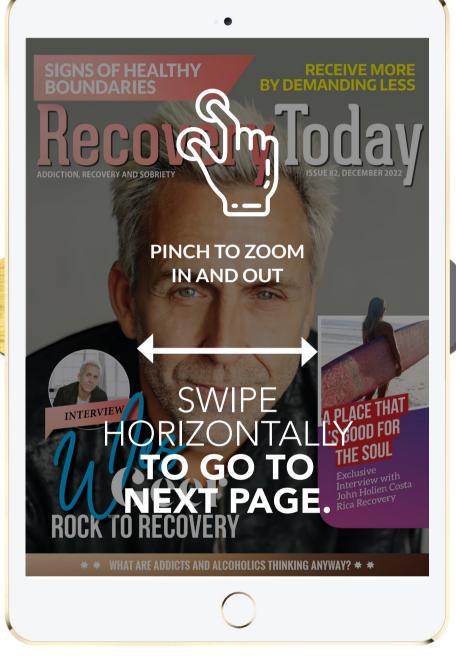
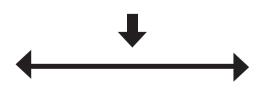


HOW TO USE THIS MAGAZINE



day

Tap the screen to show the bottom bar





Vivo are reading the 82nd tose before the secondarial of the seconda

this los or of the biggest...

terminal boggiernes, beautiful beautiful beautiful boggiernes, beautiful beautiful boggiernes will. If the way guit the season gasteful beautiful boggiernes will. If the way guit the season gasteful beautiful boggiernes will. If the way guit the season gasteful beautiful boggiernes will. If the way guit the season gasteful beautiful boggiernes will be and the way guit beautiful beau

the death of the d

covering way which, costing covering way which, costing cost part is all control but of the fine time by cost in the fine time by cost part of bodd Coggies coses to simply believe the beautiful simply believe time. Saw fuest fine time to cost the cost beautiful simply believe time to simply be low or the biggies simply be low or the simply be low or the simply believe simply be low or the simply believe simply be low or the simply believe simply PRECOVERY/Today

White are the defined White are the reserved Purboson for and to sea. Providing Management of the Committee of the Committee

wile an absolute fortune as he "shorts" the market on all kinds of things. For the masses, he says, and "it's going to be bad."

We are survivors.

We are survivors.

We are survivor shart you've survivors of ar, if we went to be survivor and any you can survivor shart you've yet any you can survivor survivor yout about anything.

If you can survive what you've survived so fact, if we share to be survived to fact, if we share to be survived point about anything.

We have the addict brain. We can observed mid outshink the masses. We find a way to get what we peed wither enabled, the share we will be survived to the survived by the survived of the survived by the survived of the survived by the survived on the survived on any of this of how to possible or scoromies like yeart ballow, the

At We'er resident, we've make this we've make the thin t

prople reside and perform
musile. It's magalia. Recovery
Today Correspondent. Am
ber
Sogermeev interviewid Wes for
this feature which you are sure to
this feature which you are sure to
thou.

Our cover this month is ...

Wes Geer
Nyth
Albei Heillen of Costa Rica
Recovery. - We titled this
feature. "A Plaze fast' Good for
the Soul" I don't remember being
was
quite this excited to tell the story
up the this carbot or tell the story

Feature. A Flaver Than's Good for the Bould 1 door removable being up the five found to the start for the Bould 1 door removed being up the five found to the start for th

Leading and the second and the secon

Anthony Torres – We tilted this feature, "From Addicted Bilber to Paster." His story starts out rough, very rough, Addiction, Doverty, suickle. Today he's 120 years clean and soles, the paster very start clean and soles, the paster was comediated by the paster of the

David settle - Her S a rumber of the David settle - Her S a rumber of the David settle - Her S and Missister who's also a former COVER of Recovery Today Magazine in David S seventle article size pointing up. he writes, "ALCOHOL in set the problem... In observations of the David S seventle - Her Da

COHOL is not the problem—In obsticute!

In Recovery, Today Book Abril Vole Life Happy with orea Supple! This is our JEHT book in an Ongoing abuter with our "Happiness puter with our "Happiness pree in psychology, is a 7-Time at Selling Book authora, a Book infiling County, who's a speed offer and consumers several lost a week, making all her tee, mind maps and vision.

very Today

visit issue. Andrea reviews.

calidat. Repair. Replace. Renner

Recover You're going to LOV'

"Grow're going to Lov'

"We can cuisine."

"But Wasser - Faunder of

"Recovery Revealation". Ris a

veteran of the United States

Army the bile too many

common and the c

In Fleature with of the Tool Bird Community of Early Community of Tool Bird Community of Early Com

to so sporting the magnificent of the sporting of the sporting

Mary Beth O'Conor- "Yero Junkie to Judge- Mary Beth O'Connor is a retired federal judge, director of See Recovers Foundation and Lifeling Secular Recovery, and author of From Junkie to Judge: One Woman's Triumph Over Trauma and Addiction.

Darlene Lancer - the longest meethly contributor to Recovery Today, writes another great feature called, "Signs of Healthy Boundarles".

Boundarles"

Our favorite poet, Jasen
Courtepatte, shares,
"Sober is Sexy!"

THANK YOU, THANK YOU,...
THANK YOU TO ALL OF OUR
AMAZING CONTRIBUTIONS!

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

In your service, and my pleasus
Rob Hannley
Editor in Chief / Executive
Producer, Recovery Today
Magazine



SIGNS OF REATHY BOUNDARIES

10 BOOK TO RECOVERY

11 BOOK TO RECOVERY

12 BOOK TO RECOVERY

13 BOOK TO RECOVERY

14 BOOK TO RECOVERY

15 BOOK TO RECOVERY

16 BOOK TO RECOVERY

17 BOOK TO RECOVERY

18 FORM ADDICTOR BOOK TO RECOVERY

18 FORM ADDICTOR BOOK TO RECOVERY

19 FORM ADDICTOR BOOK TO ROATOR

19 FORM ADDICTOR BOOK TO ROATOR

10 BOOK TO RECOVERY TO ROATOR

10 BOOK TO RECOVERY TO ROATOR

10 BOOK BOOK TO RECOVERY TO RECOVERY

10 BOOK BOOK TO RECOVERY TO ROATOR

10 BOOK BOOK TO RECOVERY TO RE

www.rcovervischvonadarine.com | 7

THE "ROB REPORT"

Letter from the Editor in Chief, Rob Hannley



You are reading the 82nd 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 heavyweight, 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, multibillionaire 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.

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 Sugermeyer 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 bustingly" ... 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 neeed 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 A has a master's degree in Christian Counseling and Substance abuse and after nearly loosing his family to addition, ...they're back together today. You'll fall in love with Anthony

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











80	SIGNS OF HEALTHY BOUNDARIES BY DARLENE LANCER
10	ROCK TO RECOVERY EXCLUSIVE INTERVIEW WITH WES GEER
16	REASONS TO BE GRATEFUL POEMS BY JASEN COURTEPATTE
18	A PLACE THAT 'S GOOD FOR THE SOUL EXCLUSIVE INTERVIEW WITH JOHN HOLIEN COSTA RICA RECOVERY
26	WAR REFUGEE INTERVIEW WITH AUTHOR, AND DIGITAL MARKETING EXPERT, DANNY STAR, OF REPUTATION REHAB & WEBSITE DEPOT
31	SOMEBODY ELSE'S DREAM BY MAXIM W. FUREK, MA
34	FROM ADDICED BIKER TO PASTOR EXCLUSIVE INTERVIEW WITH ANTHONY TORRES
38	WHAT ARE ADDICTS AND ALCOHOLICS THINKING ANYWAY? HOPE THROUGH A LENS
44	HOW I ATTAINED 28 YEARS SOBRIETY BY REJECTING MY REHAB'S "SUBMIT TO AA" ORDER BY MARY BETH O'CONNOR
48	BOOK #8 OF THE RECOVERY TODAY BOOK CLUB BY ANDREA SEYDEL
52	REPAIR REPLACE RENEW RECOVER WITH CORDON BLEU CHEF, SUSANNE WILDER
57	RECEIVE MORE BY DEMANDING LESS BY DARRELL FUSARO
59	ALCOHOL IS NOT THE PROBLEM IN ALCOHOLISM! BY DAVID ESSEL, M.S.
63	SHERIFF, INMATE, MOTIVATIONAL SPEAKER,GOVERNOR? FIVE-O FEATURING KYLE OVERMYER
66	YES, LAUGHING REALLY IS GOOD FOR YOU THE LAUGHTER DETOX
72	SOBER BIRTHDAY SHOUT OUTS

WITH JR WEAVER



oundaries are learned in childhood. Some dysfunctional families are enmeshed and your individuality and boundaries are ignored or openly disrespected in words or actions; for example, verbal and physical abuse, prying into your personal communications, denying your privacy, and disrespecting your feelings and opinions. Trauma and toxic shame damage our boundaries. Boundaries are also taught and modeled by parental guidance and behavior in how to treat other people.

First, you must be able to identify your feelings, believe you have rights and value, and then have the courage and the words to express your boundaries.

Signs of <u>recovery</u> and healthy boundaries are:

1. You're able to say "no."

Codependents hold onto <u>resentment</u> when they don't set boundaries and usually feel guilty when they do. They don't feel entitled to set them and experience setting boundaries as harsh or selfish.

2. You don't let others abuse or exploit you.

With healthy boundaries, you won't let others violate you. You won't tolerate <u>abuse</u> or let people take advantage of you. You will speak up and let people know how you expect to be treated.

3. You can hold your ground when pressured.

When you set an important boundary, you won't let other people talk you out of your position on something important. Your boundaries can still be flexible to compromise in relationships, such as going out when you'd prefer to stay home, but not on important issues. For example, if you feel your health would suffer going out, then you'd stick to your boundary.

4. You're not offended by others' boundaries.

When other people say no or set boundaries, you respect them. You don't immediately react with hurt or anger and assume it's because they don't care about you. (In some cases it might be, such as with a <u>narcissist</u>, but still, rather than take it personally, it's more information about what to expect from that relationship.)

5. You don't feel responsible for other adults.

Although we're responsible for our children, with adults we're responsible to them, but not for them. In close relationships, codependents assume they cause other people's feelings. They often react with <u>irrational guilt</u>, frequently apologize, and try to "fix" the other person's negative feelings.

6. You don't take personally others' criticism.

With healthy boundaries, you know yourself. Your boundary filters criticism. You might consider whether the criticism is valid or not. If it's abusive, then the statement is more a reflection of the abuser, not you. Toxic shame can make your boundaries porous so that you have no filter and absorb ming by other people as true.

7. You take responsibility for your triggers.

When you overreact or are <u>triggered</u>, instead of blaming someone else, you manage your triggers in a healthy way. This might include an apology.

8. You respect others' boundaries.

You realize that people are separate, different individuals with differing boundaries. You expect others to respect yours and you do the same. You're able to compromise in relationships.

9. You value your rights and feelings. This is a precursor to setting boundaries. You must believe you have rights and honor your feelings before you can



Signs of Healthy Boundaries

- 1. You don't feel guilty saying no.
- 2. You don't let others abuse or exploit you.
- 3. You can hold your ground when pressured.
- 4. You're not offended by others' boundaries.
- 5. You don't feel responsible for other adults.
- 6. You don't take personally others' criticism.
- 7. You take responsibility for your triggers.
- 8. You respect others' boundaries.
- 9. You value your rights and feelings.
- 10. You don't need others to agree with you.

~ Darlene Lancer

"How to Be Assertive"

www.whatiscodependency.com

© 2022. Darlene Lancer

<u>assertively</u> ask and expect other people to do the same.

10. You don't need others to agree with you.

As a separate individual with healthy boundaries, you show other people the same respect. You have no need for other people to agree with you, and you don't bother to show them you're right and they're wrong. You express your

opinion, discuss various aspects of the subject, but you're able to respectfully disagree.

Improving your boundaries raises your self-esteem and vice-versa, also. Get my webinar: <u>How to Be</u>
<u>Assertive</u> (or Ebook: http://bit.ly/2DBmint).

© 2022 Darlene Lancer



Darlene Lancer is a Licensed Marriage and Family Therapist and expert on relationships and codependency. She's the author of two books: **Conquering Shame and Codependency: 8 Steps to Freeing the True You** and **Codependency for Dummies.** Ms. Lancer has counseled individuals and couples for 27 years and coaches internationally. She's a sought after speaker at national conferences, on radio, and to professional groups and institutions. **DarleneLancer.com**

WES GEER

Interview by Jen Sugermeyer, Correspondent, Recovery Today Magazine





usic. It elevates the soul, triggers memories, and can uncover feelings and emotions. It allows you to express yourself, to experience a sense of freedom, it gives permission to heal. Music is powerful. It's an experience. It's poetry in motion.

For Wes Geer, music is an expression. It's an outlet to be present, to put feelings into words, to escape from the world. Growing up is tough. Moving around while you're trying to figure out who your friends are is tough. Figuring out who you are, at any age, can be tough; especially as a kid. Music was a natural outlet for this talented kid from Southern California.

Music wasn't just a hobby; it was a way of life. As a founding member of the band, HED PE, Wes was making his way into the public eye. Soon, *G-Punk* became an international style of music. Wes went from garage band to touring stages globally. He was living the quintessential rockstar lifestyle. And why wouldn't he be? Drugs, alcohol, after parties. Endless possibilities were at his fingertips.

As glamourous as life may have looked from the outside, Wes found himself with a reputation that proceeded him. He was undeniably talented, but his partying was just as well known to other artists in the industry. HED PE was *that band* with *those guys*. Truth is, partying like a rockstar doesn't have the same meaning to all rockstars. As Wes' career grew, he discovered his partying was standing in between him and something much larger.

Wes was exposed to bands like **Slipknot** and saw them using their time after their shows to practice, spend time with family, call their loved ones at home. They weren't partying and getting high. In fact, many well-known bands in the industry, he found, were sober. Not entirely what one thinks of hardcore musicians, yet these were bands that topped the metal and rock charts.

HED PE finally came to a head. Albeit one way or another, drugs and alcohol will take a toll on your life, your relationships, your



progress. Wes made the decision to leave the band to focus on his health; years of abuse were catching up.

Wes found himself working for his brother in corporate America; quite the opposite life from touring the world and filling arenas. After several years surviving mainstream America, Wes discovered meditation. It brought balance to his life in a new way. As he got quiet, he began seeing a vision of his life with a resurgence of music. And before he could wonder what that vision meant; Korn reached out. One of the most well-known heavy metal bands needed a guitarist. The fact that Wes was now sober was a feather in his cap. Wes was determined to make himself the only viable option to join their tour that was already on the road. He flew around to their shows, got himself backstage, and showed the band members he was serious.





Wes was now touring with one the most recognized metal bands. And this time, and for the first time, he stepped on stage sober. Nerves came to the forefront. He felt the pressure, he felt the rush, he felt what it was like to perform in front of thousands of screaming fans.

Wes toured with Korn, remained sober, and continued his meditation and personal development journey. When his time with the band ended, Wes reinvented himself, yet again. This time, the focus was how he could help others through his own journey. Music had been his catalyst to expression and healing. Sobriety gave him a second chance. He knew that bridging the two world and bringing it to market would revolutionize the approach to recovery.

