

THE “ROB REPORT”

Letter from the Editor in Chief, Rob Hannley



You are reading the 81st Issue of Recovery Today. You're going to love it!

“You people” are the greatest people I’ve ever met!

You, “*You people*” (as my mother used to say to my brothers and sisters and I), you who are in recovery, or love... or “loved” someone with an addiction, are the greatest people I’ve ever met.

- ⇒ You’ve thought long and hard about what really matters in life.
- ⇒ You’ve stop lying and now you tell the truth. You like to “**come clean.**”
- ⇒ To you, relationships matter.
- ⇒ You serve others.
- ⇒ You listen and have empathy for others who are struggling.
- ⇒ You’re intentional about living a good life.
- ⇒ You’re not judgmental.

The list goes on and on and on and if you’re already saying something like “*Lol. That’s Bullshit. Stopped lying? That’s funny,*” let me add the caveat, this list gets truer, far, far, ...far longer and better right along with the amount of time you’ve been sober and actively working on whatever program you work.

It’s not brain science though, is it?

If you work on your body and

lift weights, your muscles grow bigger, stronger, healthier, and better looking.

The things we focus on and choose to grow or improve, ...get better and bigger and healthier (and happier).

I’ve had the unique opportunity to talk to some very famous, usually wealthy, and influential people. Several “9 figure type people.”

Great, great people, or so it seems however, unless they have some personal connection to recovery, ...they don’t hold a candle to “*you people.*”

You are special. You survived this far. You may not be “there,” but you’ve made it this far and no matter how bleak things may seem right this minute, yeah, ... you can go on. You can make it. The thing that didn’t kill you has made you stronger.

I used to wonder why I wasn’t naturally happy. It seemed really unfair. I’d ask to myself, “*Why is it I have to work my ass off simply to NOT feel shitty? Why don’t I just start the day feeling neither up or down?*”

Back story: Two guys who have both previously been wiped about by hurricanes, watch from

their back porches as another hurricane comes their way. One of them cries out to God, **“Why ... why, why is this happening again?”** He sobs in disbelief and is paralyzed. **He and his family are now dead.** The other guy, seeing another hurricane come, shouts to his wife and kids, **“Get anything you can grab and get in the car!”** In 3 minutes flat, they haul ass out of there and later they buy a house in Arizona (No hurricanes).

Why? Well, you bought a house where they have hurricanes. You can fix that. **“What can I do about it?”** is a better question.

Why do I feel shitty? Maybe it's because I haven't exercised or I've been replaying some crazy fear in my mind over and over or I've had a bad diet, a fight with the wife, a deal didn't go through how I expected or, not enough sleep or maybe it's brain wiring. Pick one. Pick a combo. What really matters, ...is to ask the exact same question as the guy with the hurricane coming or any other problem you face: **“What can I do about it?”** ...[and then do it immediately.]

So, ... when I feel shitty, I'll hit the gym, make sure I eat right, apologize to the wife, pray, read and listen to something uplifting, make sure I sleep and then just repeat that and relax and soon, ... I don't feel shitty.

I listened to the book, **“The How of Happiness”** recently. The author lays it out plainly. **“To be happy, ...it takes work.”**

Hmmm. That struck me. It's not that you're naturally happy. Its also not that you'll finally be happy when... you make **“that money”** or ...buy that house, car. Those are great and there is nothing wrong with them but ... what really makes us happy are the other things, the **“soul things.”** Things like service, charity, and connection with others. If I want to be in shape, ...I have to work my muscles. If I want to... “not be an idiot,” I have to read and study things. Of course, it makes sense, **if you want to be happy, ... you have to practice and work at the things which truly make us happy.**

Authenticity. Often when I write and then read it, a thought emerges; **“You sound like some kinda ‘Rah-rah’ guy.”** Like someone who's trying inauthentically to blow sunshine and rainbows up your skirt. One of the things I really despise in life is FAKE-NESS. Can't stand it. When I write, “rah-rah,” it's real. I actually mean it. I actually believe it. I have to believe it. I know there is greatness in each of us. We all have a story and I share the broken parts of myself or the parts which repeatedly break as I grow because ...I want

you to know, ...we're alike. I share the **“you can do it”** stuff because who else is going to tell you? I know the main thing we all need, myself included, is ...hope. **We need hope that tomorrow, ...next week, next month, next year will be, if we put in the work, better than it is now.**

This is what it comes to. If you're in recovery, ...you know it's about the work and its damn hard work. Sometimes it is about figuring out how you got where you are but the bigger question is, **“What now? What are you going to about it?”** If you're active in recovery, you're courageous enough to do the work. If you're not, then, ... get back to work! **Practice being happy. Be of service. Be kind, polite and generous.**

I care about **“You People.”** I appreciate you. I think you're valuable. **You're truly the greatest people I've ever met!**

Do some kick ass, undeniably remarkable things and then let's share your story in Recovery Today. Tomorrow really can be better than today (if you decide it will be).

