

THE “ROB REPORT”

Letter from the Editor in Chief, Rob Hannley



You are reading the 83rd Issue of Recovery Today and, as usual, you're gonna love it.

Do You Know You Have Superpowers?

Hope is the match which ignites potential hidden within you, potential to do extraordinary things others cannot and you probably don't even know this

potential exists.

The reason we talk so much about “hope” is because it's the first and most important part of any transformation. We might even call it, the primary ingredient of life itself, certainly any semblance of life beyond mere existence, a shitty life where it's just drudgery, one of “quiet desperation” into a “good life.”

We thirst for hope. Like a tall glass of cool water to every one of us crawling over the baren sand dunes of the trials of life; we can't just drink one glass and have enough for the

journey because there's always another dune we have to crawl, and eventually we'll be thirsty again.

Breathing hope into you again and again is the purpose for our entire publication but I want to go beyond just hope itself and have you look at what you may believe to be your flaws and brokenness and, instead, look at

them as an enormous battery, fully charged, you've carried your whole life, just waiting to have the cables connected so it can push the juice out and move you to heights you probably can't imagine.

For some, you may say it, “*sounds like some flowery, fake-ass bullshit.*” The kind you've grown immune to because we see it in countless Youtube videos with commercials for teeth whitener every 7 minutes. Maybe it is. I did try to make it flowery, but a hard truth is everything we do does revolve around hope and belief, our thoughts, and as Henry Ford said,...

... “*Whether you think you can, or you think you can't - you're right,*”

If you believe it to be bullshit, it is. If you choose to think it's not and maybe if you adopt it as your own philosophy, it will become your key and your life will improve.

I always write the same sort of theme with each of my letters. The reason is because I need to remember it myself. The chatter never goes away entirely in my own head, it always returns and there's always another dune to crawl over, like you, I always get thirsty again for more.

As addicts in recovery, or those who love them, we ask ourselves, "Why?" If you deal with ADD, depression, anxiety or fear, it's easy to feel like our minds work against us. They kind of do. We've all been through things; life is trauma and I do believe our brains are wired differently. Better to accept it, I think, and to understand these negative feelings, our hurts and traumas, can become our fuel. What if we choose to think about our minds and our unique experiences as being our greatest weapon in the fight for recovery and peace rather than something just tormenting us and holding us back?

As the all time great, Orison Swett Marden wrote, ...

"Success is not to be measured by the position someone has reached in life, but the obstacles which he has overcome."

Think, for just a moment, about all the shit storms you've survived. You probably should be dead, ...but you're not. You're resilient, resourceful, creative, determined, and focused. It may have been a line, a hit or a drink but when you needed it, you usually got it. Imagine for a moment, channeling these attributes into something positive? What could you do?

You are different.

Think of others who channeled, sometimes, horrible things in their lives to overcome great adversity and do good. Nelson Mandela, 27 years in prison and emerged with hope to lead his country towards reconciliation and unity. Malala Yousafzai, a 15-year-old girl, shot, point blank in the face by the Taliban, who survived and has successfully used her platform to advocate for girls' education.

Two of our own features in Recovery Today, [Russell Brand](#), ([Cover January 2018](#)), who after overcoming his addiction, became a successful comedian, actor, author and now advocate for mental health and exposing the authoritarian regime bent on screwing us all.

The other, [Dotsie Bausch](#) ([November 2020](#)) who, at age 29, was told by her therapist, ***"Dotsie, you should get out and do something physical, ride a bike or something."*** She started cycling. At age 39, she stood on the podium at the Olympic Games London with a Silver Medal around her neck.

I can't say you'll be the next Russell Brand or Dotsie Bausch, that you'll be a billionaire, or become a rock star, but I can tell you, with certainty, you'll go a hundred times further than

you can imagine and you'll feel better as you get there. Nothing, ...nothing heals more and makes you more alive than being in the active pursuit of a dream.

This is what I have for you this issue. I love you. Truly, I do.

This issue ...rocks. An Amazing issue. Let's get to it.