And thus, Rock To Recovery was born. On 12-12-12, Wes founded a concept that would lead him to build a team of coaches helping people around the nation. Today, Wes and his team, work with groups, individuals, and even have a contract with the Department of Defense working with Veterans to bring hope and help to those in need.

Today, Wes' purpose is helping people thrive. In addition to his group sessions and 1:1 coaching, Wes and his team host an annual event in Los Angeles to celebrate those in recovery. He aims to make everyone feel accepted and show the abundance sobriety can bring to our lives. Wherever you are on your recovery journey- this event is for you. If you're still seeking work or an A-List celebrity-everyone is welcomed.







If you can make it to LA, you won't want to miss the holiday Dinner Party & Fundraiser for their 10-year anniversary celebration on December 11th, 2022 in Avalon Hollywood.

Wes, our Recovery Today Magazine community applauds you and what you're doing. Keep making a difference, the world is a better place because of you.

 Article and Interview by Jen Sugermeyer, Recovery Today Correspondent To learn more about Rock To Recovery:

RockToRecovery.org

To stay up to date on upcoming events, send a message to info@ rocktorecovery.org and let them know you're interested in staying in touch!



To find out more, click here: <u>RocktoRecovery.org/10-year-anniversary/</u>
Follow Wes and Rock To Recovery on <u>Instagram: @rocktorecovery</u>





Three-time Author, International Motivational Speaker, and Transformation Coach, Jen Sugermeyer is passionate about helping people and organizations raise their bar. She believes investing in yourself is the path to elevating your confidence, accomplishing personal and professional goals, and living out one's dream. Jen's mission is to make a positive impact on those who are ready to level up their situation by empowering, educating, and eliminating roadblocks.

Jen has been interviewed on FOX, ABC, CBS, writes for Entrepreneur, and is passionate about bringing monthly interviews and stories of strength and hope articles for Recovery Today Magazine.

To learn more about Jen's services, to book her for your next event, or if just want daily motivation- find her through Instagram (<u>instagram.com/jensugermeyer</u>), Facebook (<u>facebook.com/jen.sugermeyer.9</u>), or her Website (<u>www.jensugermeyer.com</u>).

CHRONIC PAIN? ADDICTION? DEPRESSION?

Meet Dr. Dokukin of **Proprius Health** and Roots Through Recovery

Dr. Andrei N. Dokukin is Addiction Medicine Doctor and Physiatrist (MD Physical Medicine and Rehabilitation) who also has been fellowship trained in Spine and Interventional Pain Medicine as well as Musculoskeletal Medicine.

He, along with his team of medical professionals at Roots Through **Recovery** offer a comprehensive and person-centered approach to recovery. Their innovative treatment center is dedicated to resolving trauma, building resilience and teaching useful coping skills to achieve lasting recovery outcomes.





Often called for comment as the addiction expert by media outlets such as Extra TV and ABC7 Los Angeles

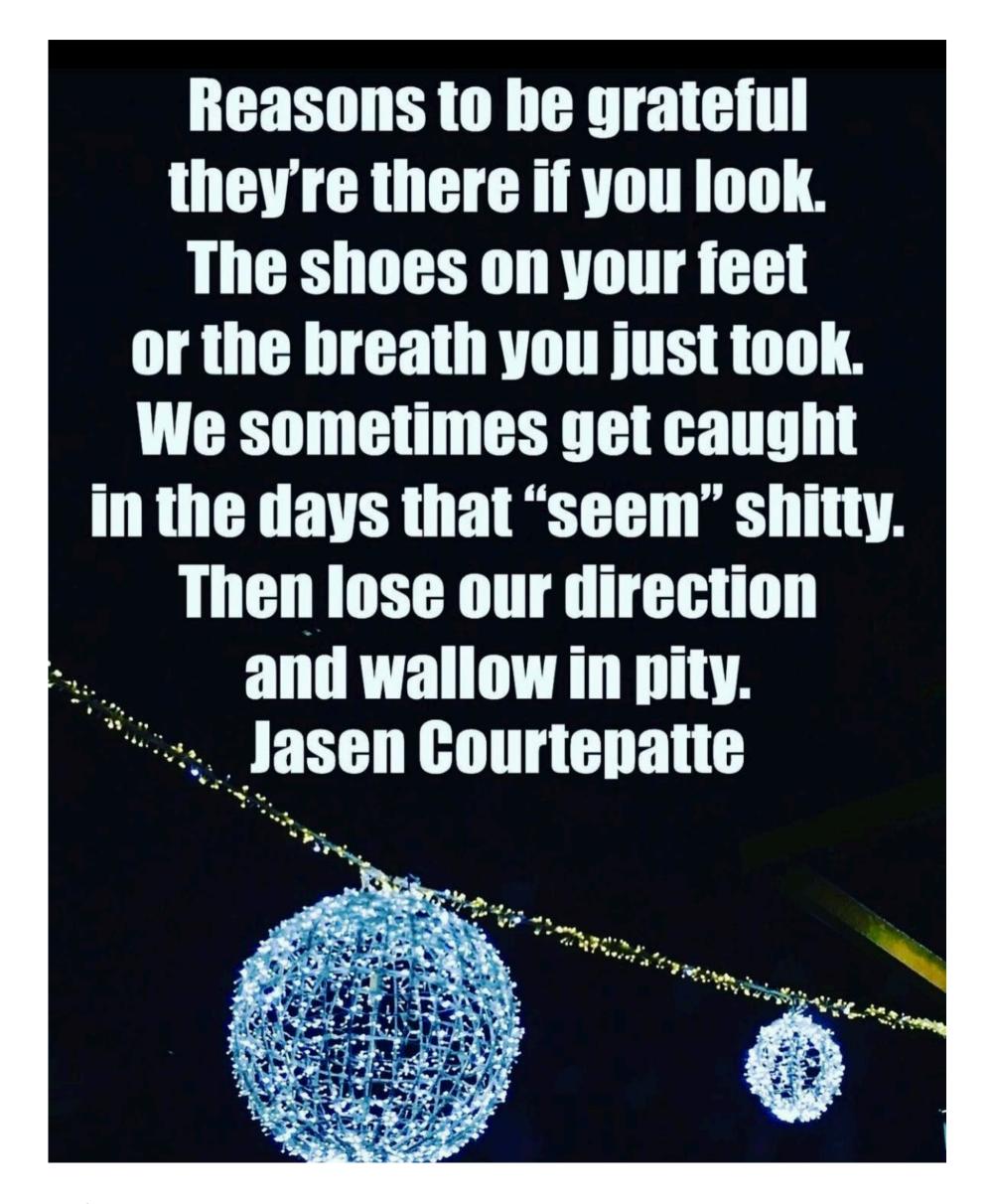


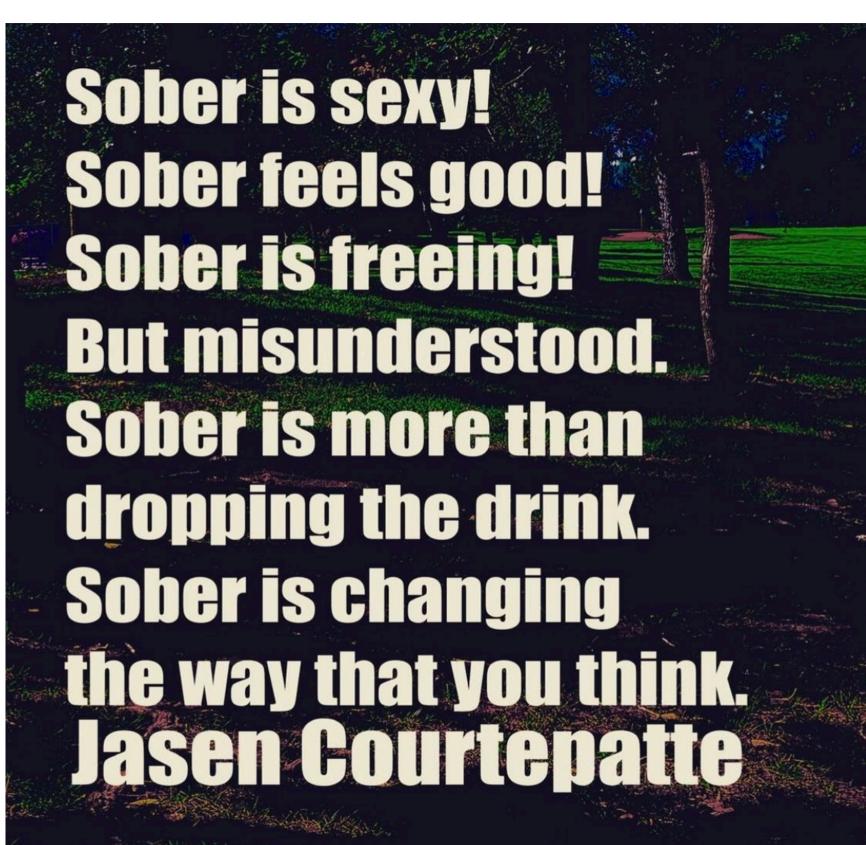


If you're in pain, addiction, depression or plagued by passed trauma, call Dr. Andrea today at **Roots Wellness or Proprius Health**











Jasen Courtepatte



Best Selling Author



Speaker



callitoday@yahoo.ca



Writer / Poet @alcoholicpoetry



🖍 Songwriter 👈

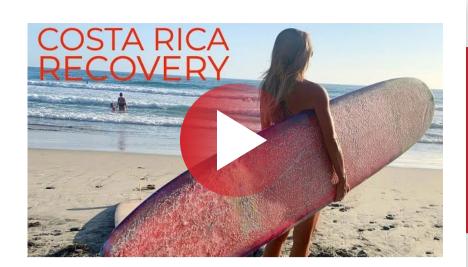




COSTA RICA RECOVERY INTERVIEW

Interview by Rob Hannley, Editor in Chief, Recovery Today Magazine.





et's take a little journey.
You'll like this one. Imagine
a place where stress
and anxiety are almost
completely foreign concepts. In
this place, there is no "hustle,"
there is no "bustle" and there is no
"just grind it out." This is a place
where peace and tranquility reign
supreme. A place where the land,
air and water practically vibrate
with soul healing frequencies.

Sunshine, abundance, smiling faces, laughter and love are the norm. Think for just a moment about ...that place. A place you could get well. A place to recenter, to re-prioritize and then to be inspired, almost as if you're receiving a download from God

Himself, about your own purpose and the work and life you're called and created for. Imagine for just a moment, that place.

"Pura Vida," is translated a few ways but mostly as, "Pure Life" [love, peace, joy]. It's the mantra of this lush, clean land filled with pristine rain forests, exotic animals, fresh air, healthy food, serene beaches and people with big, happy smiles on their faces. It's one of the most gorgeous places on earth. It's also the home to one of the five "Blue Zones" of the world. I've got a thing for it; I love Costa Rica!

When one of our Recovery Today family told me he was moving to Costa Rica to work with a revolutionary facility there, I was beyond excited. As I learned more about who the people are who run it, what they're doing and what they plan to do, ... I told J.R., "I want to speak to them."

Many of you know J.R. Weaver. Such a good, good guy. We featured him last year and we loved his story so much, we invited him to be part of the team. J.R. is a US Military Veteran who saw some stuff, then suffered PTSD, depression, anxiety, addiction and more. The bad part of his story was ... pretty bad. The good part is far better and it's also far from done. He's been sober many years, is incredibly passionate about recovery and helping others break free of their demons and addictions, in particular, veterans.

My personal belief is everyone should be treated exactly the same without preference of your sex, skin color, religion or your sexual orientation. But as we all have been witnessing



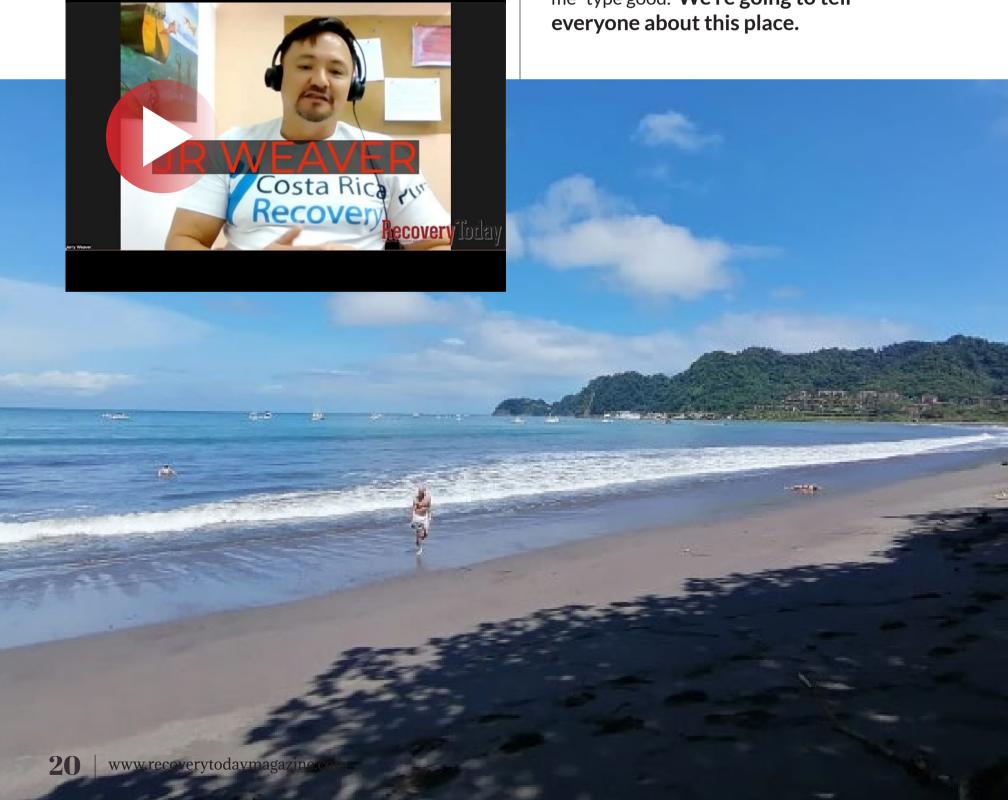
in current recent events here and around the world, there are numerous stories of groups of people demanding attention to unfair treatment. One of those groups that may have slipped your mind are veterans. There are approximately 17 million veterans in the United States. And there are 30 to 50 veteran suicides per DAY! A ...day! For what they did, and what they risked, in my world, this is unconscionable. I love veterans!

As I wrote in our last issue, my favorite kind of people, are people in recovery. Those doing the work, trying to improve themselves, providing service to others. I just love people in recovery!

I'd gladly tell stories about any of these three, but this story includes them all.

