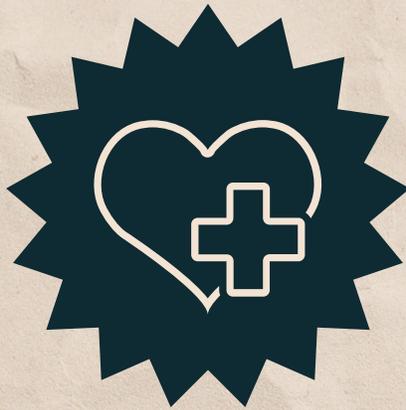
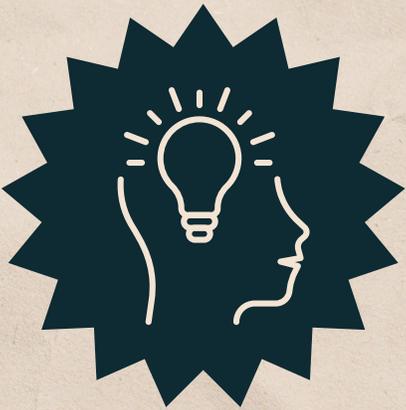


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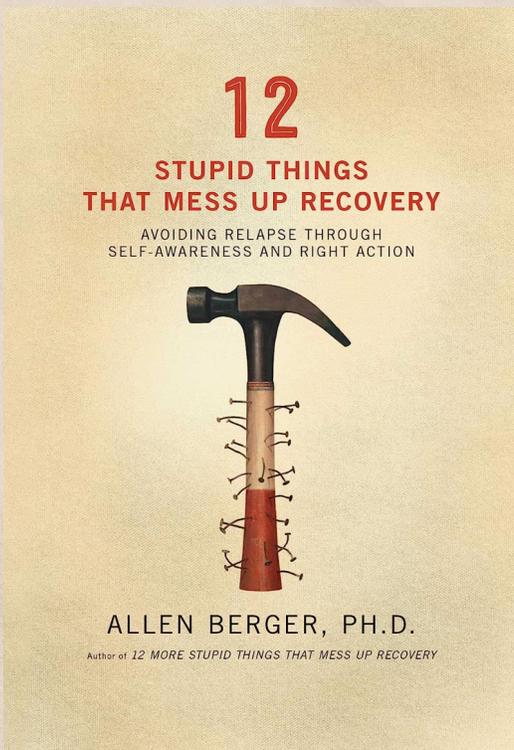
Learn • Heal • Grow



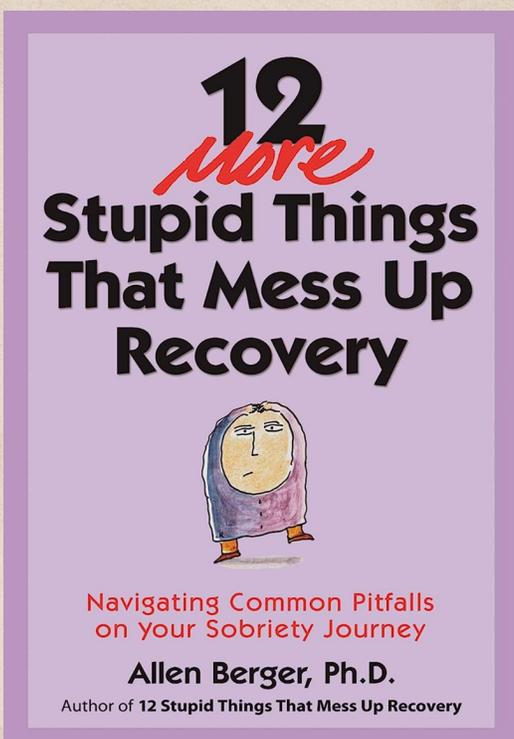
SA+CD

12 Stupid Things That Mess Up Recovery

• • • • • ALLEN BERGER PHD • • • • •

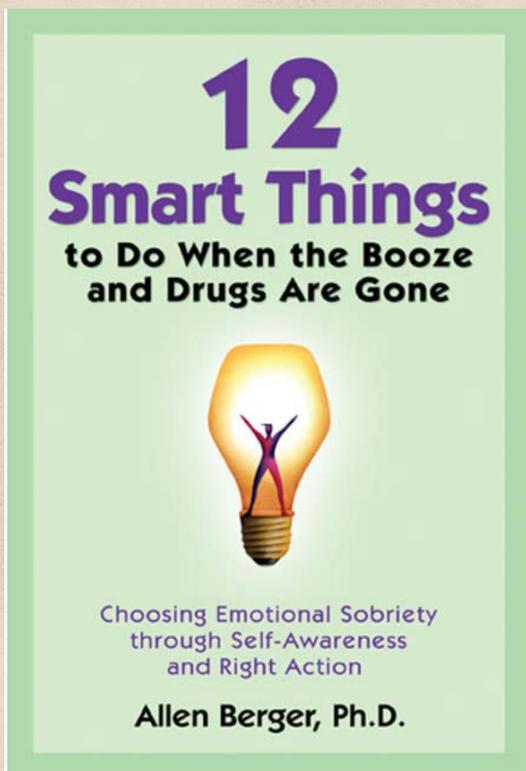


There are many misconceptions about the recovery process that can interfere or deter someone's journey. This two-part book series delves into the many common assumptions and attitudes that can create a negative perception and ultimately lead to self-sabotage. Book one covers important steps in recovery such as making amends, expecting perfection, and exploring self-concern. Berger discusses the reality of these steps and presents strategies to aid your recovery and not hinder it. The second book continues and elaborates on these topics, adds more, and gives you tools to overcome them. Tackle self-defeating thoughts and discover a new perspective on life after dependency.



12 Smart Things to Do When the Booze and Drugs Are Gone

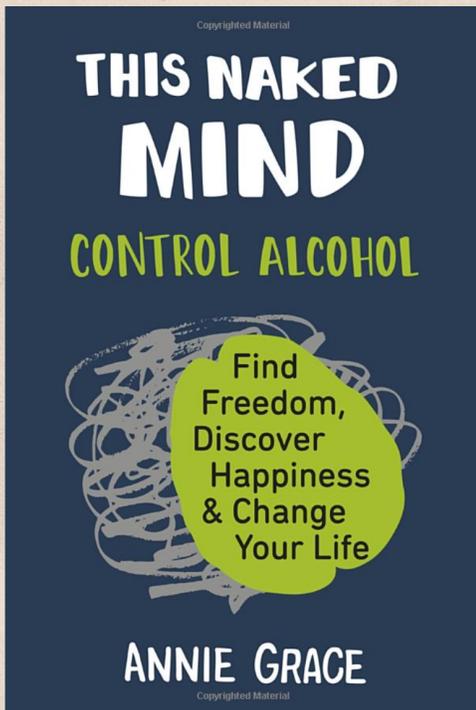
• • • • • ALLEN BERGER PHD • • • • •



Sobriety from drugs and alcohol is just one part of the recovery puzzle. Emotional sobriety is the mental process of handling negative thoughts to avoid relapse. Dr. Berger shares 12 tips to support emotional sobriety such as building confidence, taking accountability, reflecting internally, and regulating responses to others actions. These tools free you of dependency on people or circumstances and build inner strength in recovery. This book is for those who are seeking support in abstinence from substances or behaviors.

This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life

• • • • • ANNIE GRACE • • • • •



"This Naked Mind" by Annie Grace is a self-help book that challenges the traditional view of alcohol and its role in our lives. It offers scientific evidence and personal anecdotes to debunk common myths about alcohol's benefits. The book empowers readers to reevaluate their relationship with alcohol, providing practical strategies to break free from societal pressure and cravings. Annie Grace shares her own experiences to create a relatable and compassionate guide for finding happiness and control beyond alcohol's influence.

