

# THE “ROB REPORT”

## Letter from the Editor in Chief, Rob Hannley



You are reading the 82<sup>nd</sup> Issue of Recovery Today and it's ... wonderful!

### “Life is Difficult”

One of my favorite phrases, I'm pretty sure I've used before in the Letter from the Editor, is from the book, [“A Road Less Traveled.”](#) It's just so good, I have to use it again.

**“Life is difficult. This is a great truth, one of the greatest**

**truths. It is a great truth because once we truly see this truth, we transcend it. Once we truly know that life is difficult—once we truly understand and accept it—then life is no longer difficult. Because once it is accepted, the fact that life is difficult no longer matters.”- M. Scott Peck**

I usually just say, “Once we accept life is difficult and then prepare for it, it becomes easy.” Peck said it better, of course but the point is the same.

I don't know how things have been for you recently but at least today, as I write this, things seem to be a slug fest.

As I've gotten more and more into meditating and clearing my mind, I do my best to remain as “unattached” to outcomes as I can. Sometimes things do go as I planned but most of the time they don't. I'm always telling others who bring me problems, **“Don't sweat it. It's gonna turn out.”** The cool thing is, I actually believe it and strangely enough, ...it does always “turn out” and usually the “turn out” is better than I could have imagined.

I think one of the biggest, ... scariest, boogie-man, fears I've had, contains the phrase, **“It was all for nothing.”** When I was a freshman in college, I got an “F” in a class where I'd actually worked my ass off, ...including 3 all-nighters in row for the final project. An “F!” Not a “D,” an “F!” I thought, **“I could have stayed in bed the entire semester and I'd have got the exact same grade!”** This demon, ...whispering in my ear, **“Dude, it'll be all for nothing,”** haunted me a long time until I read this quote in the book, [“As a Man Thinketh.”](#) which is, pound for pound, the most heavy-weight, book you'll ever read.

**“Even if he fails again and again to accomplish his purpose (as he necessarily must until weakness is overcome), the strength of character gained will be the measure of his true success, and this will form a new starting-point for future power and triumph.” – James Allen**

I laugh as I write this because the great David Goggins comes to mind saying, **“Stay Hard!”**

Things being difficult is just simply the law of the jungle sometimes. It's survival of the fittest.

Who are the fittest? Who are the survivors?

You are.

When the **“Walking Dead”** TV show first came out, the wife and I watched it every week. Then they spun off a sort of prequel called, **“Fear the Walking Dead.”** For the first few seasons, the show had a heroin addict, Nicholas Clark, as one of the main characters. In the first episode, Nicholas is saved by a rich guy who had a yacht and he had a plan, Victor Strand. The addict, Nicholas, asked Strand, why he chose him to save. After all, he was an addict. There were others who were clean. Strand told him they needed to survive and so he chose him ... because he was an addict. He chose him because he was a “survivor.”

If you’re reading this, I’m guessing, ...you’ve had some pretty hard times in your life.

But ...the point is, you are reading this. You survived.

Right now the world is changing so fast, I feel I can hardly keep up. It’s been a blur since the pandemic “shut-down.” God, even saying it now, sounds like a Sci-Fi. Although I do believe there exists more opportunities today to create wealth, happiness, and prosperity than ever in history, (TikTok is proof of this), I also feel something big is on the horizon. Historically big. It’s not like some

rumored typhoon far out to sea, it’s much, much closer. A certified genius, who I’m blessed to even know, who’s a young, multi-billionaire trader of virtually all things global, petroleum, wheat, currency, you name it, paints a dark picture. He’s going to make an absolute fortune as he “shorts” the market on all kinds of things. For the masses, he says, “It’s going to be bad.”

But ...we are not, “the masses.”

We are survivors.

If you can survive what you’ve survived so far, I’d venture to say, you can survive just about anything.