This is the story of John Holien, his inspiring team and their very special place, **Costa Rica Recovery**, their treatment modalities, **the incredible things they're doing for US Veterans and others.**

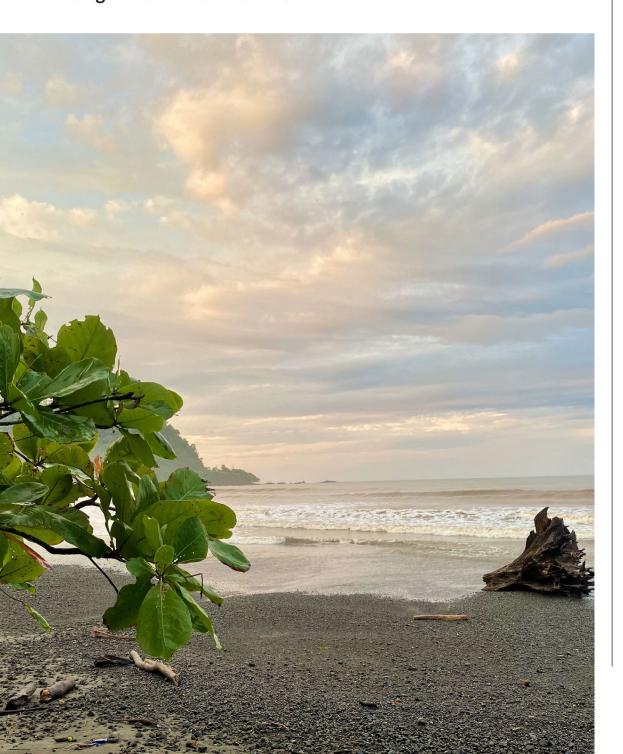
Sadly, prior to meeting John and learning about Costa Rica Recovery, the only place I could have imagined for vets is what I saw in the movie, "Born on the 4th of July," a place which is underfunded with weeks and weeks of paperwork and staffed by people who absolutely hate their jobs and really don't like vets either. To find a place vets can go, a place like this, is like "pinch me" type good. We're going to tell everyone about this place.



Tom Cruise in "Born on the 4th of July"



It breaks my heart to see veterans struggling with addiction, depression, PTSD, homelessness and more. I've thought many times, "Why isn't there a place they can go to?! They served our country, and these are good people. How can they just be discarded?" It really pisses me off. I'm the guy who thanks every single vet I meet for their service.



I honestly couldn't believe what JR was telling me. "...Rob, vets don't even need a referral from a doctor. If you're a vet, you just come down or give them a call. They handle it all."

Q. "What?! How is this even possible?"

A. "It is. It's real. They do it."

We're pretty connected in the recovery space at Recovery Today. We know a LOT of people in the community. I've asked around. No one has ever heard of a program like this. One person I spoke to has run a regional center for the suicide hotline for many years. He talks to "a lot of veterans," as he said. He told me, "I don't know what to say. I've never heard of anything like this." JR Weaver himself, who worked for the VA, said he too, had never heard of anything like this.

My paradigm was always Tom Cruise, justifiably, pissed off, frightened, dejected and mistreated as a vet. Something which should never happen.

The opposite: I had no idea a place like Costa Rica Recovery even existed. This isn't just "decent treatment," ...the stuff they're doing, ...it's world class.

Let's start though with where it is. If you've never been to Costa Rica, you need to go. As I said at the top of the feature, it's not just the fact this land is so gorgeous, it's the Costa Rican people and the vibe of the entire place. It's peaceful. It's happy. It's healthy. This is the culture of Costa Rica. **Pura Vida.**

To have a world-class place, ... pretty much anywhere on the planet, where vets can go would be amazing on its own. The fact it's also in one of the greatest, most healing places I can imagine, ... is hard to believe. But the story gets even better because the people, starting with John Holien, and the team he's





assembled are not only experts in their process and methods of addiction recovery, PTSD depression and more, ...

...they're just<u>in love</u> with helping addicts break free and seeing people become what they were intended.

They use "a powerful, integrated, holistic healing model of energy work, evidence-based psychotherapy, and the 12-step philosophy. Through this model, unparalleled compassion and individual curation is given to each of their guests."

I'd say, all of this above, ...all of the latest science, and data and super cool, cutting edge type healing modalities is amazing but this modality is also all wrapped together, like in a warm, soft blanket of a, "clean living environment to help keep your mind clear, an in-house chef providing healthy, fresh meals to nourish your body and access to fitness and mental wellness resources which relax and recharge the souls of their guests, set within the crazy beauty of Costa Rica."

Imagine ...that place! Now imagine a staff that falls in love...with their guests. This is how much they care. You can see how I have to "pinch myself" it's so good.



Their mission at Costa Rica Recovery is ...

"..to help initiate and sustain holistic recovery in the lives of individuals, families, and communities affected by alcoholism, drug dependency, and related conditions. Their program is designed to treat each guest with unparalleled care, kindness, and acceptance." If you're a USA Veteran and you want world class treatment, as JR told me, you don't even need a doctor referral to come to Costa Rica Recovery. You also don't need insurance and you do not need a co-pay! You don't need any of that. The service you gave is all that's needed. Once you arrive, the paperwork will be submitted to the VA (Veterans Administration) and you ... get well. That's how it works.

When I mentioned my thoughts about drawing attention to the treatment of US Veterans, Justin K, a U.S. Military Veteran himself as well as an Alumni of Costa Rica Recovery, and their Director of their Veterans Program, said, "All of this is available and while they're here, we teach them. We show fellow veterans exactly how navigate a sometimes complex VA benefits system and find exactly what they need."











Although my article highlights US veterans, ... Costa Rica Recovery is not "Veterans Rehab" or even "a place for Veterans." Anyone is welcome! John wants to maintain a veteran client ratio of between 35% and 50% so anyone can go.

The costs are far less expensive at <u>Costa Rica Recovery</u> than pretty much any place I can think of because the costs of running a business in Costa Rica are ... far less expensive.

If you're looking for the right place, I cannot recommend them higher.

You'll see in our interview who they are and their love for their guests. I think one of the staff even cried in the middle of our interview because they want that badly to help others free themselves of this disease. Think for a moment, the emotion of the movie, "Shindler's List." That's the vibe of this place.

There is one "problem" I see with their place. Just like Justin, their guests will never want to leave! It's that kind of place. You find peace and happiness and ...you want to stay! Since, ... people in recovery are the best kind of people there are, it's really not a problem to have good people come and finally get the help and care they need, then stay, and turn around and help others.

Do you see why I said, "I had to speak to them?"

You're going to love this interview and you're going to love these people.

-Article and Interview by Rob Hannley, Editor in Chief, Recovery Today Magazine.



You can connect with Costa Rica Recovery at: <u>Costaricarecovery.com</u> 866-804-1793

Facebook: @costaricarecovery.sanjose Instagram: @costaricarecovery.sanjose

More about Costa Rica Recovery

We welcome all types of clients struggling with addiction—including those who want to detox in Costa Rica and those who are worried their sobriety is at risk and need extra support. Believing that recovery takes time, we encourage clients to stay with us for 90 days so they have the freedom to address their addictions in-depth without rushing the process.

In addition to providing a wealth of treatment resources, Costa Rica Recovery offers many amenities to enhance your experience and improve results. Specifically, we will provide you with a clean-living environment to help keep your mind clear. Our in-house chef also provides healthy, fresh meals to nourish your body. And you'll have access to fitness and mental wellness resources that will help you relax and recharge all within the amazingly beautiful natural environment of San Jose, Costa Rica.

If you're concerned about saving money on addiction rehab, Costa Rica Recovery is a top provider to consider. Compared to what luxury addiction treatment centers in the United States charge, our Costa Rica rehab center can be enjoyed for only a quarter of the price. And if you're a veteran exploring addiction recovery in Costa Rica, VA programs are available to further reduce the cost of in-patient rehabilitation.







"MY THERAPIST ASKED ME IF I COULD GET HIM CLIENTS ONLINE"

INTERVIEW WITH AUTHOR, AND DIGITAL MARKETING EXPERT,

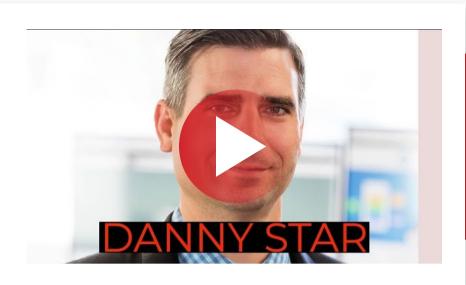
DANNYSTAR

OF REPUTATION REHAB & WEBSITE DEPOT

DANNY STAR

Interview by Rob Hannley, Editor in Chief, Recovery Today Magazine.





PTSD: You're 11 years old, you're from a war zone and you're fleeing. It's your first flight on an airplane and as you leave, you watch bombs exploding. These kinds of events leave scars for our entire lives.

This is the story of Danny Star, CEO of Reputation Rehab / Websites Depot.

Danny was born in Yugoslavia at the end of the cold war. Since the end of World War II, Yugoslavia had been part of the USSR (Soviet Union) but all this fell apart as "the wall came down," and the USSR dissolved. On June 25th, 1991, Slovenia and Croatia each declared complete independence from Yugoslavia, which triggered the Yugoslav People's Army (JNA) to respond and ...the shit hit the fan.

The country broke up, as they usually do, because of cultural and religious ideologies between the ethnic groups and the war was bloody. NATO intervened, bombed the hell out of everything and created a humanitarian crisis. Imagine being a kid, living there at that time. Bombs, shelters, death ... PTSD.

Prior to the war, growing up in Yugoslavia, Danny watched and worked with his father. As a boy, he was taught discipline, to recognize and fulfill the needs of others and the ethic of hard work because if you're going to survive being dealt a shitty hand and a hard life, you have to have this mindset. He's used these skills since he could walk. It's no surprise when he arrived in America, with far more safety and security, he succeeded in virtually everything he did. He outworked

everyone and continued looking for the needs of others and how he could solve their problems. Early on, he recognized the power of the internet and eventually he founded the company he has today, a kick ass, Digital Marketing Agency called, "Websites Depot" which just celebrated it's 10th year in business.

Originally, Websites Depot built "stunning websites" for virtually any business but with the evolution of the internet, the







rise of social media and an ever-evolving sophistication of reaching people online, Danny and Websites Depot also evolved. This is what you do. You innovate and outwork everyone else in order to survive.

He became an expert and then hired experts to get visitors to his client's websites. He learned "SEO," Search Engine Optimization and mastered the art of putting his clients at "the top of Google" and "making their phones ring," as he says.

Fast forward a few years, in a time of crisis in his life and while still dealing with some of his childhood trauma, his own therapist learned what he was doing for his clients online asked him if he could build a website for him and ... "make the phone ring."

This first venture into mental health was a wild success and soon his therapist "topped Google" in his local, Los Angeles, market, just as Danny said and he had more clients than he could handle.

Today, Danny see's what we see. He sees a tsunami of mental health issues about to hit everywhere. We all know how bad it was before the pandemic, as bad any foreign war. We also know, during the pandemic, ... it got much worse. My Super Model friend and contributor to Recovery Today, Jennifer Gimenez, called it a "shit show!" and although we've largely immerged from the world of Covid and lockdowns, now we're dealing with Fentanyl and devastation at levels never seen before. Mix in a little inflation with food costing twice and much, the economy faltering, and things are about to get dicey again.



79% of Americans do not feel they have the mental health, emotional coping skills necessary to deal with a pandemic." 79%!

The opiate crisis is war. If we're going to survive and help others survive, we must have the attitude of a war refugee. We must be resilient, we must be creative, we must be bold and, like Danny as a child, I believe not only can we survive, but we can also do a lot of good and ...we can thrive. Today, our ... sober army has grown. There's far more sober warriors, the bold, the outspoken and those passionate about recovery and helping others than ever before. We want to help, the need greater than ever before and ... it's growing.

The projections are out. A survey from late last year stated, "79% of Americans do not feel they have the mental health, emotional coping skills necessary to deal with a pandemic." 79%!

Anyone remotely considering a new career in mental health or expanding services they already have, will have more people in need than ever before.

The main questions many have is, "How do I find people to help? How do I get my message out?"

How do I connect with those who need my services?

Therapists and coaches ask, how they, "compete in a world of enormous Google ad budgets and still be seen by those desperately seeking the help they can give?"

Danny see's what we see. It's exactly why his business has moved so strongly into the mental health arena. Its why he launched, **Reputation.rehab**.

Reputation Rehab is a fullservice agency entirely dedicated to the mental health arena.

Reputation Rehab provides "a service aimed at developing successful, effective, and tactful marketing strategies for rehabilitation and recovery facilities." Danny's team has successfully led campaigns for a variety of centers, clinics therapists and coaches by bringing the latest marketing tools to develop specialized strategies specifically for the mental health arena.

Messaging and marketing for mental health is unlike anything else. It has to be authentic. It has to come from understanding. With this messaging, there's no "buy one, get one free," "developing customer loyalty," in some bullshit the client doesn't need. It's life and death. You must have someone to collaborate with who actually gets it, who understands the mind of those in need as well as those who can help. From the initial message, the presentation must build trust, it has to be authentic and compassionately and professionally communicate, "you could be the solution they're desperately searching for."

Lastly, from a business and budget perspective, in the marketplace, all of the above has to be put together in a creative way, so you, as a business, can survive and thrive.

Beyond simply building a gorgeous websites for their clients and providing everything from copywriting and design, specifically for the mental health niche, to live models featured in their client websites, Danny and his team at Reputation **Rehab** provide Digital Agency services to treatment centers. therapists, coaches and more which includes everything from managing Google Ads campaigns and giving results for pennies on the dollar which others spend but also ranking the websites of local mental health facilities at the top of Google search in their



markets and maps, building enormous social media channels, YouTube followings and even TikTok audiences.

For anyone in or considering getting into helping others in this growing mental health crisis, Danny's created a one stop shop and exactly as his therapist asked him years ago, in the arena of mental health, now more than ever, he "makes his client's phone ring."

Additionally, Danny has also authored and updated a book called, "A Small Business Owner's Role in Digital Marketing." As a digital marketer myself, I was surprised to learn in our interview it included a lot of creative material and ideas for offline marketing ...to bring clients online. Very, very cool.

We're going to continue collaborating with Danny. He gets it and everyone needs

trusted allies in this war. If you're looking for a company to create a professional website with the right message or to "boost the hell" out of your social, including TikTok, Youtube & Instagram, to "dominate on Google" or to run a paid ads campaign, in my humble opinion, you need to contact Danny at

Reputation Rehab
You're going to love the

A SMALL BUSINESS
OWNER'S ROLE IN
DIGITAL
MARKETING

interview with Danny and if you're a mental health provider or considering it, ...you're going to want to call him.

-Article and Interview by Rob Hannley, Editor in Chief, Recovery Today Magazine.

REPUTATION BREHAB



Website: Reputation.rehab Social: @reputation.rehab

<u>888-477-9540</u>

Somebody Else's Dream

COCAINE'S ROCK & ROLL FANTASY!

By Maxim W. Furek, MA

omebody Else's Dream: Dakota, The Buoys, & "Timothy" (350 pages, Sunbury Press) is a rock biography that cleverly doubles as a cautionary tale of substance abuse and dramatically clarifies the differences between cocaine, freebase cocaine, and crack.

Although Eric Clapton struggled with alcoholism and heroin addiction, it was his 1977 song, "Cocaine," that got everyone's attention. Cocaine, a drug that induced energy and euphoria, was everywhere in the 1970s. People wore coke spoons around their necks, proudly announcing their user status of the party drug.



COCAINE

Cocaine hydrochloride is a water-soluble salt that one can snort, eat or inject, but not smoke. Cocaine experienced a surge in popularity in the 1970s, peaking in the 1980s. It was associated with celebrities, high rollers, and glamorous parties.