Alcohol and You: 21 Ways to Control and Stop Drinking: How to Give Up Your Addiction and Quit Alcohol

• • • • • LEWIS DAVID • • • • •

Alcohol and You



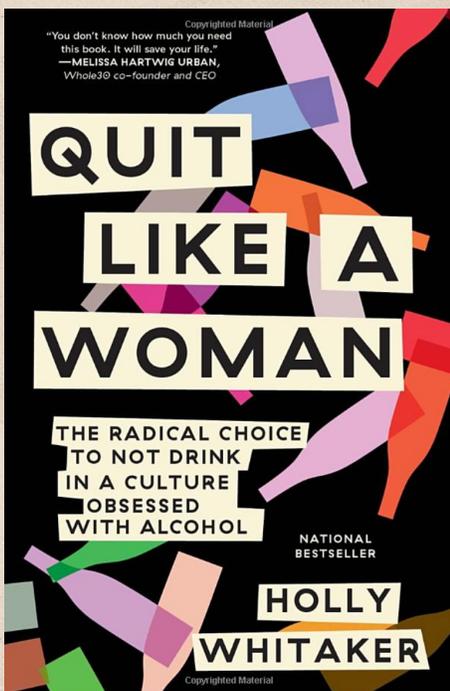
**How to
Control
And
Stop
Drinking**

This comprehensive guidebook offers practical strategies for individuals seeking to regain control over their drinking habits. Lewis David presents 21 actionable ways to effectively manage and ultimately overcome alcohol addiction. From setting clear goals and creating a support network to implementing healthy coping mechanisms and developing new habits, the author provides a step-by-step approach to quitting alcohol. With a focus on empowerment and personal growth, "Alcohol and You" equips readers with the tools and insights needed to break free from alcohol addiction and lead a healthier, alcohol-free life.

Quit Like a Woman: The Radical Choice to Not Drink in a Culture Obsessed with Alcohol

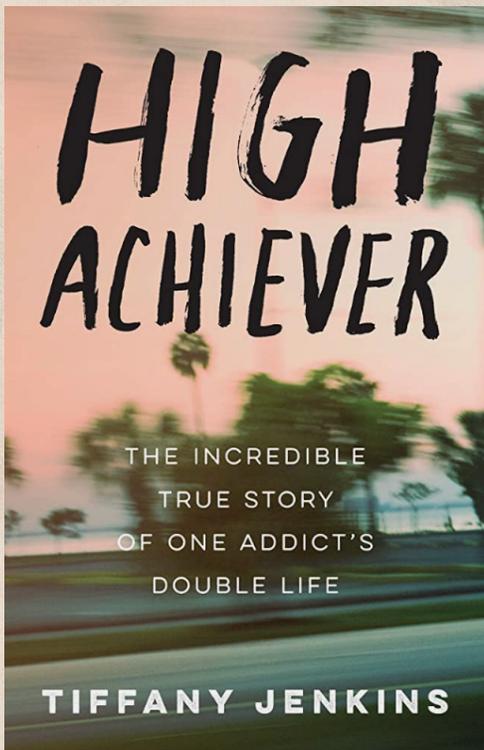
• • • • • HOLLY WHITAKER • • • • •

Holly Whitaker challenges society's perception of alcohol and encourages women to embrace sobriety as a radical act of self-care in "Quit Like a Woman". Drawing on her personal journey and experiences to dismantle the glamorization and normalization of alcohol in our culture, she offers a fresh perspective on quitting drinking. Addressing the underlying societal pressures and patriarchal structures that contribute to alcohol dependency in women, this book is a blend of memoir, research, and practical advice. "Quit Like a Woman" provides a roadmap for women to redefine their relationship with alcohol, find empowerment, and reclaim their lives on their own terms.



High Achiever: The Incredible True Story of One Addict's Double Life

• • • • • **TIFFANY JENKINS** • • • • •

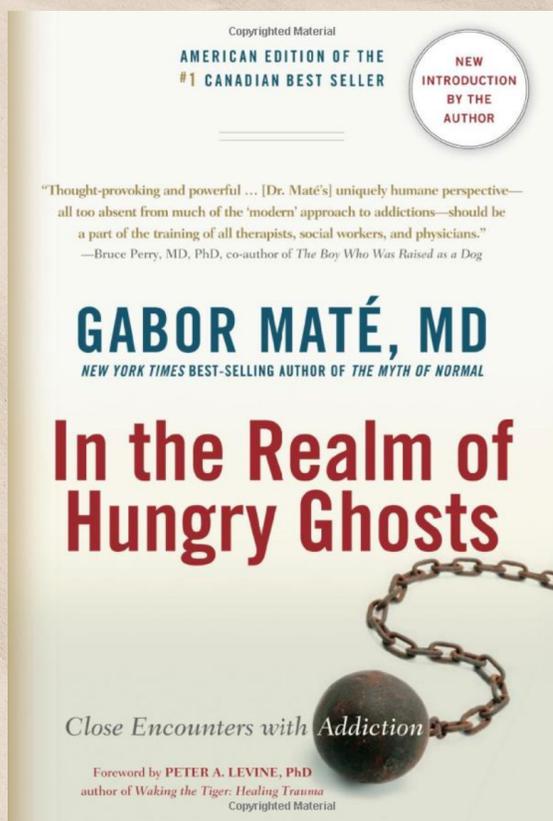


This compelling memoir depicts the secret life of a high-functioning drug addict. With brutal honesty, Jenkins recounts her descent into addiction, the toll it took on her relationships and mental health, and the consequences that led to her imprisonment. However, amidst the darkness, the book also offers a glimmer of hope as Jenkins shares her journey of recovery, emphasizing the transformative power of self-reflection, forgiveness, and the support she received. This gripping memoir provides a vivid and inspiring account of one woman's triumph over addiction and the path to rebuilding a meaningful life.

In the Realm of Hungry Ghosts: Close Encounters with Addiction

• • • • • MD GABOR MATÉ • • • • •

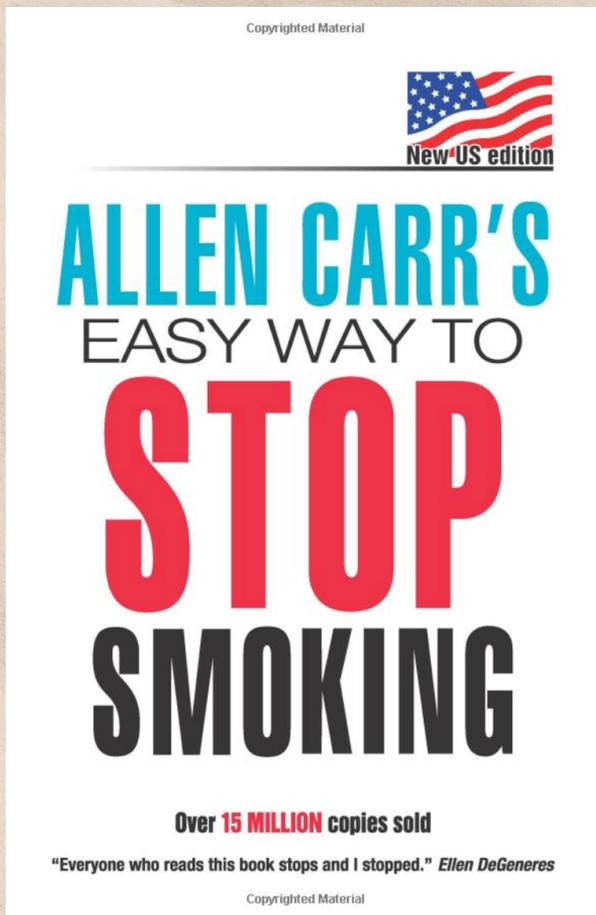
A profound exploration of addiction that delves into its underlying causes, societal implications, and potential paths to healing. Drawing from his extensive experience as a physician working with addicts in Vancouver's Downtown Eastside, Maté presents a compassionate and humanizing perspective on addiction. He skillfully weaves together personal stories, scientific research, and socio-political analysis to shed light on the complex interplay of biological, psychological, and social factors that contribute to addiction. Maté challenges traditional views of addiction as a moral failing, instead highlighting the deep-rooted pain and trauma that often underlie addictive behaviors. With a call for societal compassion and a focus on holistic approaches to healing, this book invites readers to reexamine their understanding of addiction and consider new ways to support individuals on their journey to recovery.