Our Cover and Cover Feature this month is a new friend I intend to build a long relationship with. He's a marine, right in the thick of it who saw some very bad stuff, upon returning home from Iraq and dealing with severe PTSD and addiction he soon found himself living in his car. Through a series of miracles he shares in the interview, today he's an actor, a stuntman and a elite trainer who's worked with some of the biggest names in Hollywood. He's the guy who trains the chiseled, "A-List" bodies we've seen on the big screen; Dwayne "The Rock" Johnson, Sylvester Stallone, Zac Efron, and Emilia Clarke, just to name a few. We titled this feature, "The Art and Miracle of Finding a Direction."

Our cover this month is ...

Aaron Williamson

Jonelle Allen - This feature is titled, "Unconditional Sobriety." Jonelle is an actress, singer, and

a dancer from Harlem, New York, who's co-starred in films, Broadway productions, and television. She's been in scores of Broadway shows ever since she was 6 years old, was nominated for a Tony Award for Best Actress in a Musical for her performance in the musical "Two Gentlemen of Verona" and with tons of TV credits, she's best known for her role she played for 7 years as "Grace," "Dr. Quinn, Medicine Woman." **Also, ...she's going on 35 years of sobriety!** Lastly, she's the friend of our friend, ... **Dedee Pfeiffer! Loved Jonelle. You will too.**

Randy Moraitis of CarePossible – This feature is a part of the ongoing series, "**Naked Truth, Over 35 Years of Sobriety**" with our friend, our correspondent, and former Recovery Today Cover, Dona Speir. In this feature called, "**The Compassionate Pastor Who Makes Care Possible,**" Dona interviews another extraordinary and inspiring human, **Randy Moraitis of CarePossible.** Randy is an Author, a Pastor, a Television host and the Founder of CarePossible which offers mental health and addiction services for veterans and their families and has funded \$4,000,000 to our Veterans and their families in nine short years. Randy is ... extraordinary. **You'll love Dona's interview.**

Jennifer Vaughan – We titled this feature, "**Arguably Brave?**" Jennifer says she is, "Arguably Brave." She's not! **She's the very definition of Strength and Hope.** An HIV Advocate/Activist, Mother of 3, Teacher, YouTuber, Blogger, Public Figure/Speaker, **she is speaking out about HIV and she is breaking the stigma of this disease. She's beyond brave!** This interview by Recovery Today Correspondent, **Jen Sugermeier**

Alexandra Nyman– This feature we titled, "**Breaking Free,**" Alexandra is a New York City fashion designer and the Founder of "**Break Free NYFW**" which is a fashion show, solely dedicated to one purpose, the raise awareness for mental health and addiction. You're going to love her story

Pierre and Emmanuel– This feature we titled, "**Congratulations, You're About to Hit 20 Years Sober!**" Pierre and Emmanuel who are experts with decades of sobriety themselves as well as decades of experience as designers/producers who create custom designed sober adventures for their guests. We'd never heard anything like this and I'm sure you haven't either. You'll love these guys.

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, "**Addictions Will Continue to Rise... Until We Do This**"

"**The Real Real**" - **She's Back!!! Supermodel and Actress, Jennifer Gimenez,** this month wrote, "**Bye, bye. You're in the Rear View Mirror**" Jennifer and her husband, Tim Ryan, travel the country helping addicts get into treatment; Jennifer shares the thoughts about being misdiagnosed with cancer, learning she had black mold toxicity and ...unconditional love. It's "**The Real, Real.**"

"**The Recovery Today Book Club!**" **Live Life Happy with Andrea Seydel** This is our **NINTH** 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, "**Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment**" 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, “My Sober Lens Expedition”**

“Clean Cuisine” – 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, **“BHUTANESE Clean Cuisine.”** You’re going to LOVE **“Clean Cuisine.”**

“The Sobriety Fitness Connection” – This is a favorite feature we’ve brought back because mind and fitness go together. This feature is titled, **“A More Complete Picture of Recovery”** by **Jack Wiltshire** who is the creator of *Sober Fitness, The Fitness Dailies*, and the author of several short books. You’ll love this feature.

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 **December!**

Darrell Fusaro – Thrilled to have Darrell’s fun and inspirational feature return to Recovery Today. Darrel writes, **“Tell God What You Want, What You Really Really Want”**

Darlene Lancer – the longest monthly contributor to Recovery Today, writes another great feature called, **“Playing the Victim”**

Our favorite poet, **Jasen Courtepatte**, shares, **“We have such an Impact.”**

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