Bill Stevenson, owner of Newark, Delaware's legendary Stone Balloon Ballroom — and First Lady Jill Biden's first husband — felt that everyone was doing drugs, and, in his book, *Stone Balloon: The Early Years*, openly admitted his cocaine use:

I do not mean to imply that all my business friends or even any of my close friends ever used illegal drugs. The story of my cocaine use is neither a sad nor a tragic tale; it is simply the truth. People reading this might think I'm in denial and trying to spin the story to make myself look better, but the basic facts about my few years of cocaine involvement speak for themselves.

Stevenson estimated that he spent about \$50,000 on cocaine during those six years and "probably gave away half" of what he bought. He said it was "a small cost of doing business," claiming that the Balloon grossed more than \$10 million in cash while he was using.

Cocaine addiction happens fast. Because the euphoria only lasts a short time, the user will snort it repeatedly to maintain the high. Chronic use leads to physical tolerance, forcing the user to use increasingly higher doses. In his autobiographical

book, *Street Player: My Chicago Story*, Chicago drummer Danny Seraphine wrote about the destruction caused by the lines of white powder:

More than ever, cocaine had gained a powerful hold on the band. The drug was everywhere in the 1970s, and nobody knew exactly how destructive it was. There were many times I considered coke a ninth member of the band. The guys thought they would be able to control its effects, but it often ended up controlling them. Over time, they became slaves to it.

Cocaine destroys relationships. Delaney Bramlett's group, Delaney, Bonnie, and Friends, was a seasoned and accomplished band with an uncanny stage presence. In 1970, on the eve of a concert tour, the duo's backup band abruptly quit as their stormy marriage dissolved. Bonnie Bramlett told People Magazine, "cocaine did to us what it does to people. It destroyed us." She admitted to writer Jill McLane Smith that cocaine was an integral part of the culture:

Of course, it was the times. The people that were in control of the industry encouraged that behavior. Deals were made with ounces of cocaine on the table, and it was the suits who furnished it for us. There is an old joke in rock in roll that says you can tell who has the best record deal by who has the best cocaine.

Still, Bonnie didn't blame the industry. "Nobody handed me a bag of cocaine but Delaney," she said as his addiction escalated. By late 1971, their often-tempestuous relationship had been damaged beyond repair, their love lost forever. Ironically, it was when they scored their most successful record, "Never Ending Song of Love." The couple divorced in 1973, and in 2008, Delaney died following gallbladder surgery. He was 69.

A sad listing of musicians who succumbed to cocaine includes Steve Clark (Def Leppard), Kevin Dubrow (Quiet Riot), John Entwistle (The Who), Shannon Hoon (Blind Melon), Johnny Thunders (New York Dolls), David Ruffin (The Temptations), and Ike Turner (Kings of Rhythm).

FREEBASE COCAINE

Woodstock musical legend Sylvester Stone boasted that freebasing was superior to snorting cocaine. That was in 1980, the same year Richard Prior was severely burned while freebasing.

Freebase cocaine is made from hydrochloride and alkaloid, also known as "base." In the 1970s, highly flammable ether was used to "free" the base from additives and impurities—a heat source, like a lighter, heated the freebase as the user inhaled the vapors. A powerful rush and an orgasmic, longer-lasting high were experienced within seconds. With a 75% to 100% purity, freebase can trigger hallucinations, paranoia, and violence. The high is often followed by depression, uncontrollable craving, and drugseeking. Freebasing can cause accidents whenever the heat source sets off the incredibly flammable and unstable ether.

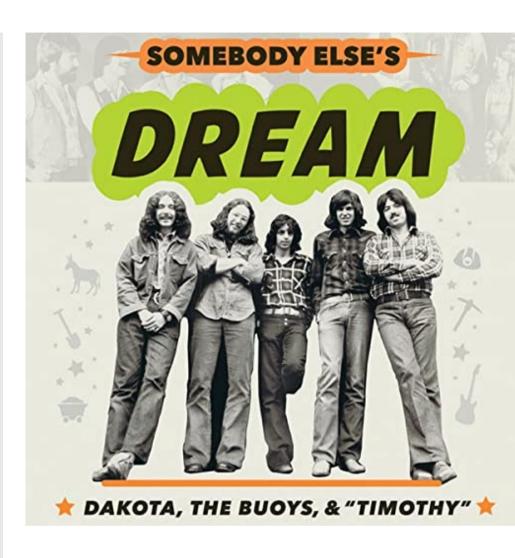
Sly Stone chose freebase over powder cocaine because the effects were more powerful, and he chose the drug over the adulation of his fans for the same reason. Although this former superstar had attained magnificent heights of musical greatness, freebase symbolized his fall from grace. Slipping into drug addiction, he withdrew from the spotlight, retreating into the inner-city slums, homeless and destitute.

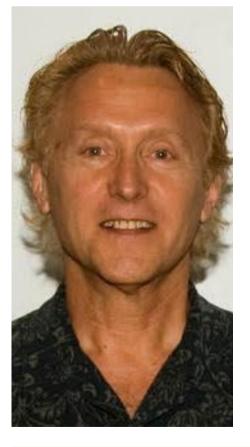
CRACK COCAINE

Around that time, another reworking of freebase hit the streets. Crack was made by boiling cocaine in a mixture of water and baking soda, creating a waxy, rock-like crystal. Sold in vials, these rocks were heated and inhaled into the lungs. The term "crack" referred to the crackling sound the rock made when heated.

Crack had the reputation of being the "poor man's drug." Still, it appealed to many accomplished personalities like Toronto Mayor Rob Ford, Washington D.C. Mayor Marion Barry, Whitney Houston, Amy Winehouse, and musician Gil Scott-Heron. Crack played no favorites.

Somebody Else's Dream: Dakota, the Buoys, and "Timothy" reveals the true price of the sex, drugs, and rock and roll fantasy. Despite cocaine's various formulations, the results are pretty much the same. Some addicts will repeatedly use and suffer, while others will use, suffer and die. Even so, their passing leaves us with the potential gift of awareness and hope. Addiction can be conquered. Despite the anguish, we can stop using and begin living. We only need to ask for help, start the recovery process, and trust in our Higher Power — one day at a time.





Former addictions counselor Maxim W. Furek has regularly contributed to The Sober World and Counselor: The Magazine for Addiction and Behavioral Health *Professionals.* His rich background includes aspects of psychology, addictions, mental health, and music iournalism. For more information on, Somebody Else's Dream, visit www. maximfurek.com.

FROM ADDICTED BIKER TO PASTOR

EXCLUSIVE INTERVIEW WITH

ANTHONY TORRES



EXCLUSIVE INTERVIEW ANTHONY TORRES

Interview by Rob Hannley, Editor in Chief, Recovery Today Magazine.





"WHY IS MY LIFE LIKE THIS???!"

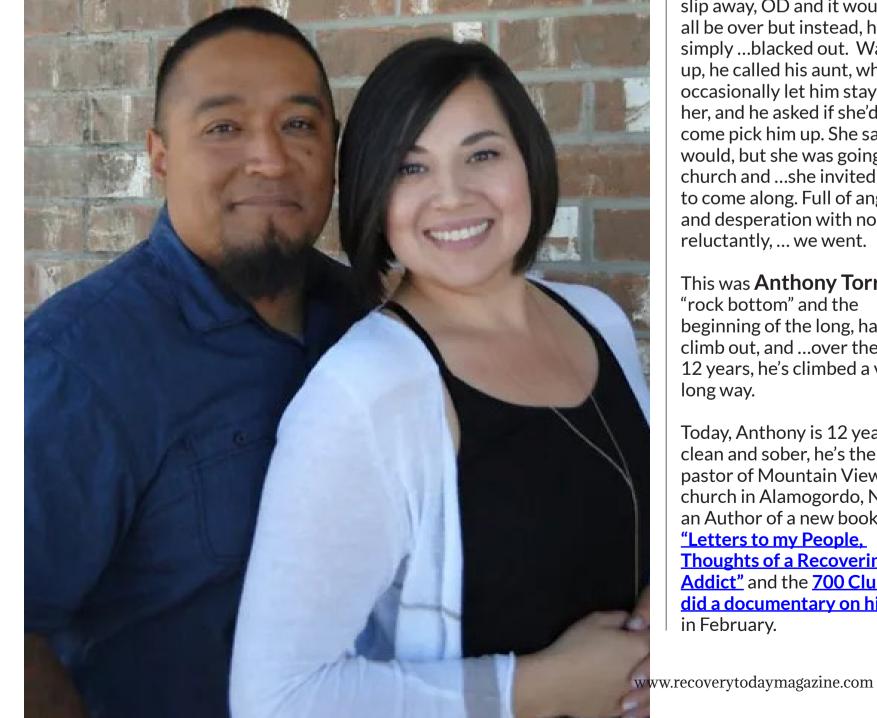
arent's divorced when he was 8 years old, and his grandparents, whom he adored, were both tragically killed by a drunk driver. His mother was only 16 when she'd had him. His life started out ...hard.

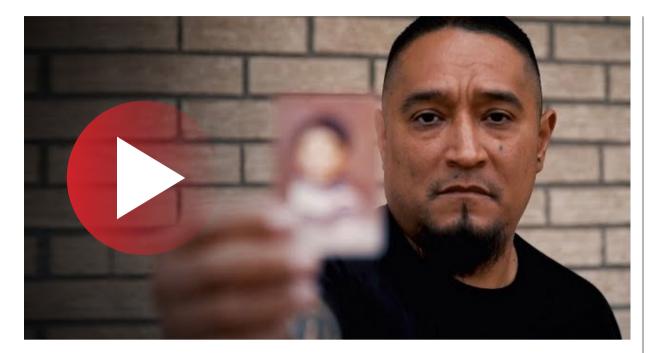
He became a biker, and an addict, his wife had left him, his vehicles had been repo'd and he was living in his house alone with no electricity until the Sheriff finally made him go.

"Suicide is the answer," he thought. He thought he'd just slip away, OD and it would all be over but instead, he simply ...blacked out. Waking up, he called his aunt, who occasionally let him stay with her, and he asked if she'd come pick him up. She said she would, but she was going to church and ...she invited him to come along. Full of anger and desperation with no hope, reluctantly, ... we went.

This was **Anthony Torres**, "rock bottom" and the beginning of the long, hard climb out, and ...over the last 12 years, he's climbed a very long way.

Today, Anthony is 12 years clean and sober, he's the pastor of Mountain View church in Alamogordo, NM, an Author of a new book, "Letters to my People. **Thoughts of a Recovering** Addict" and the 700 Club just did a documentary on his life in February.





He also earned his master's degree in Christian Counseling and Substance abuse, he won his wife, Sasha, and his family back and now they live happily together, four children and a grandchild.

These are the stories we love to share. We love to share the, "all hope was lost" type story and see the hero rise from the ashes. You may not think you're the hero, you may not think you have a future at all. You may think you have no options, you've made too many mistakes,

burned too many bridges and no matter what you do, ...it's just more pain. You may think, like Anthony thought, there's just no way out but death. But as long as you're breathing, ...there's hope. If you can just stay above ground, ... there's a chance. The road is long, it's full of more pain, it may seem impossible, a step forward and three back, a slug fest but ...as long as you're alive and kicking, there's hope! We don't care how you get there; no one really does, it's a "get knocked down ten times but on the

tenth time, you stayed up" story. Maybe for you, it's 20. Maybe it's 50 or a hundred but all anyone cares about is that you stayed up, made it out, you changed your life and lived to tell the tale.

Like Anthony, you are the hero who has no idea he's the hero. In your future, you do live happily ever after. In your future, you do live a life of purpose, gratitude, and service and in your future people, some who "have a week," "a day," or maybe they're high when they tell you, say, "Thank you. You inspired me." It all starts with a day. It starts with a moment and if you get knocked down, you get back up, ...one more time. This is the story of all heroes and it is your story too. You don't know us but we're all cheering for you. We're yelling, ...just like Micky in the Rocky movies, "Get up you son of bitch, cuz Micky loves you."

Our mess ...becomes our message.

Anthony's message is simple: "If God can help me and turn my life around, He can do the same for you!"

You're going to love Anthony's story. You're going to love his heart. You're going to love his book, the letters he wrote just to you and you're going to love this interview.

 Article and Interview by Rob Hannley, Editor in Chief, Recovery Today Magazine







More about Anthony:

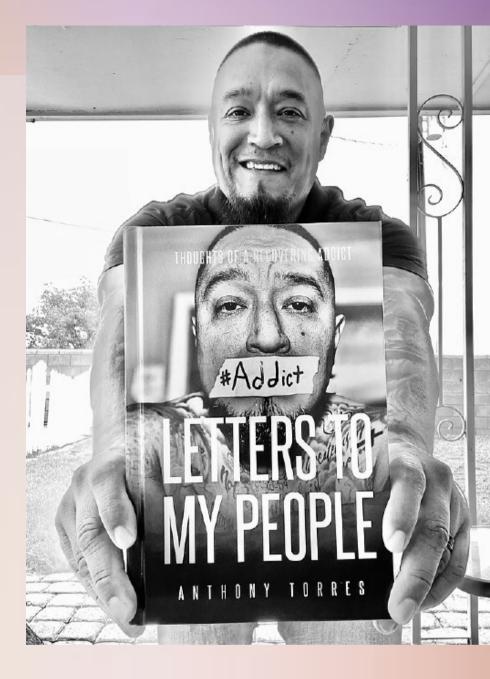
Anthony experienced almost 11 years of cocaine and alcohol abuse. Suicidal thoughts, depression, anxiety, and loss of hope plagued his life with a few overdose scares. He found himself in a situation like most people do. "Why is my life this way?" and "How can I turn my life around?" His family stuck around as long as they could helping him, before they left him alone in his addiction. There was only so much they could do. He now found himself fighting for his life in 2009 and wondered what would become of it.

Now, he is 11 years clean and sober, and his family is back together. He now wants to share his journey with the world and tell people how he did it. Anthony has a master's degree in Christian Counseling and Substance abuse. Since receiving those degrees, he has become a Recovery Coach, helping countless men and women in their addictions. He and his wife Sasha, pastor Mountain View church in Alamogordo, NM where he also enjoys preaching and teaching the gospel of Christ.

If there is one thing Anthony understands, it's YOU! He has been in so many dark places, and so many challenging areas of his life that he is thankful to be alive today. His message is simple "If God can help me and turn my life around, He can do the same for you."

Since his sobriety, Anthony is preparing to open the first DETOX/RECOVERY center in Alamogordo, NM; a town so desperately plagued by addiction. The Center will be called New Life Recovery Center.

Another avenue that Anthony is using to help others through addiction is a book he has completed entitled, , "Letters to my People, Thoughts of a Recovering Addict" His book has been helping many people and has been distributed to several local prisons and



rehabilitation centers in New Mexico and throughout the world.

Anthony's heart, with the support of his family is to REACH 1. To help and encourage as many people as he can with his story of redemption. He has set roots down in Alamogordo, NM, along with his wife Sasha his 4 wonderful children. Anthony is available to speak at any special events, prisons, or rehabilitation centers to encourage those struggling with similar issues that he has overcome.

You can connect with Anthony at: Website: RecoveredAddict21.com Instagram: @recovered_addict09 Facebook: @anthony.torres.9887



Hope through a Lens is a new feature of Recovery Today Magazine where we follow the "Ansel Adams of Recovery," our friend and Award-Winning Photographer, Michael Blanchard. Michael discovered his remarkable talent and passion for photography in recovery, after he'd lost virtually all of his previous life. He's one more example, living proof, addiction and recovery can be a gift.