Allen Carr's Easy Way To Stop Smoking

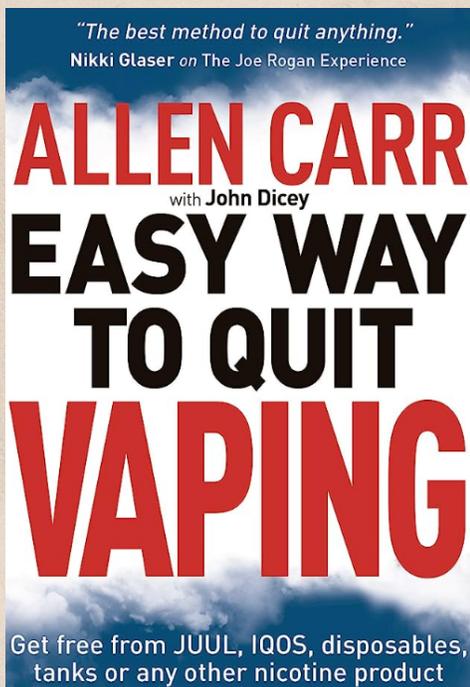
• • • • • ALLEN CARR • • • • •

This book is for individuals looking for a unique and effective approach to quitting smoking in a revolutionary way. Carr dismantles the illusions surrounding smoking, challenging the belief that it provides pleasure or relief. Through a combination of practical techniques, psychological insights, and motivational guidance, Carr empowers readers to break free from the grip of nicotine addiction. He addresses the fears and doubts associated with quitting, providing reassurance and support throughout the journey. By shifting the reader's mindset and helping them understand the true nature of addiction, Carr paves the way for a smoke-free life filled with health, freedom, and empowerment.



Allen Carr's Easy Way to Quit Vaping: Get Free from JUUL, IQOS, Disposables, Tanks or any other Nicotine Product

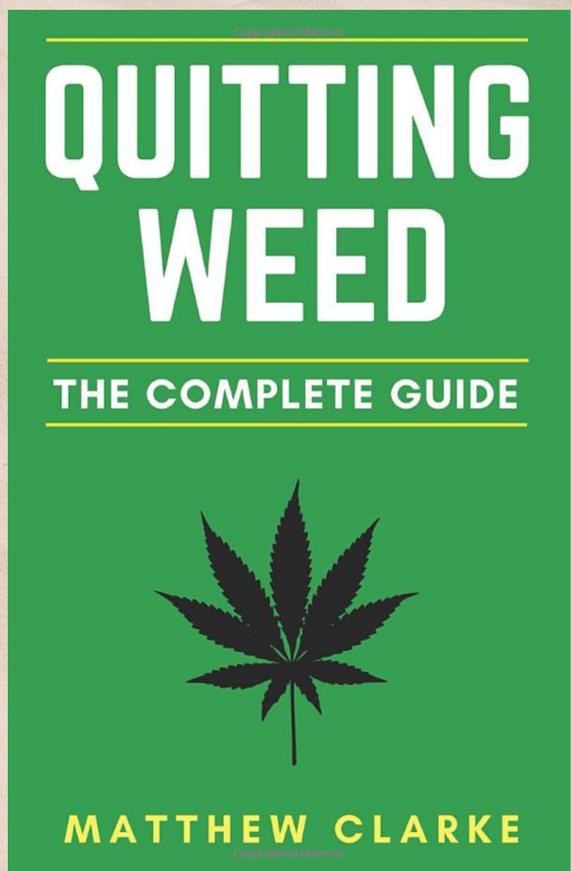
• • • • • ALLEN CARR • • • • •



This book presents a powerful and effective approach to break free from nicotine addiction associated with vaping. Carr, renowned for his groundbreaking work in helping people quit smoking, applies his proven methods to vaping. By challenging the misconceptions surrounding vaping and nicotine, Carr empowers readers to change their mindset and regain control over their lives. With practical techniques, psychological insights, and motivational guidance, this book offers a roadmap to overcome cravings, eliminate dependency, and live a healthier, nicotine-free life. Whether it's JUUL, IQOS, disposables, tanks, or any other vaping device, Carr's approach provides hope, support, and a path to liberation from nicotine addiction.

Quitting Weed: The Complete Guide

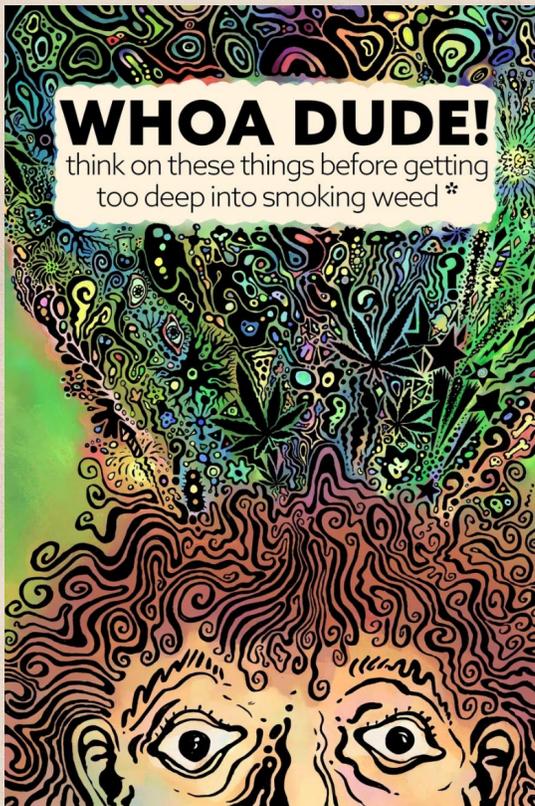
• • • • • MATTHEW CLARK • • • • •



Are you looking for a comprehensive resource that offers practical guidance and support to overcome their dependency on marijuana? With empathy and understanding, Clarke addresses the various challenges and obstacles faced during the process of quitting. Drawing on personal experience and extensive research, he provides strategies to manage withdrawal symptoms, cope with cravings, and develop healthier habits. This guide offers a step-by-step approach, empowering readers to reclaim control over their lives and discover the benefits of a weed-free existence. From addressing the psychological aspects of addiction to providing tips for relapse prevention, "Quitting Weed" is a valuable tool for those seeking a path to freedom from marijuana dependency.

Whoa Dude! Think on these things before getting too deep into smoking Weed

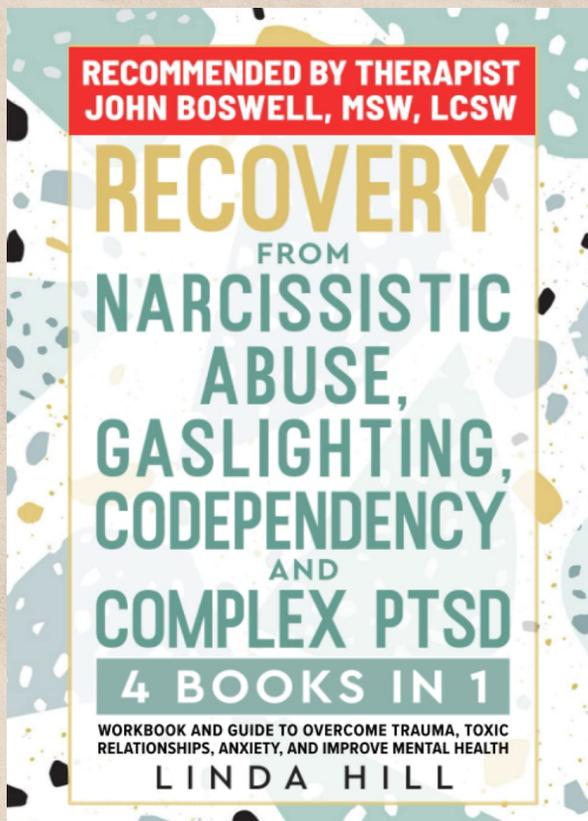
• • • • • KEVIN G. BECKER • • • • •



The potential risks of marijuana use are often overlooked. Kevin Becker presents the science behind the physical, emotional, and social effects. The evidence-based information encourages readers to consider the potential consequences before delving too deeply into marijuana consumption. This book serves as a valuable resource for those seeking a balanced understanding of the science behind marijuana and the importance of making informed decisions regarding its use, particularly when it comes to personal well-being and the well-being of loved ones.

