

# THE “ROB REPORT”

## Letter from the Editor in Chief, Rob Hannley



You are reading the 87<sup>th</sup> Issue of Recovery Today and you're going to absolutely LOVE it.

### You are “Rocky” in your own “Rocky Movie.”

My son and I watched Rocky II again the other day and as I watched I thought of a few things I wanted to include in my letter this month. I talk quite a bit about the hero arc of a stories or the “unlikely hero” and many times I’ve mentioned, at the turning point, if we listen closely, we can begin to hear the “Rocky Music” play. It’s our cue things are about to turn.

Besides Rocky as a classic favorite, ... a few other “unlikely hero” type stories come to mind whether real or fantasy; Will Smith as **Chris Gardner** in the true story, [“The Pursuit of Happyness”](#), “Frodo” in [“The Hobbit”](#), “Katniss Everdeen” in [“The Hunger Games.”](#) I love stories like this because the good ones teach

great life lessons, like determination, resilience and never accepting defeat, even when it looks like all hope is lost.

Before I jump more into Rocky, let’s step back and just talk about **“you being the central character in your own story.”**

It’s a revolutionary idea I either thought up or stumbled upon which helped me out many, many times mentally and emotionally in ...tough times.

I used to get really caught up in where I was with my life. Whatever turmoil, real or imagined, I lived and felt every moment of it. It gave me a lot of anxiety, sometimes depression, and too many times, it paralyzed me into inaction.

I’d pray to God for a miracle and yes, many miracles did appear but ...not always. I’d heard all the sayings like **“You’re the author of your story”** or **“It’s not over until you say it’s over,”** but then, one day, it all clicked. I began to unattached from being **“in the story”** and instead **chose** to be the **“observer of the story.”** Immediately, ... I was transported, liked I’d stepped off the page of a book or through the screen of a movie and I was no longer **“in the storm,”** but instead, I was **“watching the storm.”** Like an “armchair quarterback,” not in the game, being unattached, I could see the solutions to problems a lot better because I was outside of them. Try it. It works. Just imagine you, ... are watching or reading a story and you’re the main character. The perspective is completely different.

It gets better though because ...we not only get to watch ourselves, as unattached observers of our own stories, but we’re also the authors! We may not always know exactly what will happen next, but we can decide our story isn’t over until we win, and the ending is happy. It really isn’t over until we say so. As long as we have breath, there is always another chapter.

I truly believe we have enormous creative power. Particularly in our imagination and in our determination. They’re creative powers which can move the universe and manifest miracles, powers far beyond what we know, and I also particularly believe the addict in recovery, or someone who

loves them, has far more potential than someone who's not endured the trauma you have. As authors, we can determine our story will end happily and then, not knowing every detail, we can sit back and say to ourselves, **"I wonder how this will turn out?"** because we already know, ... the story WILL have a happy ending, solely because, ... **"we say so" and, "it's not over until we say it's over."** Needless to say, or perhaps not, ...this isn't about pleading to God to win Powerball or thinking Publisher's Clearing House is gonna show up at your door. It takes a LOT of effort.

Rocky thought he was dealt a bad hand and ...he was right. He had no real plan or vision. Maybe you feel the same way. In the first movie, he wasn't really going anywhere but ...he did train and he did compete. He was in the ring. He was the "Italian Stallion." The point is, he was available, and he was ...somewhat ready, or at least in position, for the moment which would ultimately change the trajectory of his life. If I'm equating Rocky to a recovery journey, ...his training was ...staying "sober." Everything was far from perfect, but he stayed clean and was doing his best, he hadn't yet fulfilled his purpose of being a champion, ...but he was available when opportunity presented itself. Finally, it did.

For the person in recovery, like Rocky, you may be far, far from what you want, or, perhaps I'll say, the "destiny you were created for" in this life. Your vision may seem impossible or, maybe you don't have a vision at all. Don't worry about it. Rocky certainly didn't think he'd have a chance to be world champion, but ...his opportunity came.

If you can stay sober, if you can do the work, if you can make yourself available, remain honest, integrous, and if you can stay in the ring and do what you can to add to or improve your skills, your opportunity will come. When it does, like Rocky did, seek all the help and guidance you can, and then ...work your ass off like there is no tomorrow. Visualize your outcome, do your best and then, ..."unattached," become the observer of you, as **"Rocky"** in your own **"Rocky Movie."** Trust me, if you listen closely, you will hear the music play. Lastly, never forget, you're the one writing the script so if things don't turn out how you'd planned, you just add another chapter.