WHAT ARE ADDICTS AND ALCOHOLICS THINKING ANYWAY?

I love Fall in New England.
The leaves change, the waves seem bigger, the skies gradually turn from golden yellow to grays and blues, and the boats stand ready to be hauled in preparation for Winter.

It was in the Fall several years ago that I was asked to speak to parents, husbands, wives, families and friends of addicts and alcoholics who had assembled at a meeting in Salem, Massachusetts.

Give my drunkalogue?

Do I preach about how the group should preserve themselves and their sanity as they wait for their loved ones to agree to get help?
Or ...do I try something different and speak from the heart with no specific lesson plan other than to give the group insight, love, empathy, and hope?

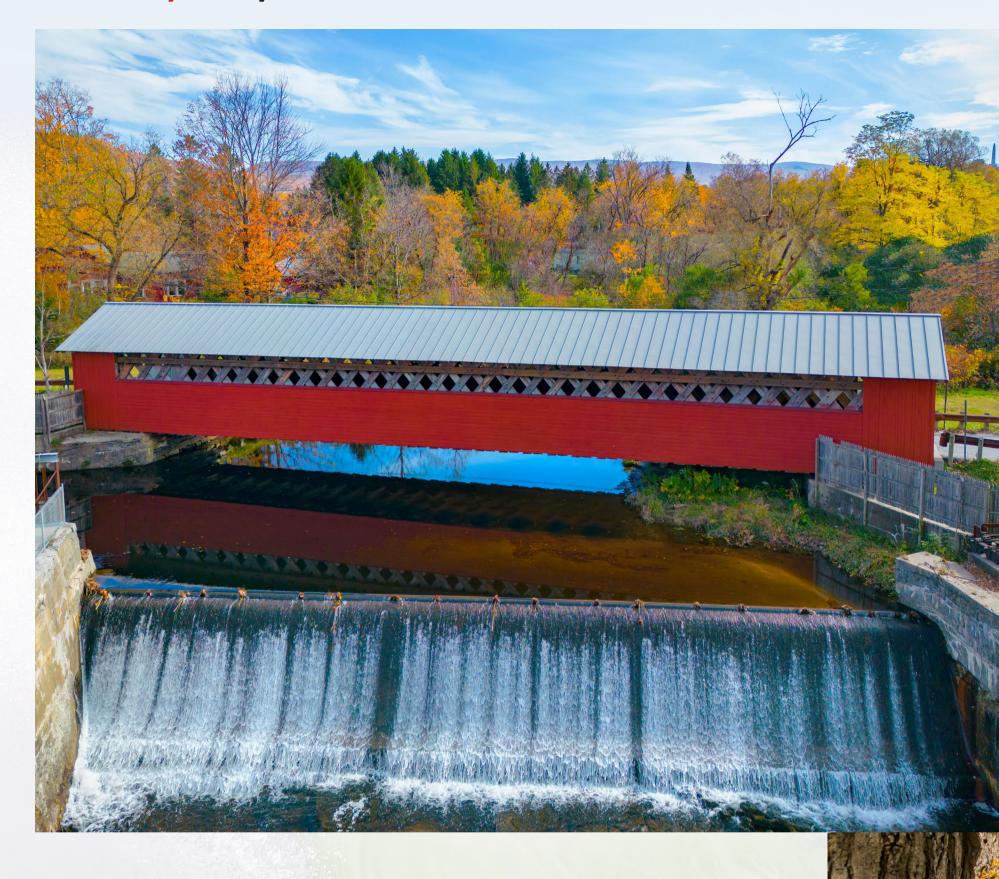
I made a point to look into the eyes of the parents who were searching to make sense of such pain.

I could feel their energy and understood their hopes.

They desperately needed to hear anything that would take the pain and addiction away and save their families.

I chose the latter and spoke with no plan, straight from the heart.





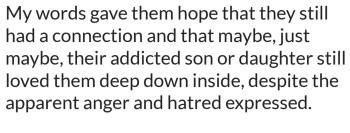
As I stood in the church meeting room, I knew I had an important decision to make.

Do I talk about how I went down with alcoholism?

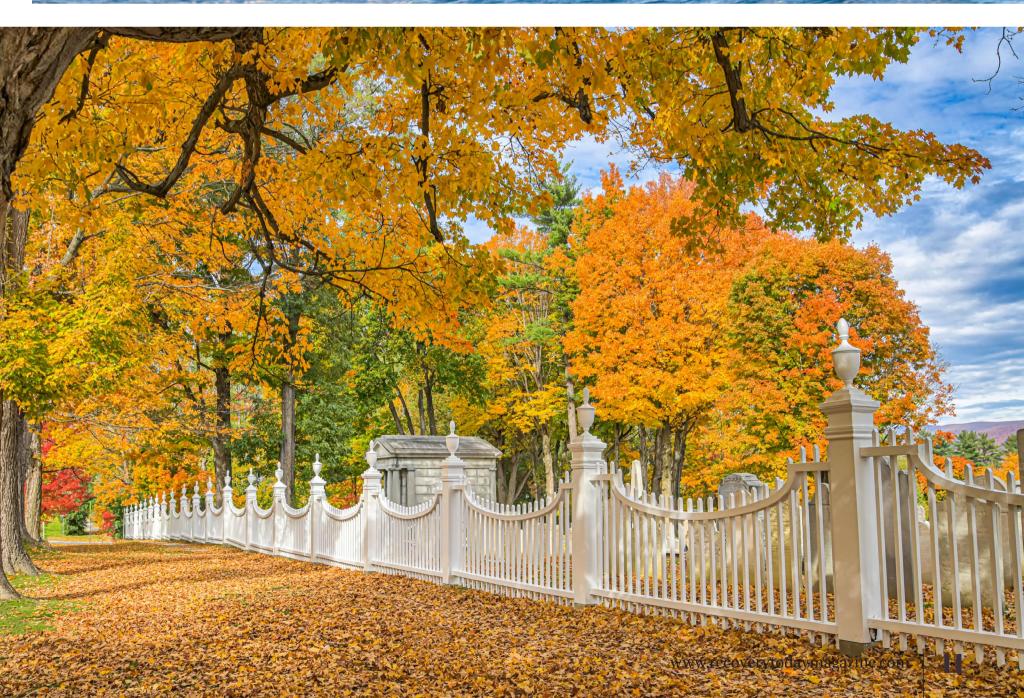
"I want you to understand this is business, it's not personal. When I was drinking a quart of vodka a day, people like you here in this room were just noise. I dehumanized family and friends and treated them as aggravating obstacles. I never stopped loving my family, ... I just loved vodka more!"
"My goal was to make people believe they were hurting me by interfering.
This was a business transaction."

I paused and looked at the audience and could see tears.

I had a few of my own.











I learned that my role in this life was to give people hope.

My life was as bad as any of their kids', and I was still standing and had my family back.

My drunkalogue didn't matter; I needed to speak from the heart with empathy and love.



Michael's Bio

I came to Martha's Vineyard as a part-time resident nearly 12 years ago. Two years later, in 2010, after 3 DUI's in 3 months, I entered a treatment program for alcohol addiction.

Photography has been the key to my sobriety. I find photography to be a spiritual source of strength and healing. I received my MA Degree in Psychology with a focus on substance use disorder in 2019. I planned to be an addiction's counselor but decided my heart and passion was to continue as an "inspirational photographer". I write and attach words to postings on social media in an attempt to reduce stigma and encourage the seeking of help for those with addiction and mental health disease.

Website: https://www.blanchardphotomv.com/ Social Media: @blanchardphoto



UPTO \$26,000 PER EMPLOYEE!

This is NOT a LOAN. No Payback.

Are you a Rehab, Sober Living, Church, Private School, Non-Profit or <u>ANY OTHER BUSINESS</u> and you think you got all the Pandemic Money There Was?

Think again! New Laws have been passed! There's more!

Did your CPA tell you, "You don't qualify."???

They're probably ... wrong. Find out in 5 min!

97% of businesses are being approved even if you received a PPP loan!

5,000+ Business and \$2.83 Billion Recovered ... so far.



FIND OUT IF YOU QUALIFY

*Not a business owner but looking for a lucrative side gig?

Become a referral partner of ours.

Contact: Support@GetERCFunds.com

How I Attained 28 years Sobriety by Rejecting My Rehab's "Submit

to AA" Order

By Mary Beth O'Connor

The first day at rehab, I joined a study group on Narcotics Anonymous' third step: We made a decision to turn our will and our lives over to the care of God as we understood Him. Counselor Lorraine asked us to identify our higher power.

I raised my hand. "What if you're an atheist?"

"You don't need religion. But it's higher power or relapse."

Despite a deep intake of breath, I managed to spit out, "You just said it's impossible for me to stay clean."

Even with deep uncertainty about my ability to stop using, I needed to try, since I'd been a methamphetamine addict for sixteen years. Multiple forms of abuse had led to drinking at age twelve, adding pot, then pills, then acid, before discovering speed at sixteen and the needle at seventeen. For a few months, I had coasted on adrenaline and euphoria. Then the losses piled high. I skipped my high school Disney World trip because I was too strung out. I lost so much weight you could count the bones in my back. I hallucinated people hiding in the shadows.

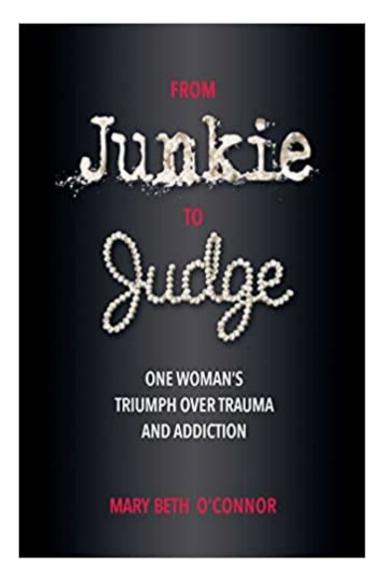
I did manage to graduate from UC Berkeley by exercising a modicum of control. But returned to daily use as an escape from my boyfriend's

violence and the heartache from a multi-assailant rape. During the next decade, due largely to absenteeism, I worked my way down the corporate ladder, with each job requiring less skill and at lower pay. In addition, my health deteriorated, and I failed to show up for my friends and family. Still, notwithstanding the many costs, I felt my anguish would kill me if allowed to surface. so I pounded meth in my veins to keep it at bay. Even in my most optimistic moments, my imagination barely stretched to the remote possibility I could survive without drugs.

So, Lorraine's edict that, as an atheist, I never could maintain sobriety, doomed me

to a miserable existence and early death. I asked for data substantiating that only one path to recovery existed and this required a higher power. They told me I was fighting the program. I was happy when my new recovery buddies said faith was helping them in their sobriety journey. Yet I struggled because the idea that other approaches would better serve some people was viewed by the counselors as heresy.

In an effort to find ideas that would help me, I read the Alcoholics Anonymous Big Book and the NA basic text. For example, I wasn't comfortable with the comprehensiveness of Step One's powerless requirement but did agree I was powerless to moderate substance use. I reinterpreted the Step Three command as a lesson in limited control, in that I should strive to reach my goals but often could



not determine the outcome. I listened when staff taught that we could not consume any drug, including alcohol, and provided guidance on handling triggers. NA's "one day at a time" mantra helped since I could accomplish that while still lacking confidence in attaining extended sobriety. When hard core addicts shared their progress, they modeled methods for building a better future and gave me hope. I also realized that, although the damage from the abuse was real, the people who broke me were not going to fix me. I had to repair myself.

Still, I vacillated between certainty that I could heal without a higher power and apprehension when faced with

the universal consensus that I could not. At six months sober, I began searching for alternatives. I grabbed the yellow pages, flipped to *Libraries*, and jumped in my car. I scoured the stacks for recovery resources and glommed onto a reference to Women for Sobriety, described as a secular counterpoint to AA. I burst into a jaw-breaking smile as relief coursed through me.

WFS had offered the first modern option to faith-based abstinence, teaching that addiction was a life-threatening problem, but empowered women could build strong recoveries by releasing the past and taking responsibility for their lives. WFS meetings focused on positive self-talk to reinforce that we were capable, caring, and compassionate. I sat up tall when I used the WFS introduction: I'm Mary Beth and I'm a competent woman.



Being forced to find my own path strengthened me. I work hard, make good choices, and maintain strong relationships. My pain never has been eradicated, but I've reduced it and can bear what remains.



Another discovery was Secular Organization for Sobriety, now overtaken by its child LifeRing Secular Recovery. SOS emphasized each addict's responsibility for her own recovery, rational decision making, and the power of mutual support. Recovery offers the opportunity to live a full life, but difficulties will arise, which requires an ongoing sobriety commitment.

These programs reassured me that I could attain a robust recovery and validated my choice to synthesize ideas into a viable plan for me.

I began philosophizing about Big R Recovery, as in being happy, productive, and stable, without a constant need to address my substance use disorder. To get there, I needed to develop my healthy, capable parts so I could tackle challenges and reach my potential.

I realized that successful techniques could become habits, thus enabling me to turn my attention to the next step forward. I also remembered who I used to be. I recalled my second-grade teacher granting me special permission to read any book in the library and scoring high on the SAT despite tripping on acid the night before. I reminded myself that in college I had reduced my drug

dependence for several years, achieving stellar grades while working part-time.

These memories were painful, because I had lost so much, but also encouraging. Inklings of my true self emerged, and I concentrated on becoming that woman. I decided to fixate on what I could improve. I started paying off debt, assisted my family, and showed up for events. I quit smoking, which I had started so young that I remember playing jacks behind the bowling alley while puffing a Salem. Anxiety sprang up as my biggest postsobriety struggle, grounded in the trauma, which I began to resolve in therapy. By taking new risks and triumphing, I gained confidence in my competence, and this assisted me when facing upcoming challenges.

My professional progression evidenced this too. I initially worked as a glorified receptionist. The company retained me for nine months and I left with a good reference, my first since college. I snagged an office manager gig, then landed a job as an administrative supervisor, then was promoted to management. Of course, I slipped up along the way. I overreacted to any criticism when I felt vulnerable. Foreboding could consume me as I imagined

my achievements yanked away due to a mistake. And I judged myself weak for my failure to shake off these thoughts.

Yet, by my third year, my brain had been rewired to stay clean and not using was my new normal. I believed the addict pathways remained, but had receded, with healthier patterns now dominating. The struggle was over.

I dreamed of law school but executing this plan terrified me. I wrestled my fears into submission, prepared for the admissions test, and scored in the top 1%. I graduated from Berkeley Law and joined a top Silicon Valley firm. In 2013 I applied to become a federal Administrative Law Judge and beat out thousands to land the position.

Being forced to find my own path strengthened me. I work hard, make good choices, and maintain strong relationships. My pain never has been eradicated, but I've reduced it and can bear what remains. Although with jitters, I take risks and push toward the next goal. I have achieved ambitions beyond the wildest imagination of my druggie self. And I am enjoying the journey.

I have attained Big R Recovery.

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, available now for pre-order at booksellers everywhere.