Recovery from Narcissistic Abuse, Gaslighting, Codependency and Complex PTSD

• • • • • LINDA HILL • • • • •



Have you been impacted by emotional abuse such as gaslighting, codependency, complex PTSD or narcissistic abuse? This recovery journey can be particularly challenging to navigate due to the nature of these relationships. Linda Hill offers support and practical tools for individuals healing from these situations, drawing on her expertise and personal experiences. The book covers various aspects of healing, including understanding the dynamics of toxic relationships, addressing codependency patterns, processing trauma, and rebuilding self-esteem and healthy boundaries. By combining insights, therapeutic techniques, and actionable exercises, this guide offers a comprehensive roadmap for overcoming the lasting effects of abusive relationships and fostering personal growth and resilience.

The Easy Way to Stop Gambling: Take Control of Your Life

• • • • • ALLEN CARR • • • • •

Allen Carr's transformative "Easyway" method is applied to gambling in this book. It begins with an explanation of the nature of gambling and why this behavior can quickly spiral to take over your life. Carr dismantles the illusions and false beliefs surrounding gambling, addressing the psychological traps and societal pressures that contribute to addictive behaviors. Through a combination of empowering techniques and motivational guidance, this book guides readers towards a life free from the destructive cycle of gambling. By reframing their perception of gambling and understanding the true nature of addiction, readers can embark on a path of recovery, reclaiming their freedom and taking control of their lives.

"His method is absolutely unique"
Sir Richard Branson

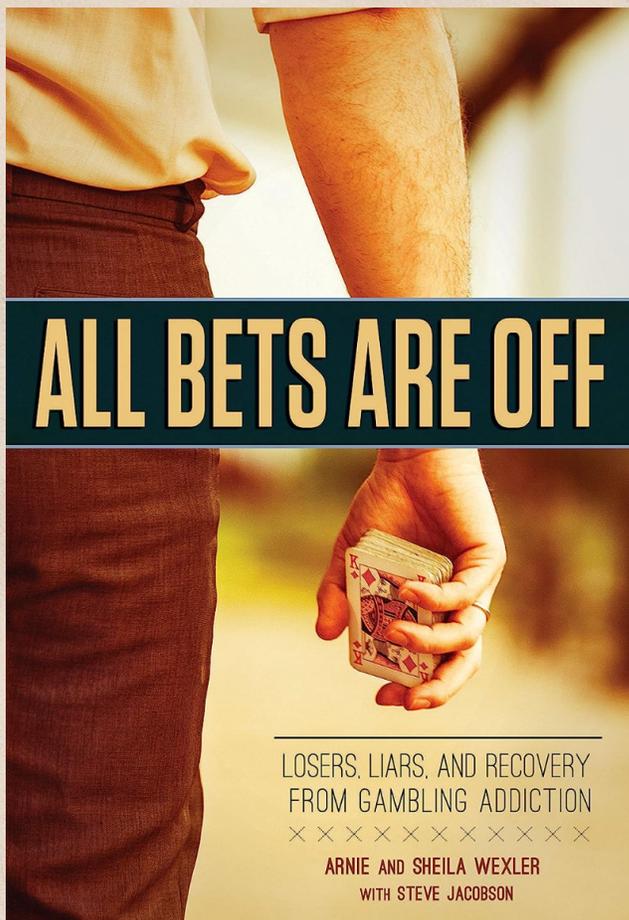
ALLEN CARR THE EASY WAY TO STOP GAMBLING

Over 16 million Easyway books sold

Take control of your life

All Bets Are Off: Losers, Liars, and Recovery from Gambling Addiction

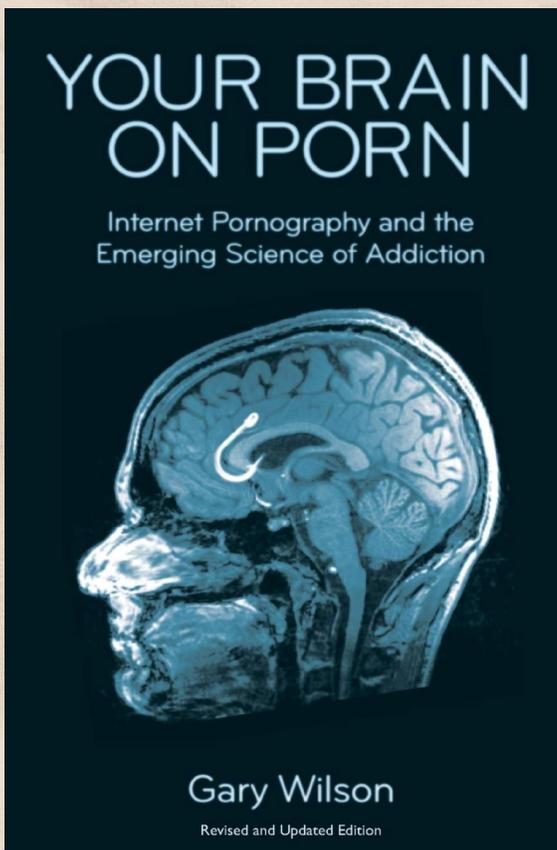
• • • • • ARNIE AND SHEILA WEXLER, • • • • •
WITH STEVE JACOBSON



Are you looking for a more personal account of gambling addiction and recovery? Arnie Wexler details his battle with betting and gambling, starting at early adolescence into later life. Co-authored with his wife Sheila, this book describes the obsessive and secretive reality of a life compulsive gambler. Arnie has been in recovery for over 30 years and provides insight, hope, and inspiration to others who may be trapped in the grip of gambling addiction, offering a testament that recovery is possible and that a life of healing and redemption awaits. This memoir also shines a light on the path to recovery, highlighting the power of self-reflection, seeking help, and finding the strength to rebuild a life beyond addiction.

Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction

• • • • • GARY WILSON • • • • •



Pornography websites make up 12% of the internet with 90% of children ages 8 to 18 having viewed pornographic content. Due to the frequency and accessibility of porn through high speed internet and mobile devices, the effects of porn are often underestimated. Gary Wilson describes the impact of porn on the brain and its potential for addiction. Scientific research has studied the effects of pornography on the brain's reward system and the development of compulsive behaviors. This book sheds light on the emerging field of pornography addiction and offers guidance on breaking free from its grip. It is a valuable resource for individuals seeking a deeper understanding of the effects of pornography on the brain and the potential pathways to recovery and healthier relationships.