## You are Rocky ...in your own Rocky Movie!

This is what I have for you this issue. "Never give up, ... never give in."

**I couldn't wait to publish this issue!  
I knew you'd love it!**

**Our Cover and Cover Feature this month, needs no introduction. We titled his feature, "The First President Who's in Recovery?" because ...he actually could be!**

**He's from one of the most prominent, known, and beloved families in modern American History. He's an Environmental Lawyer, Best-Selling Author, Political Writer, Founder of the Children's Health Defense Fund and ... he's planning on being the next President of the United States, which means, he'd be the first one, that I know of who's in active, long term, recovery! The perfect cover for National Recovery Month!**

Our cover this month is ...

## Robert F. Kennedy Jr.

**Dr. Olivia Remes** – This feature is titled, **"Trauma – Where Do We Go from Here?"** Dr. Remes is a friend and **Cambridge University Research Scientist on Anxiety and Depression** as well as a **Ted Talk phenom, with millions of views. You'll love this interview with Dr. Remes.**

**Joe Rippey and Heather Taft of "The Differents"** - This feature is self-titled, **"The Differents."** At first glance, anyone visiting their website would immediately see what is **"different"** about this treatment center. It's palatial and luxurious. Going deeper, ...their treatment modalities cover virtually everything, but the real story about what is different about **"The Differents,"** came through loud and clear in this interview with the Founder and CEO, Joe Rippey and Executive Director, Heather Taft. Their stories and their approach, tie a bow around exactly what is different ...and it's good! **You'll love these guys, and you'll love our interview.**

**Jen Sugermeier** - This feature is called, **"Hey Jen, am I an alcoholic?"**

As a Recovery Today Correspondent who's brought some of our biggest and best Cover Features, as well as a rock-solid woman in recovery and entrepreneur who's doing big things, this is the question which most often fills up Jen's DMs. She answers it here in her monologue.

**Mayra Dias Gomes** – Journalist, Brazilian Best-Selling Author, Cover model for **Playboy, Glamour, FHM, Forbes** and the **Mirror** as well as a professional wrestling personality. We titled this feature, **“Journey Through Trauma to Triumph.”** A great interview.

**Yaacov Rosedale – Jerusalem’s Top Therapist.** This feature is titled, **“From Crack, Sex Addiction, and Biker Gangs to Jerusalem’s Top Therapist.”** In our interview and feature, he shares his remarkable and unlikely journey to long term sobriety, a happy marriage and fatherhood and how he’s helping people in Jerusalem as well as from around the world to break free of their addictions ...just as he did many years ago.

**Robert, “Cord,” Beatty of Zion Healing** – Our longtime friend returns again and that’s because there is always something big and hopeful going on with him. This feature is titled, **“The Next Chapter - The Story Continues... Big, Big Things.”** Robert is now collaborating with the Veterans Administration to bring real hope to USA Veterans and he also just finished a new book which was 3 years in the making. **You’ll love this interview.**

**Heather Cooper of “Rise Again: The Sabrina Best Foundation”** - This is our ongoing series, **“Boots on the Ground”** with our friend Dona Speir. In this feature, Dona interviews, a second time, another Superhero, this time is a repeat because she’s so amazing, Heather Cooper of **“Rise Again: The Sabrina Best Foundation”** **You’re going to love this interview Dona did with Heather.**

**Laban Ditchburn – aka “World’s Best Courage Coach.”** Laban is a new friend whose book, I devoured and fell out of my chair with laughter and disbelief! His recovery story and his life of pushing the limits, I promise, will stretch your imagination about what is possible. **You’ll love Laban!**

**David Essel** – Recovery Today cover and a regular contributor we love, an 11x Best Selling Author, including his latest book, **“Permanent Alcohol and Life Recovery.”** This article David titled, **“Alcoholism and the dysfunctional family: It’s time to awaken to the damage that’s being done!”**

**“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, “Don’t Die With Your Music Still in You!”**

**“The Recovery Today Book Club!” Live Life Happy with Andrea Seydel** This is our **ELEVENTH** 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 Myth of Normal”**

**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 **August!**

**Darlene Lancer** – the longest monthly contributor to Recovery Today, writes another great feature called, **“Myths about Narcissism”**

Our favorite poet, **Jasen Courtepatte,** shares, **“Maybe Just One...”**

**MUCH, ... MUCH LOVE!**

**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, Recovery Today Magazine