

# Kickstart Your Recovery



## The Road Less Traveled to Freedom from Addiction

Taite Adams

# Kickstart Your Recovery The Road Less Traveled To Freedom From Addiction

**Freedom House**



## **Kickstart Your Recovery The Road Less Traveled To Freedom From Addiction:**

**Kickstart Your Recovery - The Road Less Traveled to Freedom from Addiction** Taite Adams, 2013-11-15 Are you or a loved one unable to stop drinking or using drugs yet tired of the endless cycle of pain and consequences Recovery is possible and it's not as frightening as most make it out to be Addiction is a cruel and subtle disease that robs its victims of so much Those suffering from alcoholism or drug addiction are often baffled by its affects on their lives and the devastation that can be wrought in such a short period of time Loved ones feel helpless and hopeless as they are forced to stand by and watch as someone they care about erodes before their eyes clear that they cannot stop drinking or using drugs Luckily many people are able to reach some sort of bottom or a jumping off place where they are finally willing and able to ask for help and begin the process of getting sober Kickstart Your Recovery offers a powerful message to those who are looking for a way out from an endless cycle of pain and loss and for tools for avoiding relapse With a clear approach and drawing on her own history of addiction recovery author Taite Adams is able to give the new person in recovery answers to a lot of Frequently Asked Questions about getting sober and allay a lot of fears Some of the areas that are addressed in detail are What is a Bottom Should I Go to Treatment What is Alcoholics Anonymous AA 12 Step Programs Sponsorship Families and Relationships The Job and Career in Sobriety About the Consequences of Addiction Living Life and Having Fun Sober Addressing Other Issues and Much More Whether brand new in sobriety considering going to treatment or just coming to grips with the fact that there may be a problem alcoholism and addiction help is available in many forms and Kickstart Your Recovery is an invaluable tool to get your questions answered about getting sober staying sober avoiding relapse and helping you move one step closer to a better way of life free of alcohol and drugs

*This Book Will Motivate You* Steve Chandler, 2025-09-12 If you put together the best of Anthony Robbins and Wayne Dyer what you would have would be almost as good as Steve Chandler Dale Dauten Chicago Tribune King Features Syndicate This Book Will Motivate You by master life coach Steve Chandler helps you create an action plan for living your vision in business and in life It features more than 100 proven methods to positively change the way you think and act methods based on feedback from the hundreds of thousands of corporate and public seminar attendees Chandler speaks to each year The book also includes techniques and breakthroughs he has created for individual coaching clients This Book Will Motivate You will help you break through the negative barriers and banish the pessimistic thoughts that are preventing you from fulfilling your lifelong goals and dreams This edition also contains mental and spiritual techniques that give readers more immediate access to action and results in their lives If you're ready to finally make a change leave burnout in the dust and reach your goals Steve Chandler challenges you to turn your defeatist attitude into energetic optimistic enthusiastic accomplishments This book was previously published as 100 Ways to Motivate Yourself The perfect book to motivate busy distracted people who want to change their lives Every chapter is a friendly simple and clear directive suggesting you take action in a way that piques your curiosity and then second it satisfies it by sharing story

after story to support the points Steve is making You can't stop by reading just one chapter Mark Goulston M D coauthor Get Out of Your Own Way      **Restart Your Recovery - 12 Things You Can Do to Get Back on the Beam** Taite Adams,2013-06-24 Getting clean and sober for many was a struggle and a life changing process Alcoholism and addiction is something that takes so much from so many and requires a great commitment to recover from What we learn is that recovery from addiction is a lifetime process and something that must be maintained on an ongoing basis as we are never really cured of this disease Unfortunately many of us get better quickly and we may forget just how bad it really was or how good it can be in recovery Priorities change and sobriety often takes a back seat to family career and other commitments When our recovery program begins to suffer so do we and those around us as emotional sobriety goes out the window Restart Your Recovery 12 Things You Can Do to Get Back on the Beam now in its 2nd Edition is a book about re-establishing oneself in recovery recapturing emotional sobriety avoiding relapse and finding new beginnings It is a powerful message of renewal balanced with a set of very clear action items designed to pave a new and stronger pathway in recovery for those who have been struggling with priorities and emotional sobriety With a clear approach to providing suggested actions and drawing on her own history of struggle and renewal in recovery author Taite Adams is able to give the struggling person in recovery hope and provide a clear direction for a way back Some of the areas that are addressed in detail are What is Emotional Sobriety Why We Move Away From Recovery Signs of Relapse Actions You Can Take To Get Back on The Beam The Importance of Service and Fellowship Prayer and Meditation in Recovery Outside Help Taking Action Above All Else and Much More What many people fail to realize is that recovery doesn't just have to be as good as it was in the beginning It can be that and a great deal more if you are willing to take the actions to make it so Whether just coming to terms with the idea that something is missing in your recovery program or are struggling with one of those emotional bottoms in recovery Restart Your Recovery is an invaluable tool for self discovery that will help you take the actions necessary for you to make a new beginning in recovery today and give you the tools to avoid relapse 2nd Edition Published 6 3 2014      Opiate Addiction - The Painkiller Addiction Epidemic, Heroin Addiction and the Way Out Taite Adams,2013-05 This text provides facts and personal experiences about opiate addiction and recovery The resource provides answers to questions helps allay fears and provides direction for help treatment and recovery      Safely Detox from Alcohol and Drugs at Home - How to Stop Drinking and Beat Addiction Taite Adams,2013-04-05 No one plans to be in a position where they are faced with overcoming Addiction or trying to figure out how to stop drinking Staring down potential alcohol withdrawal or withdrawal symptoms from quitting your drug of choice can be terrifying particularly if you wish to detox at home While alcohol detox can be dangerous there are some instances in which it can be undertaken in a home environment if you are truly ready to quit drinking and meet some specified criteria This is also the case for detoxing from drugs at home whether they be prescription or street drugs If your drug or alcohol addiction has finally gotten the best of you and you find that it's time to do something about it there is