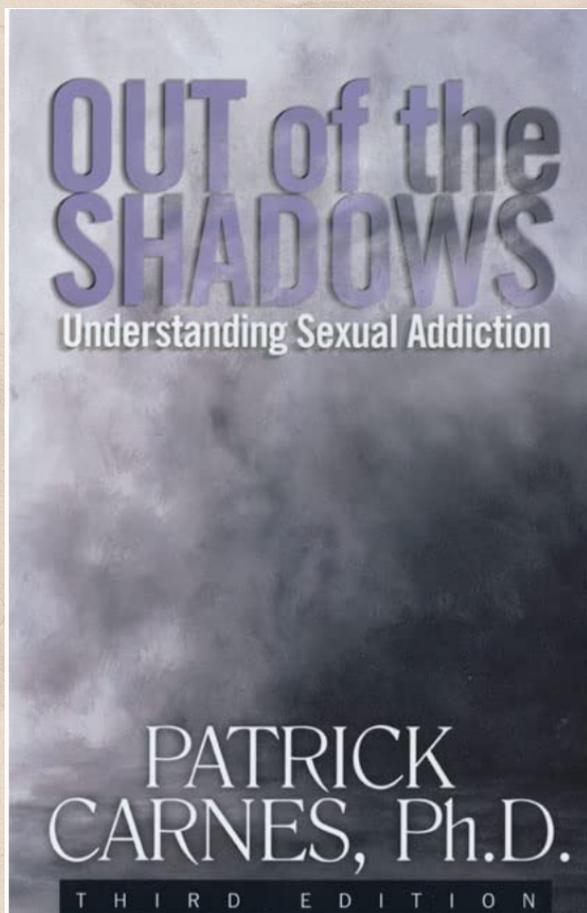
Out of the Shadows: Understanding Sexual Addiction

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PATRICK J CARNES

• • • • •

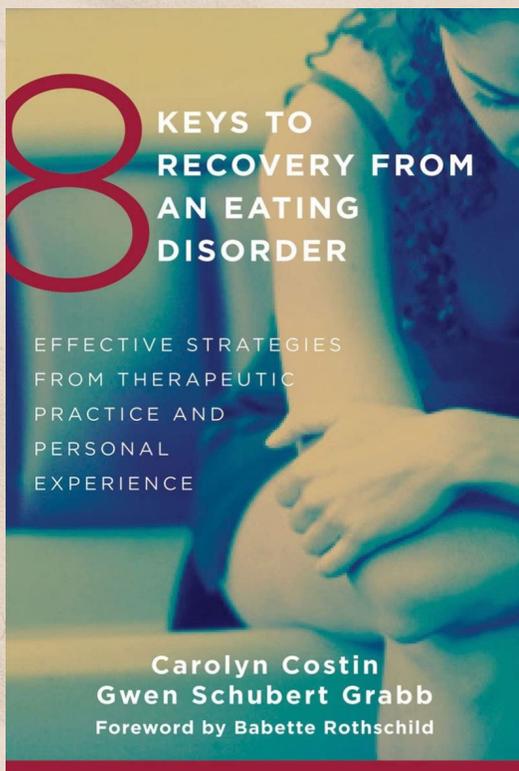
PH.D.



Dealing with a sexual addiction has a deep impact on both the individual and their relationships. Feelings of shame, remorse, and self-blame are common. This book is compassionate and comprehensive in explaining and understanding this disorder. Carnes addresses the psychological, emotional, and societal factors at play, while offering practical tools and strategies for recovery. With a focus on empathy and healing, this book serves as a valuable resource for individuals struggling with sexual addiction, their loved ones, and professionals in the field, guiding them towards a path of understanding, recovery, and healthier relationships.

8 Keys to Recovery from an Eating Disorder

• • • • • CAROLYN COSTIN AND GWEN SCHUBERT GRABB • • • • •

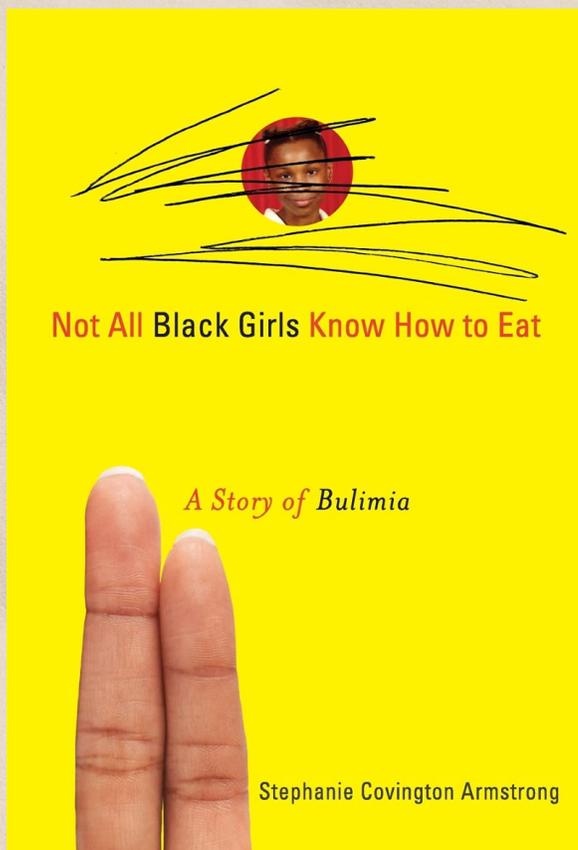


Drawing from her extensive therapeutic practice and personal experience, Carolyn Costin presents eight key principles that serve as a foundation for healing and long-term recovery. The book covers a wide range of topics, including self-acceptance, body image, emotions, and building a healthy relationship with food. With a compassionate and empowering approach, Costin provides practical exercises, therapeutic techniques, and real-life stories to guide readers towards understanding the roots of their eating disorder and developing effective strategies for recovery. This book is an invaluable resource for anyone seeking to overcome an eating disorder, offering hope, support, and a roadmap to reclaiming a healthy and fulfilling life.

Not All Black Girls Know How to Eat: A Story of Bulimia

• • • • • STEPHANIE COVINGTON ARMSTRONG • • • • •

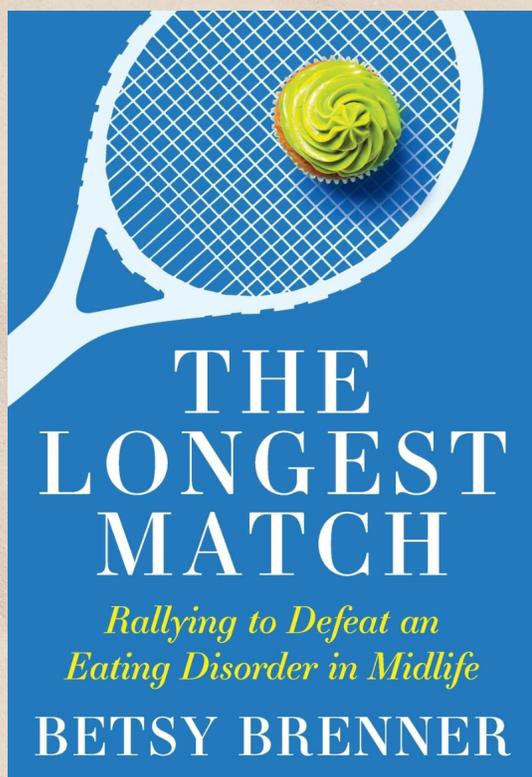
Over 28 million Americans are affected by eating disorders, but racial minorities that struggle are often marginalized due to body image stereotypes and stigmas. With raw honesty and vulnerability, Armstrong sheds light on the often overlooked experiences of black women struggling with eating disorders. She delves into the complexities of race, culture, and body image, offering a unique perspective on the intersections of identity and mental health. Through her captivating storytelling, Armstrong navigates the depths of her disorder, providing insights into the emotional turmoil, shame, and isolation that accompany it. In sharing her story, she breaks the silence surrounding eating disorders in the black community and provides hope and inspiration for those who may be grappling with similar challenges. This memoir is a poignant testament to resilience, self-discovery, and the power of vulnerability in healing.



