pinsky, Dr. Howard Shafer, Dr. Nora Volkow (director of NIDA), Dr. Bob DuPont (first director of NIDA) among many, many others. He quotes these experts directly as he reviews the statistics and the evidence behind what we know about addictions and their treatments. As expert on addictions myself, I've reviewed many books on addiction and recovery. This book stands out in that (for a mass market book) it's heavily referenced with solid citations and credible sources. There are so many books on addiction and recovery that it can be hard to know what to believe. This book's citations, quotes and expert insights lend significant gravitas. He connects various "toxic compulsions" (his term) such as alcohol, drugs, eating disorders, gambling and porn and explores their similarities and differences. Although his proposed/reviewed solutions for these conditions are weighted towards 12-step approaches, he reviews other methods as well. To be fair, since those approaches are more widely available and utilized, I don't begrudge him for that. He also takes to task non-evidence-based methods (such as the "scientifically decorated shamanism" often practiced in less developed nations) and provides a sound rejection of the view that addiction is a moral failing. (disclaimers: I am an addiction psychiatrist and former medical director of Hazelden, a 12-step oriented treatment center that is listed in the resources appendix, author of A and I know many of the experts cited in this book). The first half of the book reviews the various addictions, and the second half focuses on what works to help the sufferers. I'm pleased that he also reviews the affected, not just the afflicted (families, loved ones, etc). He is thorough in his treatment of this topic, even looking at cultural issues and barriers (for example, he writes about the particular challenges for Hispanic families). One of the most valuable suggestions of the book, if not the most valuable, are the "seven self-care tools with proven benefits." These are cognitive-behavioral therapy (or CBT), 12-step programs/other groups, Mindfulness, Meditation, Nutrition and Exercise, Body Work and Journaling. Although there are other evidence-supported tools that are useful, he covers many of the major ones and even reviews the evidence behind them, again, citing many experts with whom he communicated directly. Given the author's background/family, I think you would expect an exploration of the public policy implications of the findings that are reviewed in the book. His

discussion of the "Global Recovery Initiative" advocates for policy changes that make sense and are scientifically supported (integrate addiction services into primary care, eliminate barriers to recovery that are created by legacy/discriminatory policies and advocate for evidence-based strategies that support access to and maintenance of recovery). Finally, the appendices are essentially a reference guide to drugs, treatments and recovery resources, and are fairly comprehensive. The book is worth it for the preface, foreword, introduction and appendices alone. It's very accessible/readable, avoids technical jargon, and provides a really excellent review of what we know about addictions and recovery from them. I strongly recommend it as one of the best books on this topic to come out in several years. Omar S. Manejwala, M.D. Author of

This book was recommended by a friend, and another friend mentioned it too! I got the kindle edition. I think it's well written, I like the information, I find the concept useful and inspiring. (It's promoted a lot of positive behavior in my own family and that of many of my friends.) I'd say it's worth the price even if it's just a read for curiosity. I also have seen it be VERY helpful for family and friends of people who are struggling.

This book is really fantastic. If you or a family member is struggling with an addiction, this is a great book to read. It's not a way on how to fix it per say, but it just has a lot of good information and facts and how to get into the mindset you need to get on the road to get help or help someone else. Highly recommend it.

not finished reading about 80% done but so far it is interesting and educational

Another one of Chris's great books! Chris has written a book which covers many addictions, so there's something for every addict under the sun. With his holistic and integrative approach to solving the addiction puzzle, people now have a more comprehensive picture of what you can do to identify addictions in your life and how to finally address them responsibly. I was grateful to be a contributing voice in this book (regarding emotional eating and eating disorders), and to be among so many great people who are working hard to help rid the world of the destruction of addiction.

Author very knowledgeable on information in the book. Especially enjoyed historical information that was presented on drug use. The book arrived in a timely manner and was not damaged.

Doesn't really bring anything new to the table. Mainly more common sense than anything else.

This book presents a variety of strategies to aid in working to eliminate addiction. Probably not AA approved because AA as a strategy is near the end and rightly so. One who is addicted has many options to try before committing to a 12 step program. Hope the many people that need help to recovery will read and find a strategy to help eliminate the desire for the addiction and to lead healthy and happy lives.

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recovery, clean Book 4) Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer) 7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) Quit Smoking Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) The Ultimate Guide Living through the 12 Steps:- How to Live a Life without Gambling, Cutting, Bulimia, Anorexia, Eating Disorders, Smoking (addiction ... disorders,12 steps) Whatâ™s Your Excuse? Proven Step-by-Step Guide on How to Finally Quit Smoking!: Quit Smoking tips, Stop Smoking timeline, How to Quit Smoking easy, How to Stop Smoking for life Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits)

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