help available in this one of a kind book *Safely Detox From Alcohol and Drugs at Home* offers clear and concise directions on how to quit drinking how to handle alcohol withdrawal and how to detox at home from a very wide range of substances With a clear approach and drawing on her own history of addiction recovery author Taite Adams is able to give the struggling addict or supporting loved one answers to a lot of questions and guidance in many key areas Some of the topics that are addressed in detail are Home Detox Considerations Health and Safety Considerations Have a Detox Plan To Taper or Not Rules of Tapering Dealing with Cravings Home Alcohol Detox Opiate Detox at Home Cocaine Detox Benzo Detox at Home Meth Addiction and Detox Amphetamine Withdrawal at Home Methadone Withdrawal at Home Marijuana Addiction and Withdrawal Life After Detox and Much More Are you ready to stop drinking or looking for help in overcoming addiction Whether you are struggling with opiate addiction meth addiction or Xanax addiction help is available in many forms There are additional sections addressing such things as Ambien withdrawal Ecstasy withdrawal and even GHB withdrawal Regardless of your situation *Safely Detox From Alcohol and Drugs at Home* is an invaluable tool to get your questions answered give you guidance for a safe home detox if it is right for you and help you move one step closer to a better way of life free of alcohol and drugs 2nd Edition published 3 24 15 *The Guardian Index* ,2002 *Who Is Molly?* Taite Adams,2013-09-19 Facts about Ecstasy MDMA and Molly and overcoming addiction if this has taken over your life Anyone who has children works with young adults or pays attention to mainstream media has likely heard of Molly Molly is considered to be a party drug is illegal and its popularity has made it highly dangerous *Halfway to Hell and Back* Gary N. Laursen,2011-04-05 Have you ever known an alcoholic or a drug addicted person Have you ever been one Well I am here to tell you it is really no fun even though it seems to be at the time Life is awesome being sober Here is my story of going HALFWAY TO HELL AND BACK A story about gaining awareness and admitting there may be a problem in your life and how to get back to normal if you are ready This book is a kick start toward progression [The Freedom Model for Addictions](#) Steven Slate,Mark W Scheeren,Michelle Dunbar,2017-11 The Freedom Model is a new and revolutionary way at looking into how one can move beyond addiction The Freedom Model empowers you to achieve permanent success for your substance use problems Freedom from addiction is knowing you can choose any path for yourself and you are not trapped in lifelong recovery or addiction **Get Your Life Back** Chris Hill,2016-09-26 Through personal experience Chris Hill has become an expert in the field of overcoming addiction using the power of the subconscious mind and through a devastating tragedy he has made it his mission to teach what he has learned to as many people as possible This book will take you on an emotional journey through Chris own life his joy his sadness his ups his downs his stumbling blocks and his solutions You ll come out the other side enlightened and armed with all the tools and knowledge you need to Get Your Life Back This read moved me gave me joy some laughter and too many tears Above all it gave me hope Alison Seary *Road to Sobriety* Mira Skylark,AI,2025-02-28 *Road to Sobriety* offers a practical guide for individuals seeking freedom from addiction and a path to

lasting recovery The book emphasizes that achieving sustainable sobriety involves more than just abstaining from substances it requires cultivating overall well being encompassing physical mental and emotional health Did you know that addiction fundamentally alters the brain s reward system driving compulsive behaviors This book helps dismantle the stigma by providing a compassionate informed approach to treatment empowering readers to build a fulfilling substance free life The book progresses systematically starting with the core concepts of addiction and debunking common myths It then moves through the stages of recovery from initial detox to long term maintenance offering practical tools like cognitive behavioral techniques and mindfulness Ultimately Road to Sobriety integrates scientific research practical strategies and personal narratives providing a roadmap for readers to take control of their recovery journey