This what I have for you today, along with this... phenomenal issue.

This issue is... just ... so ... damn ... good!

Our Cover and Cover Feature this month is Award-Winning Author, Entrepreneur of the Year Winner, Film Producer and “Top-5 Rated” Keynote Speaker. Best known for being the Founder of “Secret Knock,” A Forbes and Inc. Magazine Top-Rated event focused on partnership, networking, and business development. He’s the producer of the Oscar qualified film, “Wish Man,” based on the creator of the “Make A Wish Foundation,” streaming now worldwide. Recovery Today Correspondent, Jen Sugermeier traveled to meet Greg in person, and you’ll love the interview and nuggets he drops.

Our cover this month is ...

Greg S. Reid

Ernie C. - Cofounder of “Body Count” – We titled this feature, “The Kevin Bacon of Metal.” because, like “6 degrees of Kevin Bacon,” Ernie C, is a Grammy winning guitarist who knows EVERYONE in metal and pretty much every big name in rock music. He, along with his High School friend, “Ice-T” formed the band “Body Count.” 30 years later, ... they’re winning Grammys, still touring and playing to enormous crowds. Ernie also wins the award of “the

most likeable guy ever.” You’ll love this interview with Ernie!

Adam Jablin– We titled this feature “How to be the Hero in Your Own Story.” Love Adam! A huge thank you to our mutual, bad ass friend, Mike Diamond, for introducing us. To say we hit it off is an understatement. Adam is a Best-Selling Author, Keynote speaker, Life, Sobriety and Business Coach. Rather than waiting on someone to save you, you can be your own hero and save the day. Tap into the talents you never knew were there. **A GREAT interview.**

Dave Manheim - This article is appropriately named, “dop-ey” after the wildly successful podcast David does called, “The Dopey Podcast.”

Dopey is a podcast about “drugs, addiction, and other dumb shit.” David is fun, easy going and he always keeps it real. You’ll love him.

Mindy Davey - We titled this feature, “My Daughter Saved My Life.” Mindy is an AMAZING Recording Artist from New York who I’m sure you’re going to be hearing quite a bit. From the moment Mindy found out she was pregnant with her daughter, she found the reason to finally get serious and get sober. Mindy’s hip-hop, rap music, which kicks ass, is all about

addiction, recovery, anti-bullying and suicide prevention because Mindy’s purpose, like ours, is to bring hope to others. **There is nothing not to LOVE about Mindy and you’ll LOVE this interview.**

Judith Roberts of Hope Manor –This feature is a part of the ongoing series, “Naked Truth, Over 35 Years of Sobriety” with our friend, our correspondent and former Recovery Today Cover, Dona Speir. In this feature called, “*She Gave it All Up.*” Dona interviews another extraordinary and inspiring human, **Judith Roberts of Hope Manor in Bismarck, ND.** Judith was once a Criminal Defense Attorney and was the Legal Counsel to a Supreme Court Judge, but she gave it all up to start a sober living for women in North Dakota because ... people were dying! **You’ll love Dona’s interview with Judith**

David Essel – He’s a Number One Best-Selling Author (11x), Counselor, Master Life Coach, International Speaker and Minister who’s also a former COVER of Recovery Today Magazine. In David’s sixth article since joining us, he writes, “*Grief: The Pathway to Unconditional Love*”

“The Recovery Today Book Club!” Live Life Happy with Andrea Seydel This is our

SEVENTH 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, **“No Bad Parts - Healing Trauma and Restoring Wholeness”** 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, **“Drunk Mountain-Climbing”**

“Five-O!” – *a phrase anyone has heard when ...the cops are on the way!* **A RETURNING SERIES** where we will feature those who work on the **“Criminal Justice”** side of the drug and recovery fence. This feature

is by **Ryan Sakacs,** attorney, author, the founding Chief of the Prescription Drug Investigation Unit with New York City’s Special Narcotics Prosecutor and a 12-year, Assistant District Attorney. We’re excited to bring you Five-O again! This feature titled, **“Vague Prescribing Laws Vex Victims”**

“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. **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 June, July and August!

Caroline Beidler – One of our newest contributors writes a great feature called, **“Let’s Talk about Sex (and Recovery), Baby”**

Darrell Fusaro – Thrilled to have Darrell’s fun and inspirational feature again this month. Darrel writes, **“Faith It ‘til You Make It”**

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

Our favorite poet, **Jasen Courtepatte,** shares, **“What Does it Cost for You to Drink Booze?”**

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