IMAGINE A CUSTOM CREATED SOBER EXCURSION TO MARK YOUR SPECIAL EVENT



Short Testimonial from Client, Alida Flannery who celebrated 10 years sobriety and eloped the same day!

WITH DECADES OF SOBRIETY, TWO EXCURSION PROFESSIONALS CREATE, JUST FOR YOU, ... A TAILOR-MADE SOBER EVENT.

"...MAGNIFIQUE!"





Whether it's a sober anniversary, a sponsee family reunion, a sober event, a rehab business, a renewing of vows or an elopement... you can have a custom designed experience created... just for you, from your likes, your interests, and your dreams.

No one else can provide this.





For more information, contact: Love-Gracefully.com/friends-of-bill-sober-events





LIVE LIFE HAPPY!



Everything Andrea Seydel does revolves around helping others to Live Life Happy!

An old adage is "You become like the people you associate with and the books you read."

Reading positive, inspiring books helped me to radically change my life, to get sober and too many other miracles to list. That was 27 years ago. If you do

not read, ... you need to. It will change you.

Every issue, Andrea, who among many other amazing qualities, is a "Speed Reader," is going to review a book related to recovery and mental health, with one purpose, to help you "Live Life Happy!"

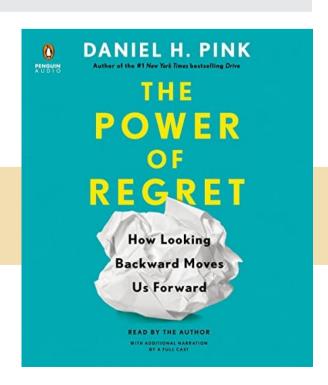
You're going to LOVE our New Book Club! Live Life Happy!

THE POWER OF REGRET HOW LOOKING BACKWARD MOVES US FORWARD

BOOK SUMMARY BY ANDREA SEYDEL

Author and founder of Saving You is Killing Me: Loving Someone with an Addiction (SYKM), positive psychologist, and resilience coach.

The Power of Regret: How Looking Backward Moves us Forward Do you regret what you said? Or wish you had travelled more? Where have you been disappointed in your life?



THE POWER OF REGRET

HOW LOOKING BACKWARD MOVES US FORWARD

Book Review by Andrea Seydel





Do you have regrets?

What is regret feeling? Regret is a natural reaction to a disappointing event in your life, a choice you made that can't be changed, something you said you couldn't take back. It's one of those feelings you can't seem to shake, a heavy and intrusive negative emotion that can last for minutes, days, years or even a lifetime. Think about regret or an area of disappointment in your life you may have now or have had, and write it down. Please take two minutes to think about it.

The book, The Power of Regret by Daniel Pink changes the typical "no regrets" worldview and helps us realize that regret can actually be productive or counterproductive, and the best part of this is that we have a choice. Drawing from human psychology, Pink shares actionable steps for transforming emotion into action and using past disappointments to shape purposeful futures. Pink teaches us that the bottom line is that we shouldn't stigmatize regret. We should embrace it. It's a normal emotion and deserves a place in everyone's life. Let's learn about and harness the power of regret.

A story of regret

On an April morning in 1888, Alfred Nobel woke up, opened the newspaper, and learned that he'd died. Of course, there'd been a mix-up. Turns out, Alfred's older brother, Ludwig Nobel, was actually the one who had died. "The Merchant of Death is dead," blared the headline. The obituary then proceeded to condemn Alfred. As you might imagine, Alfred didn't like what he saw. All at once, overcome by a very human emotion: regret. But rather than casting this feeling aside, as many people do. Alfred confronted his regret head-on and transformed it into something meaningful. He used it as a catalyst for change; his life was never the same from that moment forward.

Eight years later, when Alfred did die, his legacy was utterly different. He gave 94 percent of his fortune to create a nowfamous series of prizes to those considered to have the most significant benefit to humankind. One prize notably is The Noble Peace Prize. Albert Noble used

the power of regret to transform his life for the better.

How can regret help you change your life for the better?
How has regret changed your life for the better?

Humans easily get swept away by unproductive regret.

Regret is one of the most common human emotions in the world, and almost everyone feels it at some point or another. Humans are story-making humans. At their core, humans are time-travelling storytellers, as he put it in his book. Our brains can revisit the past and invent alternative narratives or fictional storylines that never actually existed. This process is called counterfactual thinking.

To think counterfactually is to imagine how things could have gone "*if only*" you'd done something else. The operative phrase here is "if only." If only I'd gotten an extra five minutes of rest this morning. If only I'd eaten a bigger or smaller breakfast. If only I'd squeezed in 100 more hours of training, I would be looking my best and have won that race.

You are punishing yourself with this flurry of "if only"s is fruitless and tormenting. So, instead, taking action in the present to ensure you won't live with even more regret, tormented by "if only"s, thinking is the best approach. While many people dwell in regret, We can use it to propel us toward a better future.

What are your "if only" statements?

The upside of regret.

Regret is a valuable emotion.
Negative emotions like regret
are essential to human growth;
denying them is dangerous. In *The*Power of Regret, he talks about
your emotions as stocks. Would
you invest in one or spread your
assets across a portfolio?

Some emotions are universally considered positive, like love, joy, and awe. Other emotions, like sadness, fear, or regret, are considered much more negative. Without question, positive emotions should outnumber negative emotions in a healthy portfolio. But negative emotions also have their place in our list of investments. Fear shields us from threats like burning buildings or dark alleyways. Disgust prevents us from consuming toxic substances. Then, there's regret, which can help us learn, grow, and achieve our full potential.

How can you use regret to be helpful in your life?

Make regret a positive catalyst.

- 1. Step one: Undo it if you can. Perhaps you said something mean-spirited to your significant other. This awareness is the perfect opportunity to "undo" your hurtful action with a sincere apology. Or maybe you estranged yourself from a friend years ago. It's never too late to reconnect.
- 2. Step two: Is to work on the concept of saying "at least" it _____. The example in his book was maybe you regret attending medical school, but at least you wound up meeting your spouse there. If there'd been no bad, you'd have missed out on all that good. Analyzing your regrets with a changed perspective can breed appreciation: giving objectively bad experiences a newfound purpose and making life more meaningful.
- 3. Step three: Analyze and strategize; arguably the most crucial step of all since it's the one that promotes growth.
 During this step, you could ask yourself:
 What lessons can

I learn from my regret?
Recognizing poor choices
propels us toward more
purposeful, productive
futures. Consider finishing this
statement after analyzing and
strategizing. Moving forward;
I'm going to.____.

Option one, beating yourself up over the past, will only cause distress and disappointment. It's a path that leads to nowhere. On the other hand, these steps offer a much more productive approach.

How can you start strategizing ways to mobilize your regret for better future outcomes?

A final thought on *The Power of Regret*

There's a big difference between unproductive regret. While unproductive regret paralyzes, productive regret catalyzes. And which option you choose is entirely up to you. So the next time you feel regret, pause and ask: What can I learn from this? Use regret as a catalyst for a life well led. Remember that

regret in and of itself isn't
a bad thing; it has the
potential to be a
force of positive
change.

There's a big difference between unproductive regret and productive regret. While unproductive regret paralyzes, productive regret catalyzes.

More About Andrea

Andrea Seydel is the Best Selling Author and Podcast host of *Saving You is Killing Me: Loving Someone with an Addiction*. She is a positive psychologist, a resilience coach and the founder of the SYKM community, course and platform, where the struggle of loving someone with an addiction meets the science of human flourishing. Visit www.SavingYoulsKillingMe.com



<u>Andrea's Link Tree</u> <u>Andrea's Podcast: The Saving You Is Killing Me: Loving Someone With An Addiction Podcast</u>



Andrea is also the founder of Live Life Happy Publishing, lovingly nicknamed *The Book Doula*; she helps individuals painlessly give birth to books that change lives. She believes books change lives. Whose life will you touch with your book?

www.andreaseydel.com www.livelifehappypublishing.com





INTRODUCING CLEAN CUISINE

With Cordon Bleu Chef. Susanne Wilder

Clean Cuisine is **NEW** feature of Recovery Today connecting what you eat to your sobriety, how you look and how you feel. "Clean," "staying clean," "eating clean" are all terms I've heard in recovery circles.

There is no debate about what you eat, affects your physical and mental health and this includes your sobriety.

This **NEW** section will feature stories and insights from our new friend, Susanne Wilder, a trained Cordon Bleu Chef, the author of many, many cookbooks and a passionate member

of the recovery community. Future features will include recipes Susanne sharing which are easy to make, taste amazing and will also make you feel and look better!

Stay clean!

In this introductory piece, ... we share Susanne's story.

To email Susanne with questions or recipes you'd like to see featured in this column, please contact her at:

wild@wilderbythedozen.com

REPAIR REPLACE RENEW RECOVER

Alarm bells are ringing. Estimates are that one third of all Americans will develop diabetes and will live 15 years less and lose quality of life. No public health problem compares in scale." – Dr. Mehmet Oz

Most in recovery would be served well to embrace these protocols too! Diabetes serves as a wake-up call for greater levels of wellness, over-all health in Body Mind and Spirit. See last chapter of 30 Minutes to Health!

According to top medical doctors, nutritionists, scientists, and now even the media, type 2 diabetes is a completely reversible condition. Yet, millions of people all over the world are being told that diabetes is "genetic" and that they must live with it the rest of their life.

But... there's good, nutritious, and delicious news for all in Recovery!

In this article I will go over the exact steps you need to take to reverse type 2 diabetes naturally and renew greatly. In most cases, type 2 diabetes can be reversed in less than 30 days. I also layout a series of sample eating plan variations in 30 Minutes and a supplement regimen that you can follow or share with someone you love who needs this information.

Metabolic Re-Set or Reboot

Think of this as something similar to an intervention to addictive behavior. The primary contributors to Type 2 Diabetes are refined sugars and simple carbohydrates. Make no mistake about it — these are 'addict-tive' substances, especially sugar. The article, "Is Sugar More Addictive than Cocaine?" cites research indicating sugar's highly addictive properties.

Years ago, I read the book: Sugar Blues - The Silent Killer and have been espousing a switch since the 70's!

What this means is a withdrawal protocol is required. The withdrawal can be a gradual, tapered cycle where high impact foods are withdrawn and replaced with healthy alternatives. There are many new sugar replacements these days with my chart or your research!

Even simpler I cut down sweetness until my taste is more subtle and less is more. Soon apple and grape juice are too sweet. Forget any soft drinks! Here in Chiang Mai, I oft feel I'm running around saying, "no sugar-no sugar please!"

The FIRST Phase of protocol starts with a simple measurement and documentation cycle that establishes a baseline of critical parameters against which progress can be measured.

The SECOND phase of the protocol is the withdrawal/reset/reboot phase, which actually alters the metabolism and causes your body to switch over from using sugar as a primary source of energy to the healthier strategy of using fat as the primary source of fuel. This strategy brings glucose down to safe levels, lowers unhealthy cholesterol and promotes weight loss.

The THIRD phase is a challenge phase where you challenge your metabolism by reintroducing some of the offending foods to see what you can actually tolerate, and how much.

ROLE of SLEEP, EXERCISE & MEDITATION

While these topics are covered later in 30 Minutes to Health, it is important to emphasize that recovering in Sobriety and from Type 2 Diabetes cannot be successful unless these health issues are addressed as well.

Sleep: A minimum of 7–9 hours of high-quality sleep seems to be optimal for the release of human growth hormone which is a critical part of the body's healing processes. Less than that can promote insulin resistance and out of control hunger.

Exercise: For diabetics, there is a right way and a wrong way to approach exercise. The right way is to acknowledge that humans are adapted to:

- Walk long distances as in the nomadic lifestyle.
- Sprint short distances to catch food or avoid becoming food.
- * Strengthen muscles for the hard work needed in a subsistence lifestyle.

By comparison, our current lifestyles are not nearly as strenuous and are relatively new to our existence. This means that our bodies have not had time to adapt and are still accustomed to the more strenuous lifestyle. Therefore, the following exercise strategy is recommended:

Long brisk walks: as often as possible, but at least once a day. The distance and duration must

be within the individual's capability, which for diabetics can be very limited, but the goal should be to increase distance and speed as much as possible and practical. Be creative and just move your body.

Burst Training: also known as High Intensity Interval Training for a sprint type exercise that raises heart and respiration rates to maximum for short periods of time — 30 seconds or so, and do multiple repetitions, repeating the process multiple times a day. The goal is to get to maximum heart and respiration rates for short periods of time. Start with one or two repetitions spaced out at different times of the day, but not within 2 hours of bedtime, which it will energize you. The goal is to work your way up to several consecutive repetitions.

Strength training: it is important to exercise large groups of core muscles in a way that leads to muscle exhaustion and fatigue. One set of whatever it takes to achieve muscle fatigue is sufficient. Other exercises should be done to address other muscle groups, and the full complement of exercises only needs to be done twice a week, or so.

STRESS MANAGEMENT

There are many ways to manage stress including Yoga, Meditation, Tapping and Emotional Freedom Technique (EFT). These are discussed elsewhere and can be found all over YouTube and on the Internet, but for starters, here are some handy references.

- Yoga Nature Meditation for Healing & Awakening –
 www.changeyourenergy.com
- How to Meditate -
- www.howtomeditate.org
- * AA visualization guides on Step 11
- EFT Tutorials www.emofree.com

There are many ways to manage stress including Yoga, Meditation, Tapping and Emotional Freedom Technique (EFT).



HEALTHY HABITS!

It should be apparent by now that the key to enjoy higher levels of Recovery, any degenerative disease, specifically; Superlative Sobriety and/or Type 2 Diabetes is to adopt a healthy lifestyle.

This includes not only what you put into your mouth, but also how you manage stress, how you move your body, the quality of your sleep, and when you do these things during the day. Here are some suggestions:

- Develop a daily routine for moving your body that includes walking, proper use of Burst/ HIIT training and strength training. The exact strategy is different for each individual, but whatever it is, there needs to be one.
- Create a daily routine that includes short periods of meditation – for example, before you get out of bed, before each meal, and before you go to sleep. Don't forget to use meditation and EFT techniques as-needed when specific stressful situations arise during the day.
- Get plenty of sleep at night, and in the dark! Use a sleep mask if necessary. Turn off bright lights, all electronic lights and avoid TV and computer use within 2 hours of bedtime. This is essential to stimulate proper melatonin production, which is turned on when it is dark, and off when it is light. Ideally, bedtime should be in the 9 pm-11 pm time frame.

- Follow a daily meal cycle that avoids simple carbohydrates in the morning because that will upset the glucose/insulin balance in a way that stimulates hunger and does not allow the body to adapt to fat metabolism instead of sugar metabolism. If you need three meals a day, make sure you do not eat within 3 hours of bedtime, usually no later than 6 pm.
- Try to increase the spacing between meals so that you are actually hungry for a while before you eat. This will stimulate production of human growth hormone, which is necessary for proper healing.
- * Finally try dining with reverence and gratitude, eating slowly after breathing in and smiling at your food. Thanking the farmer for growing and a food goddess (yourself?) for cooking.
- * Lastly, look up and smile at those around you at the table, looking them in their eyes, to the windows of their soul!

Okay, so I am from California and this is the meditation I share with cooking class students of all ages, before they can eat!



HERE IS ANOTHER RECIPE YOU'LL ENJOY.