The Longest Match: Rallying to Defeat an Eating Disorder in Midlife

• • • • • BETSY BRENNER • • • • •

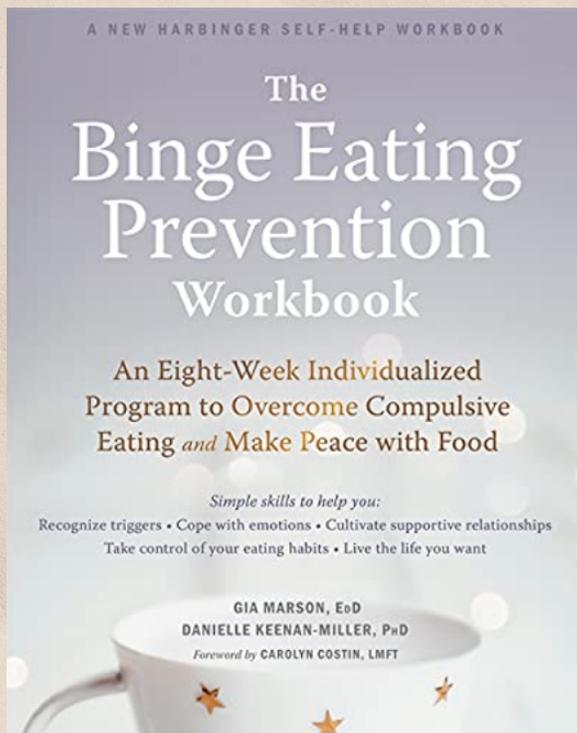
If you are dealing with the onset of disordered eating in adulthood, this memoir offers insights to author Betsy Brenner's personal journey with an eating disorder in midlife. A deeply personal and insightful account of her struggles, delving into the complex interplay of body image, self-worth, and societal expectations. Through her raw and candid storytelling, she sheds light on the unique challenges faced by individuals confronting eating disorders later in life. With unwavering determination and a commitment to her own healing, Brenner takes readers on her journey of self-discovery, therapy, and recovery. This memoir serves as a source of inspiration and empowerment for those battling eating disorders, proving that recovery is possible at any age and offering hope for a life of self-acceptance, resilience, and renewed purpose.



The Binge Eating Prevention Workbook

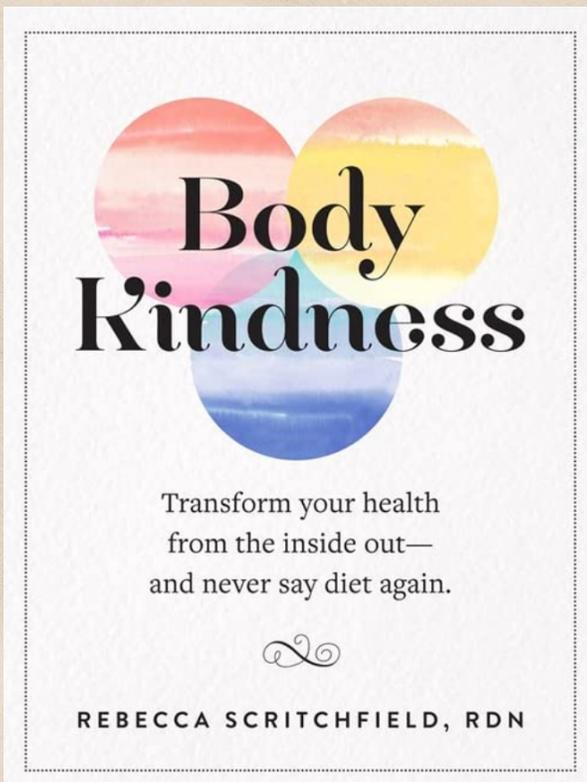
• • • • • GIA MARSON AND DANIELLE KEENAN-MILLER • • • • •

Binge eating disorder is the most common eating disorder, affecting 2.8 Americans. If you struggle with overeating, feelings of guilt and shame around food, and binge-restrict cycles, this workbook may help you! An individualized eight-week program will help you identify triggers and teach tools to cultivate self-compassion, build resilience, and develop healthy coping mechanisms. With its comprehensive approach and actionable steps, this workbook serves as a valuable resource for individuals seeking to break free from the cycle of compulsive eating and create a sustainable path towards a balanced and nourishing relationship with food.



Body Kindness: Transform Your Health from the Inside Out--and Never Say Diet Again

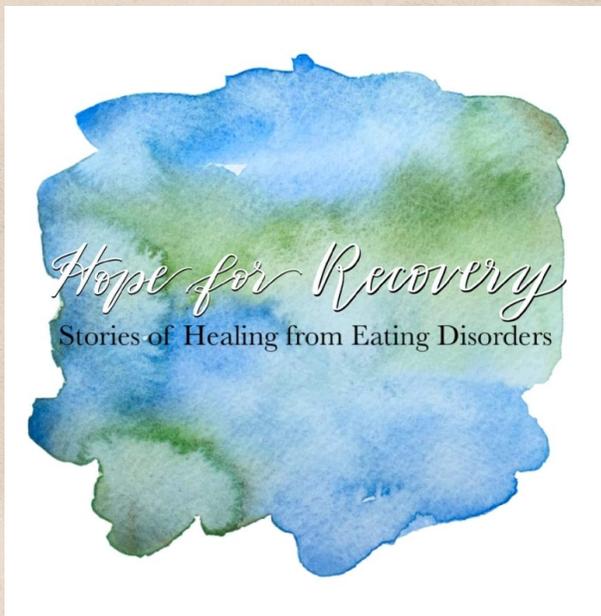
• • • • • REBECCA STRITCHFIELD • • • • •



Are you looking for an empowering and compassionate alternative to traditional diet culture? This book may help you shift your focus from external appearance and weight loss to self-acceptance, self-care, and a positive body image. Teaching a kinder and more sustainable approach to health and well-being, Stritchfield promotes holistic understanding of health that encompasses physical, mental, and emotional well-being. With a blend of scientific research, personal anecdotes, and actionable advice, Stritchfield offers tools for intuitive eating, body respect, and embracing joyful movement. This book serves as a powerful resource for those tired of the dieting cycle and seeking a more compassionate and sustainable approach to self-care and overall health.

Hope for Recovery: Stories of Healing from Eating Disorders

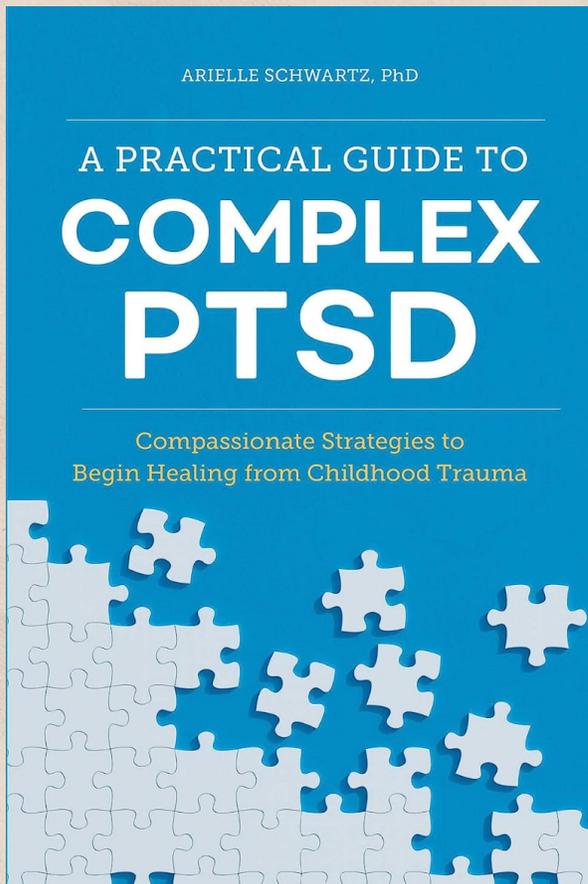
CHRISTINA TINKER AND
CATHERINE BROWN



Explore the personal accounts of individuals who have recovered from anorexia, bulimia, binge eating disorder, and other disordered eating patterns. These stories of triumph offer hope and encouragement for readers who are dealing with or battles. Each story emphasizes the importance of support, professional help, and self-compassion in the recovery process. With its empowering and relatable narratives, "Hope for Recovery" serves as a source of inspiration for anyone seeking solace and guidance on their own path towards overcoming an eating disorder.