We have the addict brain. We can outwork and outthink the masses. We find a way to get what we need. We’re resilient, cunning and we’ve made it this far. We know difficult times because we’ve lived through them. In the next 6 months, look for big changes. Turn your radar on and think of how to position yourself. I think of business and economies like a water balloon. If you squeeze one side, the other expands. Where will the economy expand and present once in a lifetime opportunities?

Addiction and recovery will always be here. This part of the “water balloon” is gonna swell up big time. If you work in mental health, I think there will be more people to help than you can

possibly handle. Now may be a time to move into this field in any way you can so we can do what we do, “give hope” because I think people are going to need it. This is what we’re doing at Recovery Today. Expect life to “be difficult.” Expect a slug fest. If things do not pan out as you’d expect, know it is *“the strength of character gained which is the measure of your true success,”* and then get right back up and take another shot. Stay Hard!

There is always hope. It starts with us.

This is what’s on my mind today I hope it moves you forward, encourages you and gives you hope..

**Now, ...let’s get into yet another amazing issue.**

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**Our Cover and Cover Feature this month is one of my favorite people in the recovery community. Truly. I’ve had the fortune to interview him twice. He’s a rock guitarist, songwriter and producer who founded the band Hed PE and later toured with the metal band, Korn, traveling to 42 countries, headlining shows and playing to crowds of 80,000 people. 10 years ago, he founded a very cool organization, Rock to Recovery which helps people heal and transform their lives through the powerful experience of writing, playing,**

and performing music as a group. He can describe in detail exactly what happens in the brain as people create and perform music. It's magical. Recovery Today Correspondent, Jen Sugermeier interviewed Wes for this feature which you are sure to love.

Our cover this month is ...

## Wes Geer

**John Holien of Costa Rica Recovery.** – We titled this feature, “**A Place That’s Good for the Soul.**” I don’t remember being quite this excited to tell the story of a treatment center but this one is very special and virtually no one I’ve spoken to has ever heard the tale. Costa Recovery provides addiction and mental health treatment to USA vets, without them needing a referral from a doctor, insurance or even a co-pay! They simply call CRR, make sure there is space and then they come down! That’s it. This isn’t a “rehab for vets,” it’s only 30%-50% vets but it’s truly world class, located in one of the most beautiful places you could go and the people there love their clients like they were family. **You’ll love this interview with John and some of the Costa Rica Recovery crew!**

**Jessica Landon** –This feature had to be placed in our “**Laughter Detox**” section because Jessica has been featured in it so many times. Jessica is “gut busting-

ly” ... funny. Every time I write anything about her, I feel a laugh bubbling up inside. She’s also crazy smart, gorgeous, incredibly passionate about recovery and her own story will completely blow your mind. In this interview we also talk about why “laughter really is the best medicine.” There is nothing not to love about Jessica. **A GREAT interview.**

**Kyle Overmyer - Sheriff, Inmate, Motivational Speaker, ... Governor?”** This feature had to go in our **Five-O** section. Kyle was once the youngest Sheriff in Ohio. That was before he was busted for illegally getting scripts to feed his addiction. He’s seen the system from both sides. From law enforcement and from convict. Today, he’s done his time, he’s a free man and he’s sharing his story far and wide. Love this guy. You will too.

**Danny Star** – This feature we titled, “**War Refugee’s Therapist asks “Can you get me Clients?”**” Starting out as an immigrant refugee from war-torn Slovenia, dealing with PTSD, today Danny is the CEO of a premier digital marketing agency in LA who’s built relationships with hundreds of marketers of all types in the area. Recently, seeing the exploding need in mental health, he’s aggressively pursued the addiction recovery and mental health areas, providing services to treatment centers, IOPs, Psychologist, Recovery Coaches

and more. Danny knows his stuff and you’ll love his story.