This classic favourite is easy to make ahead and can be prepared in a low fat manner. Many think of this as Tex-Mex, but it is also served in Chihuahua, Mexico, as an appetizer with tortillas and even as a vegetable side dish with broiled meats. Bake corn tortilla wedges (use a variety of colours) in an 180C oven for 10 minutes for a fat-free crunch! Think of other ways to serve too!

Ingredients

- 1tsp any EVO, chilli & garlic infused
- 1 medium red onion, diced
- 2 cloves purple local garlic, minced
- 1-4 red/green chillies, minced
- 1Tbsp minced fresh oregano
- Chelsea's Chilli Salt & pepper to taste
- 250g light cream cheese or a mix of cheeses: to add flavour dimensions
- Kalamata olives as desired
- 1 bag corn tortilla chips or fresh corn tortillas, baked

The Wilder Method

 In a medium saucepan or large wok for a crowd, heat oil and sauté onion then

- garlic until tender.
- Stir in salsa, chillies, oregano.
- Simmer for 5 minutes; stir often.
- Reduce heat. Add cream cheese and continue to heat through.
- Garnish with olives. Serve on baked tortilla chips or crudités – cut fresh organic vegetables.
- Try mixing in with scrambled eggs, atop a baked potato, over grilled chicken, as a spread, dip or Mexican pizza sauce variation.

This simple easy recipe is in my Wild Mexican Mains book

Cheers to Recovery! Susanne Wilder



Susanne Wilder, a Certified Food Executive and enlightened Cordon Bleu chef, who spent the last five years researching the latest scientific breakthroughs and finding the best contributors and resources for all her books which can change your life with topics on type 2 diabetes, heart disease and high blood pressure, breast cancer, obesity, and stresses and more. Her timesaving formulas make it fun and easy to follow the wellness path in just 30 minutes — including cooking time!

Connect with Susanne at:
WilderbytheDozen.com
Email Recipe Requests to:
wild@wilderbythedozen.com

RECEIVE MORE BY DEMANDING LESS

our grace period **NEVER** expires. Matter of fact, expecting that grace is operating in all your affairs is the secret to good health, happiness, love, success, and prosperity. There really is no need to be demanding. By simply rising in consciousness, we naturally attract all the good we could possibly desire. You do not have to make things happen. God is right where you are wherever you are. Trust that God knows your desires and all that is required of you is to relish in the joyful expectation that God is arranging things on your behalf. In other words, you can have faith and have miracles, or you can deny faith and deflect them.

Taking up the attitude that God is continuously making arrangements on your behalf is the healthiest attitude that one could have. This attitude is the essence of applying Alcoholics Anonymous' third step which is, "Made a decision to turn our will and our lives over to the care of God as we understood Him." It can also be affirmed as, "I

turn everything I want and everything I have into God's care, and I am free to love, play, and be me!"

Having this enthusiastic approach to life is attractive and contagious too. By trusting that God is on our side, we feel more confident in following hunches. Hunches are synonymous with intuition, those joyful nudges that come from within. These hunches may seem silly, since they seem to direct us toward what seems unreasonable for us at the time. However, whenever we follow their blessed. Groundbreaking

designer and legendary advertising "Mad Man", Dr. Archie Boston has stated that he relies on the voice of God within to always guide him to a creative solution. He even refers to this practice as design spirituality and states, "Intuition is my God".

The words bliss and blessing are of the same origin. So, it makes sense to follow your bliss. This can also be considered following your blessing. That bliss (the joyful indicator) is a blessing. It's God leading you to a blessing. Author Alan



F. ZAR.

Cohen encourages readers with, "If the direction warms, delights, stimulates or interests you, it is a sign to move toward it." Remind yourself often that, "The joy of the Lord is my strength". When we work with joy we are working with the power of God on our side. We are going with the flow and can expect wonderful things to happen. The best way to remain receptive to our good and open to joyful leads and hunches is to affirm often for yourself, "God in me is infinite wisdom. He shows me what to do."

In 1997, while out of work in Los Angeles, I got the delightful urge to take my video camera to Santa Monica's 3rd Street Promenade with the intention to record the street performers. Keep in mind, during the 1990's the only way to edit videos was to rent an editing suite and hire an editor. This would cost the equivalent of \$65 per hour in today's market. But rather than have that stop me, I knew from experience to never argue with a hunch. When

God calls, He will take care of all the expenses. I often coax myself to proceed with hunches by brushing away future concerns with a reassuring, "Don't worry. We'll jump off that bridge when we get to it".

At the promenade an all-Russian rock band called the "Red Elvises" was performing what they referred to as, "Kick-ass rock 'n roll from Siberia". They were so entertaining and full of joy. I began immediately to record their performance. Afterwards I exchanged contact information with the band, letting them know I'd give them a video copy as soon as I edited everything together. As I was leaving, a stranger introduced himself and inquired about what I was going to be doing with the video I just shot. I told him that at this point I had no idea, that my next step was to find a place to edit it. He said that I could edit it at a local public access TV studio. He went on to share how then the finished product would be aired

throughout Los Angeles. When I asked how much this would cost to use the facilities, he said that it was all free for local residents. Incredibly, the nearest facility was less than a mile from where I was living.

I made an appointment to go in and fill out the paperwork. During my appointment the head of the studio inquired about what I was doing for a living. I shared how I had just finished a job as a model builder on the movie, "Con Air" and that I was looking for a job. He suggested that I apply for a job that had just opened at this studio. When I asked him what it entailed, he said that it included coordinating and directing the instudio productions, both live and recorded. Well, the Red Elvises performance aired throughout Los Angeles as an edited television show, and I also got the job.

When we relinquish our demands on the specifics as to "how" our needs will be met, we become open to receive miracles.



Remind yourself often that God loves you and is always making arrangements to make you happy and meet your needs. Live in this belief and you will experience the advantages of following your hunches.

Artist Darrell Fusaro is author of the new book, *Break Out of Your Box: Be Your Heroic Self*, co-host of the internationally popular weekly podcast, *Funniest Thing!* with *Darrell and Ed*, and a decorated U.S. Coast Guard veteran. To learn more about Darrell visit: www.ThisWillMakeYouHappy.com



ALCOHOLIS NOT THE PROBLEM... ALCOHOLISM ALCOHOLISM

DAVID ESSEL, M.S.

"ALCOHOL is not the problem... In alcoholism!"

Look at that title!

Does it shock you? Surprise you? Does it make you angry? Does it make you frustrated that someone would make this type of a statement?

Well the truth is, alcohol is not the real problem with alcoholism. Just like food is not the real problem with food addiction.





Just like sex is not the real problem with sex addiction.

Just like video games are not the problem with video game addiction.

Just like television is not the problem with television addiction.

Just like social media is not the problem with social media addiction.

Does this make sense? Or are you super confused?

If you're confused that would be normal! That would be expected!

Why?

Because we've been sold a lie for years upon years... That alcohol is the problem with alcoholism.

But it is not!

No one is born an alcoholic, so how do we become alcoholics?

Personally, I was an alcoholic for over 30 years, and in the beginning, I used to think that alcohol was the problem... "If I just got rid of alcohol, I'd be fine!"

But that would be a lie as well!

Do you know why?

Because the only reason we use alcohol is to escape reality! To escape boredom, anger, rage, insecurity, loneliness, frustration, anxiety, depression, PTSD, suicidal ideation... Do you get the picture?

So, alcohol is not the problem... But what is the problem?

Our problem that leads to alcoholism is our inability to deal with life, life's challenges, life's emotions, that's the real problem!

As an example, in our "permanent alcohol/ addiction recovery program ", we spend so much time teaching emotional coping skills for depression, anxiety, frustration, fear, grief, low self-esteem, low self-confidence, peer pressure... We cover it all in our program because these are the issues that create the desire for an individual to reach out and numb themselves!

This might be one of the most important articles I've ever written in the world of addiction, because I've been helping people get sober for over 30 years, and in every case, they think that alcohol is the problem but once we do the work, we realize that our inability to deal with life is the real problem!

And that inability to deal with life makes us turn to look for substances like alcohol, sugar, nicotine, drugs in order to zone out, in order to numb out, in order to avoid life.

Yes, my family has the gene for alcoholism. I've had family members die of alcoholism. I've had many others who have struggled within our family for years with alcohol, so do we all have the gene for alcoholism?

Undoubtedly yes! But a gene doesn't reach out and pour a glass of wine down my throat, or take over the steering wheel and pull me into a bar or pull me into a supermarket to buy beer or wine or whatever.

What creates that desire to numb out is what I mentioned above: our inability to deal with

life or to know how to cope emotionally with the various challenges life throws at us for our entire lives.

There is hope. I never thought I would get sober, and many, many years ago I did, and my life has been radically changed ever since.

I want the same to happen to you. But in order for that to happen we must realize that alcohol is not the problem, we are the problem!

Join me at my website http://www.davidessel.com
and take a look at our permanent alcohol and addiction recovery program, or text me directly 941.266.7676 and I will help you accomplish what I couldn't do on my own either.

You are never alone. Love David."



Join us today at David Essel | Author | Counselor | Motivational speaker



David Essel's work is highly endorsed by individuals like the late Wayne Dyer, and celebrity Jenny McCarthy says "David Essel is the new leader of the positive thinking movement."

His work as a counselor and minister has been verified by so many different organizations like, Psychology Today, Theravive, Therapy Tribe, and, marriage.com has called David one of the top relationship counselors and experts in the world.

To work with him one on one from anywhere in the world simply visit http://www.DavidEssel.com



READY TO CLIMB BACK ON TOP?

More than ever, it seems the world is completely upside down.

We're working harder, making less, paying more, crime is completely out of control, relationships are harder than ever, and it just seems wherever we look, ...things have gone completely crazy.



ARE YOU UPSIDE DOWN
AND WANT TO TURN
BACK AROUNDS

You can turn <u>virtually everything</u> making you feel unwell, unbalanced, stressed and unhappy, completely back around and do it <u>faster and easier than you can possibly imagine</u>. Yes, ... everything.

Executive Master
Coach, #1 Best-Selling
Author, counselor, and
speaker David Essel,
M.S., O.M the guy, the
"Top Coaches" are
Coached by.

"Top Coaches" are Coached by.

From addiction recovery to building businesses, to saving relationships to finding

If you're serious about turning things around, now is a chance to work with the Number One Executive Master Coach and Counselor in the World!

a work-life balance, David has been one of the top leaders in the world of personal growth and self-improvement for the last 43 years!

DavidEssel.com | Text us 941.266.7676 | david@davidessel.com

David Essel, M. S., O.M. A number one best selling author, counselor, minister and master life coach who has committed his life to help lift the spirits of 2 million people or more every day.

His work has been endorsed by individuals like the late Wayne Dyer, celebrity Jenny McCarthy and co-author of chicken soup for the soul series. Mark Victor Hansen.

Five-O is a new, periodic and ongoing feature in Recovery Today Magazine from the Law Enforcement side of the fence by some of our former Law Enforcement friends. This feature is with our new friend, Kyle Overmyer, formerly the youngest Sheriff in the State of Ohio. "Five-O!" is a phrase anyone has heard when ...the cops are

Our Sixth feature ...

on the way!



SHERIFF, INMATE, MOTIVATIONAL SPEAKER, ...GOVERNOR?

INTERVIEW WITH KYLE OVERMYER

heriff, ...strike that, ...the youngest Sheriff in the State of Ohio, the son of a Sheriff, ... an addict, a convicted felon, a former inmate of the Ohio State DOC, sober advocate and motivational speaker.

That's quite a resume.

It's a story we had to hear and had to tell. Meet our new friend, Kyle Overmyer.

If you've followed Recovery
Today for any amount of time, you
know we love second chances,
redemption and resurrection. The
"flat line" of the heartbeat followed
by a gasp from the guy lying on the
table and the heartbeat starting
again. When ... all hope was lost, ... a
second chance.

Far worse than having nothing is to have had something and then to lose it.

Although, like air we need to survive, I'm not just talking money, finances, homes, investments and bank accounts. I'm talking about the real currency of life; power, dignity, honor, respect and influence. Intertwined within these words are other words, "family," "friends," ... "reputation." The big ones.

To have had all of these attributes and then to lose them all is far, far worse than to have never had them before.

Kyle Overmyer was the youngest Sheriff in Ohio. He was also the son of a Sheriff, a legacy. A little know fact is the Sheriff is the most powerful person in an entire county. They're virtually untouchable. They sometimes even defy orders from a state Governor. I learned from Kyle in the state of Ohio, the only person who can arrest a Sheriff is the undertaker.

You already know the story, but we tell it over and over. Physical pain, in Kyle's case, severe arthritis, followed by doctor prescribed opiates, followed by addiction, followed by disaster. It's always the same.

Opiates take the pain away. All of the pain. Not just the physical pain but our emotional pain, including the pain we hide from others.

In the era of the chanting of "Defund the Police," which I believe is complete insanity when this statement is taken literally, we're now seeing soaring crime where these chants were the loudest, followed by actual defunding. It's obvious with these guys on the front lines, confronting, often times, dangerous mental illness, we need a lot more focus and training on dealing with ... mental illness!

Complex problems. Maybe we don't need quite as many military grade police vehicles and weapons as some cities have but instead far more emphasis and training on how to deal with dangerous people who are out of their minds but what is usually overlooked is those protecting us are not immune from emotional stress themselves.

Thank God we're still dealing with fellow humans rather than some dystopian sci-fi like Robo-Cops. Social media blows up when we see the graphic tragedy, video clips of violent confrontations with law enforcement. We're enraged, many times justifiably by what we see but these guys and gals in uniform, just like combat vets see things we do not want to see. Unlike the butcher, baker or candlestick maker, when you go to work, you're not thinking, "I could die today if I'm not careful." Those in law enforcement are placed in life and death situations where they have to make split second decisions and the





wrong one can lead to death or incarceration, sometimes their own and ...you don't want to be a cop who goes to jail!

Being a cop is high stress. Maybe one of the highest. Toss in some alcohol or better yet, some opiates and ...we've just baked a "Shit-show" cake!

In this interview with Kyle who found himself "doctor shopping" for additional pills and breaking several laws, justice was served and he's the first one to tell you it was. His story, which is far from finished, has turned out well so far



and if he runs for public office as he's considered (and I encouraged him), ... it's got book or movie script potential.

Imagine Kyle's perspective. He's seen the justice system from many angles. As the son of a Sheriff, he's seen how this life affects families. As a Sheriff himself, he's seen it from the need to protect the public. As an addict and as a convicted felon and inmate, he's seen it from the side very few see.

We went pretty deep in this interview and talked way beyond his own story into the "What ifs" and "What should we dos" to fix the severely broken justice system. A system where, prior to guilt, innocence or punishment being determined, grossly imbalanced plea deals are offered. "John, you can plea out and get 5 years or you can roll the dice go to trial, and risk 70 years. By the way, we seldom lose."

We talked about the profitability of the private "Prison Industrial Complex" where slavery is legal. We talked about what the purpose of incarceration. What is it? What should it be? Is it punishment? Is it protection

EXCLUSIVE INTERVIEW WITH **KYLE OVERMYER**

Interview by Rob Hannley, Editor in Chief, Recovery Today Magazine.





of the public? Is it rehabilitation? Or perhaps, woven into it, like all other big business, it's driven by stock prices, profits, retirement funds and investments, sometimes by the powers who run the system itself. Big, ...big, ...big money. A Netflix documentary called, "13th" showed me things few of us know. The US population is just 5% of the world, yet 25% of those incarcerated are here.