A Practical Guide to Complex PTSD Childhood Trauma

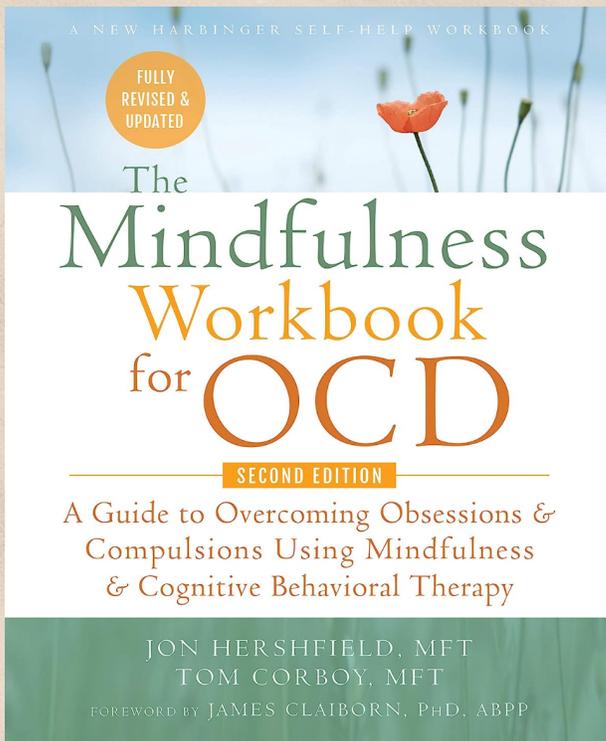
• • • • • ARIELLE SCHWARTZ PH.D. • • • • •



Surviving childhood trauma can create a range of effects later in life or may resurface at different times. Complex Post-Traumatic Stress Disorder (C-PTSD) is the clinical diagnosis of the physical, psychological, and emotional impact of experiencing traumatic and stressful events. Psychologist and trauma specialist Arielle Schwartz provides practical tools, strategies, and exercises to support readers in their healing journey. The book covers essential topics such as understanding the impact of childhood trauma, managing triggers and emotional dysregulation, developing healthy relationships, and cultivating self-compassion. Through a blend of therapeutic insights and real-life examples, this guide is an invaluable companion for individuals seeking to heal from the effects of childhood trauma and regain a sense of safety, resilience, and well-being.

The Mindfulness Workbook for OCD

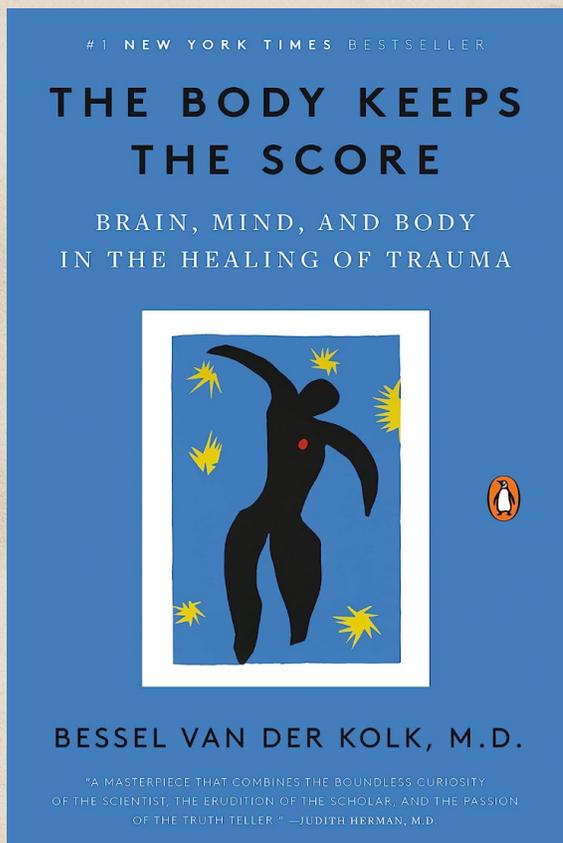
• • • • • JON HERSHFIELD MFT • • • • •



Living with Obsessive Compulsive Disorder (OCD) can make you feel trapped by intrusive repetitive thoughts and create serious disruption to your daily life. This workbook combines mindfulness and cognitive-behavioral therapy (CBT) strategies to help readers cultivate awareness, acceptance, and resilience in the face of symptoms. The workbook provides step-by-step exercises, practical tools, and relatable case examples to guide individuals in challenging their obsessive thoughts and engaging in exposure and response prevention (ERP) exercises. The author empowers readers to view their OCD in a new light and ultimately regain control and freedom in their lives.

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

• • • • • BESSEL VAN DER KOLK M.D. • • • • •



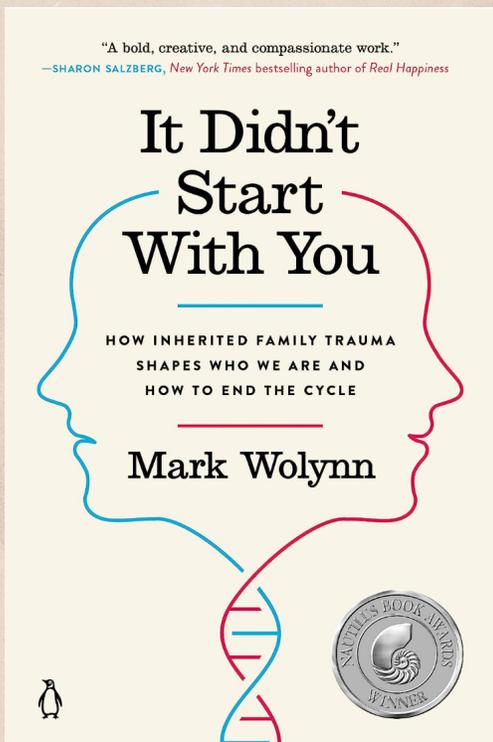
"The Body Keeps the Score" by Bessel van der Kolk is a groundbreaking book that explores the profound effects of trauma on the brain, mind, and body. Drawing upon decades of research and clinical experience, it offers a comprehensive understanding of trauma's impact on individuals and the pathways to healing. He explores the interconnectedness of trauma, emotions, memory, and physical sensations, highlighting the ways in which trauma can become trapped within the body. This book serves as an essential resource for anyone affected by trauma, as well as professionals working in the field of mental health, offering hope, understanding, and a roadmap for reclaiming a sense of safety, connection, and well-being.

It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle

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MARK WOLYNN

• • • • •



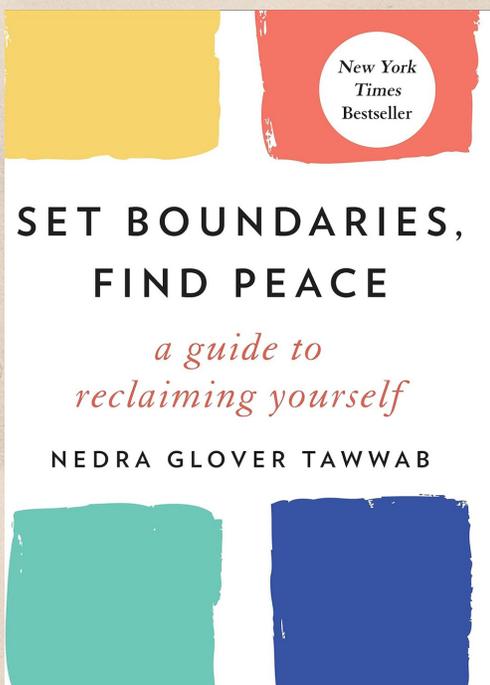
Survivors of generational and family trauma tend to experience feelings of guilt and blame for what happened to them. Evidence shows that conditions such as depression, anxiety, chronic pain, phobias, and obsessive thoughts may be triggered by the lives of our parents, grandparents, and even great-grandparents. Building on the existing research in PTSD, Wolynn discusses the ways that inherited trauma can impact the emotional and psychological well-being of descendants. Using case studies and therapeutic expertise, this book offers practical tools and techniques for readers to identify and address the inherited traumas that may be influencing their lives, as well as strategies for healing and breaking the cycle.