**Anthony Torres** – We titled this feature, “**From Addicted Biker to Pastor.**” His story starts out rough, very rough. Addiction, poverty, suicide. Today he’s 12 years clean and sober, the pastor of Mountain View church in Alamogordo, NM, an Author of a new book and the 700 Club just did a documentary on his life in February. He has a master’s degree in Christian Counseling and Substance abuse and after nearly losing his family to addition, ...they’re back together today. **You’ll fall in love with Anthony**

**David Essel** – He’s a **Number One Best-Selling Author (11x)**, Counselor, Master Life Coach, International Speaker and Minister who’s also a former **COVER** of Recovery Today Magazine. In David’s seventh article since joining us, he writes, “**ALCOHOL is not the problem... In alcoholism!**”

**“The Recovery Today Book Club!” Live Life Happy with Andrea Seydel** This is our **EIGHTH** book in an **Ongoing Feature** with our “**Happiness Expert.**” (my words). Andrea has degree in psychology, is a 7-Time Best Selling Book author, a Book Writing Coach, who’s a **speed reader and consumes several books a week, making all her notes, mind-maps and video summaries available in our book**

club! This issue, Andrea reviews, “The Power of Regret - How Looking Backward Moves us Forward” You’re going to love this feature.

“Hope Through a Lens”- This is an Ongoing Feature with our friend, the “Ansel Adams of Recovery,” Inspirational Photographer, **Michael Blanchard**. Michael is a former Healthcare COO, who lost everything to addiction. Later, he found a new passion, something he was called to do, Inspirational Photography fused with messages of hope. He’s won many awards for his work. One more example of someone whom addiction and recovery became a gift which gives to thousands of others. **We had to have him and his incredible work in every issue! This month, his feature is titled, “What are Addicts and Alcoholics Thinking Anyway?”**

“Clean Cuisine” - Our **NEWEST Feature!** Clean Cuisine is a new and ongoing feature with our friend, **Susanne Wilder**. Susanne is a Cordon Bleu Chef who is passionate not only about recovery but also about “Eating Clean.” What we eat determines how we look, feel and ... it certainly helps with our sobriety and mental health. Each issue, Susanne will share her insights, pearls of wisdom from a recovery and health perspective and she’ll also share an easy to make recipe anyone can do. This feature is

called, “Repair, Replace, Renew, Recover” You’re going to LOVE “Clean Cuisine.”

**JR Weaver - Founder of “Recovery Revolution”** JR’s a veteran of the United States Army, who like too many others, after finishing his time in uniform, was lost and confused and trying to cope with severe PTSD, depression and ultimately substance abuse. Today, through a great deal of hard work and therapy, he’s sober, happy, the author of an amazing book called, “**The Addiction Manifesto**,” and the **CEO of Recovery Revolution, a community of over 250,000 people**. One thing JR loves to do is to spotlight the magnificent milestones people pass in recovery, their Sober Birthdays. This feature is a shout out to all those who’s sober birthdays were **September, October, and November!**

**Darrell Fusaro** - Thrilled to have Darrell’s fun and inspirational feature return to Recovery Today. Darrel writes, “**Receive More By Demanding Less**”

**Maxim Furek** - Maxim is an author and former addictions counselor who’s regularly contributed to several noteworthy recovery publications. His rich background includes aspects of psychology, addictions, mental health, and music journalism.

This feature is called, “**Cocaine’s Rock & Roll Fantasy**”

**Mary Beth O’Connor** - “**From Junkie to Judge**.” Mary Beth O’Connor is a retired federal judge, director for She Recovers Foundation and LifeRing Secular Recovery, and author of *From Junkie to Judge: One Woman’s Triumph Over Trauma and Addiction*.

**Darlene Lancer** - the longest monthly contributor to Recovery Today, writes another great feature called, “**Signs of Healthy Boundaries**”

Our favorite poet, **Jasen Courtepatte**, shares, “**Sober is Sexy!**”

**THANK YOU, THANK YOU, ...  
THANK YOU TO ALL OF OUR  
AMAZING CONTRIBUTORS!**

**WE LOVE AND ADORE OUR  
READERS AND THOSE WHO  
SHARE US!**

In your service, and my pleasure,

**Rob Hannley**  
Editor in Chief / Executive  
Producer, Recovery Today  
Magazine