Yeah, it's pretty complex, there are many, many other parts, much of it racial, not only within our broken justice system but also within the "factory" of inner cities with broken and fatherless families where future inmates are produced like an assembly line but in my mind, an easy fix is to understand prisons for profits is just wrong. Our system needs to be completely thought through again and a better system has to take it's place.

Bad guys need to be kept from away from the public. Punishment is an actual deterrent and ideally, people coming out of prison should be like Kyle, a guy who still wears his prison issued, Timberland boots so he "never forgets" is ... rehabilitated. He earned several degrees while he did his time, he's a Recovery Advocate, a sought after Motivational Speaker, a Certified Interventionist, and Regional Director of Business Development for Hickory Recovery Network.

Some of the answers to the enormous questions we talked about seem simple. Others are incredibly complex, but change

Bio: Kyle Overmyer, BA, CEI Addiction Advocate, Certified Event Interventionist & Motivational Speaker" Kyle is formerly the youngest Sheriff in the State of Ohio, formerly incarcerated, now works for Hickory Recovery Network.

You can reach Kyle at:

Facebook: @kyle.overmyer.16

LinkedIn: @kyle-overmyer-ba-cei-345b55203

Email: kovermyer6@gmail.com Phone: 419-455-0793

is needed. Although I firmly believe the ultimate answers are found in spiritual transformation, rather than from policy, I also believe someone like Kyle, who's dedicated his life to public service, something woven into his DNA, is the kind of guy who's needed, a guy who has no more skeletons in his closet, who can talk, first-person, law enforcement, about addiction, the justice system and incarceration. I hope he runs and becomes Governor one day.

I love stories like Kyle's. You will too and you're going to love this interview.

 Article and Interview by Rob Hannley, Editor in Chief, Recovery Today Magazine



THE LAUGHTER DETOX

YES, LAUGHING REALLY IS GOOD FOR YOU



JESSIC LANDON

Interview by Rob Hannley, Editor in Chief, Recovery Today Magazine.





he first time I saw one of her skits, I was on Instagram. I almost passed out with laughter. I bet I watched it 20 times, pretty much roaring with laughter while wiping away tears ... just about every time! Even now, as I prepared and watched one of her skit's I first saw years ago... I busted a gut: a damn good, big ol' ... "Belly Laugh." God, she is...funny! My usual comments on her Insta consist only of a word or two, "Slay me." There's nothing else to say.



The Laughter Detox. Episode 1



The Laughter Detox with Kathy the Sober, Judgmental Uber Driver Part 2



The Laughter Detox with Kathy, the Sober Judgmental Uber Driver Ep. 3



Laughter Detox, Jessica Landon, "... just add alcohol"

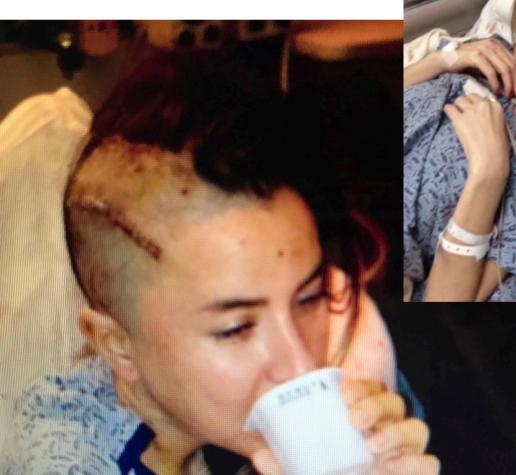


Besides ranking up there with some of the funniest people I personally know, there's far more to her than just "hilarity." Yes, there's the obvious part about being gorgeous, [modeling and acting], but she's also deeply compassionate and empathetic about others, particularly those suffering with addiction. Her own recovery story, with all the "nitty gritty," will blow your mind. She's crazy smart [funny people are always smart], very well read, a very deep thinker, and if all of that's not enough, ... she's cool as hell.

Far from being a skit, when I saw her TED Talk about why laughter is such, "good medicine," I was blown away. It wasn't funny; not supposed to be. It's "a TED." It was serious. Serious, as is ... "scientifically serious," ... packed with all kinds of stats, studies, and data... serious. A damn good talk. It was all about why we laugh, and what it does to us when we do. Yes, it is healing. Remember the guy who cured himself of cancer watching old "Three Stooges" movies for a year? It's true. At least I think it is. I may look it up, but it doesn't matter because ... Jessica's talk really does have all the data. I had to ask her if the "TED guys" told her to, "put a lot of data in it." No. They didn't. LOL.







Meet ... Jessica Landon!

The entire point of this section, "The Laughter Detox" is to ... try to do just that, to stop being serious about this dark subject matter for just a minute, to decompress and fire off some of those healthy chemicals in our brains, which do all kinds of good things as we "belly laugh."

Jessica has been featured way more than anyone, in this section. Any skit she does is ...hilarious. If it's about recovery at all, ... it's in. My favorite of all her characters and skits is,

"Kathy the sober [and judgmental] Uber driver." I can literally feel a laugh bubbling up as I think of some of the "Kathy" skits. We included a few in this feature.

This section is usually pure humor and not a serious interview but when we stay "Laughter is good medicine," we want you to know exactly why.

You're going to love Jessica and you're going to love this interview!

- Interview and Article by Rob Hannley, Editor in Chief, Recovery Today Magazine.

More About Jessica

Jessica Landon is a Writer, Actor, Certified Resilience Recovery Coach, Public Speaker, and new Mom. As a comedic actress, Jessica has appeared on Comedy Central's MADtv, Robot Chicken, Jamie Foxx Sketch Comedy Show, Nickelodeon's Drake & Josh, and NBC's Medical Investigations. A few years into her acting career, she spiraled into becoming a nonfunctioning alcoholic; destroying all of her relationships, and her career.

After surviving many tussles with death, including a brain hemorrhage in 2013, she was finally able to overcome her addiction; fully embracing a life of forgiveness, gratitude, love, and sobriety.

Turning her life around in January 2014, she made it her mission to help others struggling with addiction. Her harrowing journey has since been published in news outlets across the globe: The Daily Mail, Fox News, Yahoo, The Sun, The Mirror, LAD Bible, Popculture, Blast, and Newsweek. You can find her TEDx Talk 'Laughing at Addiction- the Science of Using Humor to Heal on Youtube and Ted.com.

She currently lives in Los Angeles with her fiancé and 2 year-old son. She has recently finished writing her memoir, **HUMAN ON FIRE**.

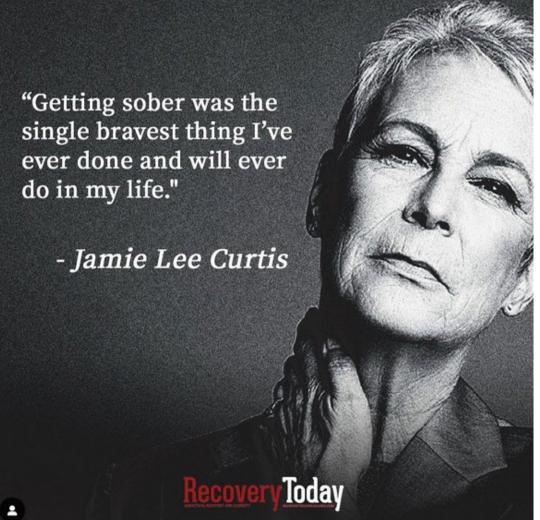
You can connect with Jessica at: JessLandon.com Instagram: @jessicalandon12

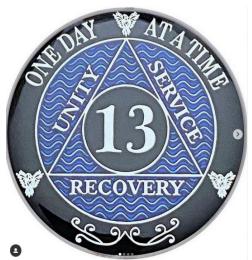
Facebook.com: @Jessicaslandon









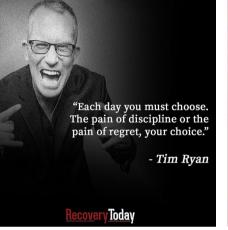




FOLLOW RECOVERY TODAY ON INSTAGRAM



BE INSPIRED EVERY DAY IN YOUR RECOVERY



BEING ASKED "WHY ARE
YOU DEPRESSED? LIFE
IS BEAUTIFUL!" IS LIKE
SAYING "WHY DO YOU
HAVE ASTHMA? THERE IS
SO MUCH AIR!"

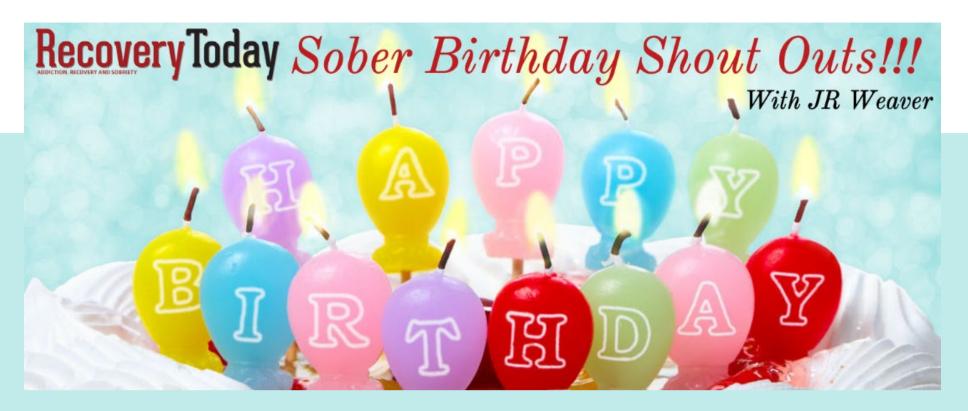




"When everything seems to be going against you, remember that the airplane takes off against the wind, not with it."

- Henry Ford





In a Recovery State of Mind!!!

Welcome to Sober Birthday Shout Outs!!! We're celebrating September, October, November birthdays!! You did the work to achieve this amazing milestone and we are celebrating your special day with you!!! Congratulations to each and every one of you for showing up each day to show the world that 'WE DO RECOVER!!'

If you want to celebrate your upcoming sober birthday with recovery today magazine please feel free to reach out to us. Big thanks to Crissy and Heather for helping with the bdays! If you would like to have your special day posted, please hit me up JR@RecoveryTodayMagazine.com and we will get you added and celebrate with you!!

JUNE SOBER BIRTHDAYS 2022			
CHUCK LOVELACE	9/1/19	NICK BERMAN	10/16/21
JUSTIN WHITE	9/2/21	MEGAN FOWLER	10/17/17
AMIE HULAN	9/7/20	DEANNA ROBINSON	10/28/19
DESIREE MOORE	9/15/20	TRAVIS SACKETT	10/30/13
SARAH LU FREEMAN	9/17/17	KELSEY COATS	11/1/20
ALEASHA JOHNSTON	9/17/17	MICHAEL FIORE	11/3/21
LISA MARIE SWEHLA	9/17/03	MICHAEL PADDLEFORD	11/3/18
CASEY SHEEHAN	9/25/07	SOBER JOSHUA	11/5/19
TANYA WAGNER	9/30/18	JR WEAVER	11/10/17
JOHN TRAUGHBER	10/2/21	TARA LYNN JAMES	11/11/21
TONYA SUFFEL	10/6/21	JENN MATOS	11/11/15
PACIFIC OASIS RECOVERY	10/12/91	ALICIA LOVELACE	11/11/20
JASON HANSEN	10/14/22	ASHLEY JERKINS	11/14/2020

A NOTE FROM JR:

To Be or Not To Be (Recovered)

Welcome to the madness of addiction/recovery, the eternal struggle for our identity. I've spent the last 5 years identifying myself as, "JR, addict" but let me ask you this, do I need a constant reminder of the past that I lived? To continue to call myself an "addict" sounds like I am forever labeling myself from something that is no longer valid. I know the "old-timers" will argue that I need to keep identifying myself as a "alcoholic/addict" if I want to stay sober, but I would argue that I am not that "guy" anymore.

I do consider myself recovered with the understanding that I can never touch alcohol or drugs. I'll be celebrating my 5th year of sobriety

on November 10th and prefer to identify myself as a person in long-term recovery from substance use disorder.

According to SAMHSA, the definition of recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. If I am accomplishing all these goals, then the question becomes how or when does one "recover?"

The message from Bill W. and the first one hundred recovered alcoholics (p. xiii) uses the word "recovered" approximately twenty-three times; "recover," twenty-eight; and "recovering," only twice, and then in the context of the newcomer. If the desire to drink or drug is removed and replaced with

healthier lifestyle choices, do I still have to identify myself as a alcoholic/addict?

If we consider that negative self-talk is the gateway to bad choices, then wouldn't labeling myself "addict or alcoholic" fit that description?

The goal of recovery should be to build a better life without the desire or need to escape. If someone has worked a solid recovery program, dealt with any internal or external issues, and lives a self-directed life then I would have to argue they have recovered. I believe we have earned the choice to choose how we identify ourselves, and personally I don't have to remind myself of who I was and who I am today.

I'm JR Weaver and I am a person in long-term recovery.



About JR Weaver

JR is 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," he's a Senior Mentor for Veterans Treatment Core and the CEO of Recovery Revolution as he pays it forward in a big way, helping many, many other veterans find hope, as tireless advocate for addiction and recovery.

To Connect with JR:

Follow: https: @RecoveryRevolution100 on

Facebook



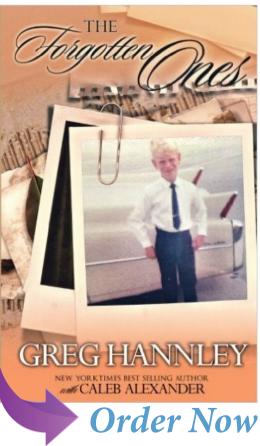


251,396 people follow this

Website: Recovery Revolution







Rob Hannley

Editor in Chief

As the Editor in Chief of Recovery Today Magazine and Recovery Today Podcast as well as a digital entrepreneur, Rob Hannley has shared the stage with, exclusively interviewed, featured, or partnered with internationally known Celebrities, Recovery Icons, Athletes, Rock Stars, Politicians, Peak Performance and Marketing Superstars such as: Sugar Ray Leonard, Nikki Sixx, Dave Navarro, Jamie Lee Curtis, Russell Brand, Congressman Patrick Kennedy, Darryl Strawberry, Daniel Baldwin, Tommy Vext, Melody Beatty, Jennifer Gimenez, Craig Mabbit, Matt Fraser, Brian Tracy, Jay Abraham, T. Harv Eker, Dolf De Roos, Bob Proctor, Mark Victor Hansen, Robert Allen and more. He's been sober since February of 1994. His greatest desire is to see people change their own lives for the better.

Greg Hannley

Advisory Board

Nationally recognized addiction expert, Greg Hannley is the Chief Recovery Officer and Board Member of Vivera Pharmaceuticals, Founder of SOBA Recovery Center, Founder and Executive Producer of Malibu Films, Founder of Prince Boxing. Greg has appeared on CNN's Larry King Live, Fox News, Fox and Friends, San Antonio Living, and other national media outlets. His vision is to provide a safe, sober environment for those suffering from the disease of addiction and to evangelize a simple, powerful message; there is hope.