Set Boundaries, Find Peace: A Guide to Reclaiming Yourself

• • • • • NEDRA GLOVER
TAWWAB • • • • •

Healthy boundaries. We all know we should have them--in order to achieve work/life balance, cope with toxic people, and enjoy rewarding relationships with partners, friends, and family. But what do "healthy boundaries" really mean--and how can we successfully express our needs, say "no," and be assertive without offending others?

Licensed counselor, sought-after relationship expert, and one of the most influential therapists on Instagram Nedra Glover Tawwab demystifies this complex topic for today's world. In a relatable and inclusive tone, *Set Boundaries, Find Peace* presents simple-yet-powerful ways to establish healthy boundaries in all aspects of life. Rooted in the latest research and best practices used in cognitive behavioral therapy (CBT), these techniques help us identify and express our needs clearly and without apology--and unravel a root problem behind codependency, power struggles, anxiety, depression, burnout, and more.



Master Your Emotions

• • • • • THIBAUT MEURISSE • • • • •

Have you ever thought...

...about your thoughts?

Do you have a bias toward the negative?

Understanding how negative feelings and emotions work is the first step. Then we must learn how to reprogram those emotions and turn them around. A happier life is possible if you follow the steps.

This program works.

Over 300,000 copies sold.

"It gives me a place to go to that makes me feel better about my present situation and gives me hope for the future." - Kimberly

"My biggest take away so far (I'm not yet finished with the entire book) is that I am NOT my emotions. Emotions come and I - I still am who I am!" - Itzel



MASTER YOUR EMOTIONS

A PRACTICAL GUIDE TO OVERCOME NEGATIVITY
AND BETTER MANAGE YOUR FEELINGS

THIBAUT MEURISSE

8 Rules of Love: How to Find It, Keep It, and Let It Go

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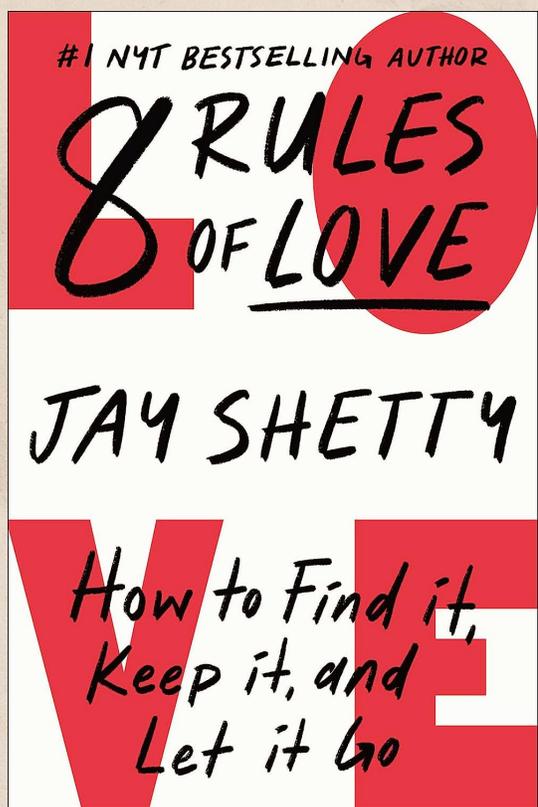
JAY SHETTY

• • • • •

Nobody sits us down and teaches us how to love. So we're often thrown into relationships with nothing but romance movies and pop culture to help us muddle through. Until now.

Instead of presenting love as an ethereal concept or a collection of cliches, Jay Shetty lays out specific, actionable steps to help you develop the skills to practice and nurture love better than ever before. He shares insights on how to win or lose together, how to define love, and why you don't break in a break-up. Inspired by Vedic wisdom and modern science, he tackles the entire relationship cycle, from first dates to moving in together to breaking up and starting over. And he shows us how to avoid falling for false promises and unfulfilling partners.

By living Jay Shetty's eight rules, we can all love ourselves, our partner, and the world better than we ever thought possible.



The Shadow Work Journal Second Edition

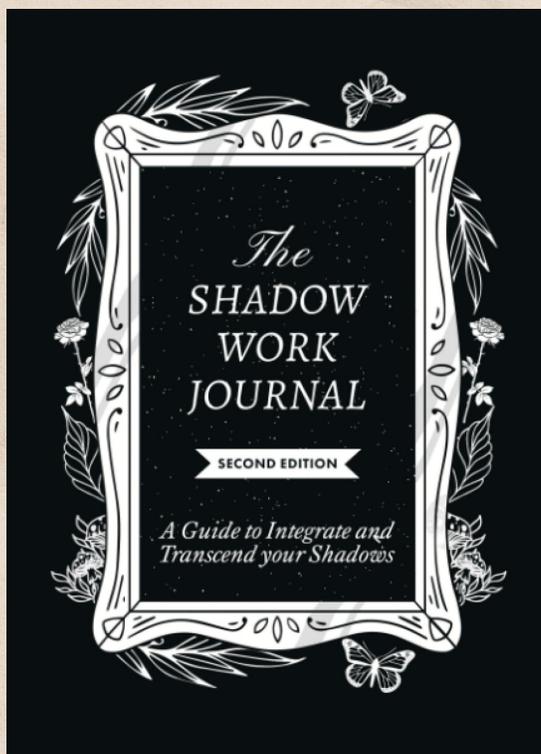


KEILA SHAHEEN



In this journal, you'll find a series of thought-provoking prompts and exercises designed to help you explore the hidden aspects of yourself that you may have been suppressing or denying. Through the process of shadow work, you'll gain a deeper understanding of your fears, insecurities, and negative patterns of behavior, and learn how to embrace them in order to become a more integrated and authentic version of yourself. Whether you're struggling with anxiety, depression, relationship issues, or simply seeking greater self-awareness, "The Shadow Work Journal 2nd Edition" offers a powerful tool for personal transformation. With this journal as your guide, you'll embark on a journey of self-discovery and healing that will help you to unlock your full potential and live a more fulfilling life.

This updated edition includes new hands-on exercises, journal prompts, and learning material about Shadow Work, as well as a fresh design and layout for an enhanced journaling experience. If you're ready to confront your shadow and embrace your true self, The Shadow Work Journal 2nd Edition is the perfect companion for your journey.



Stop Overthinking: 23 Techniques



NICK TRENTON



Overcome negative thought patterns, reduce stress, and live a worry-free life.

Overthinking is the biggest cause of unhappiness.

Don't get stuck in a never-ending thought loop. Stay present and keep your mind off things that don't matter, and never will.

Break free of your self-imposed mental prison.

Stop Overthinking is a book that understands where you've been through, the exhausting situation you've put yourself into, and how you lose your mind in the trap of anxiety and stress. Acclaimed author Nick Trenton will walk you through the obstacles with detailed and proven techniques to help you rewire your brain, control your thoughts, and change your mental habits. What's more, the book will provide you scientific approaches to completely change the way you think and feel about yourself by ending the vicious thought patterns.

Stop agonizing over the past and trying to predict the future.

Nick Trenton grew up in rural Illinois and is quite literally a farm boy. His best friend growing up was his trusty companion Leonard the dachshund. RIP Leonard.

Eventually, he made it off the farm and obtained a BS in Economics, followed by an MA in Behavioral Psychology.

Powerful ways to stop ruminating and dwelling on negative thoughts.

-How to be aware of your negative spiral triggers-Identify and recognize your inner anxieties-How to keep the focus on relaxation and action-Proven methods to overcome stress attacks-Learn to declutter your mind and find focus