*Break Free from Addiction* Esi Zar, Maybe you picked up this book at rock bottom when everything feels like it s slipping through your fingers Maybe you re hiding your addiction well still showing up for work still smiling for your family but inside you re unraveling Or maybe you ve tried to quit more times than you can count only to wake up the next day back in the same cycle full of regret shame and fear that you ll never break free If that s you you re not weak You re not broken And you re definitely not alone Addiction is not just about a substance or a behavior It s about pain It s about trying to survive something you didn t have the tools to face It s about needing relief so badly you reached for whatever could numb it even if it slowly started destroying your life You might feel exhausted Confused Ashamed You might wonder if it s even worth trying again That s exactly why this book exists This is not just a guide to quitting it s a path to healing To understanding what s really been driving your addiction To rebuilding your life from the inside out To learning how to live without constantly needing to escape it Inside these pages you ll find more than advice you ll find truth Compassion Tools that actually work And a voice that will never judge you We ll start by pulling back the curtain on what addiction really is how it rewires your brain and buries your pain Then we ll walk together through every stage of recovery facing the truth navigating the emotional crashes building a support system understanding trauma creating daily practices that keep you grounded and learning to experience real joy again You ll also learn what to do if you slip How to rebuild trust How to turn your story even the ugliest parts into a source of strength You don t need to believe in everything yet You don t need to know how you re going to do it You just need to keep reading This book was written for people like you people who are ready to live not just survive If any part of you is ready for change turn the page Your journey begins now

Aspire Freedom Freedom House,2018-08-21 Many people who struggle with compulsive behaviors such as drinking smoking using drugs gambling masturbation etc want to stop using but they are continually overcome by cravings caused by euphoric recall they live trapped in a vicious cycle of addiction I ve created a framework that helps them clarify their vision of recovery and prevent relapse long term so that they can start living the life they ve always wanted Aspire Freedom Your Outpatient Rehab and Life After Addiction Workbook by Freedom House is a guide through recovery from all kinds of addiction including but not limited to crack cocaine heroin alcohol sex gambling food and

shopping This is a workbook that will help recovering addicts who are in their early stages of recovery to establish balance and a healthy lifestyle Use this book to journal your way through recovery Respond to the daily prompts honestly to yourself write it out in the book and you will experience the grace of working your recovery Aspire Freedom is a practical daily guide through the world of drug use and abuse and addiction treatment With a lot of compassion for yourself and a vision for your future Freedom House offers a platform to for you to create the future you desire Aspire Freedom is for those who are in recovery from suffering from a full spectrum of addiction from drugs alcohol emotions and activity addictions to addictions to work stress bad relationships social and digital media and adrenaline Do you understand that compulsive behaviors can be as controlling of any other addiction The process of staying clean and sober and becoming unhooked from any compulsive behavior is a daily activity As said by many professionals in the addiction field the question is not Why the addiction but Why the pain What pain is your addiction bandaging With a focus on personal recovery Freedom House takes us through the proven essentials of daily addiction recovery and treatment This is a groundbreaking journey to freedom from addiction using simple and practical proven solutions for individuals families and communities dealing with substance use and abuse This recovery workbook will be especially useful if you are in recovery gone through addiction counseling or therapy attend 12 step meetings or any other way of recovery This is a great workbook to help you overcome your cravings while creating a healthier lifestyle so that you can live the life you ve always wanted Aspire Freedom provides practical help comfort and hope

*Addiction Unplugged : How To Be free* John Flaherty,2015-06-06 *Addiction Unplugged How to Be Free* acknowledges that for far too long we have all been playing out a victim consciousness convincing ourselves that dependency and powerlessness are absolutely fundamental to the human condition Nowhere is this belief more deeply ingrained than in the world of addiction and in the traditional treatment and recovery programs available to the masses Drawing on modern day scientific discoveries ancient spiritual wisdom and real life testimonies John Flaherty presents readers with the practical means to move beyond the drama of addictive behaviors leading the way out from victim mentality and into a more compelling spiritually liberating and empowered way of living Warm and inspirational this profound message comes into your life when you need it desperately It brings you to a new level of conscious awareness and helps you uncover the judgments beliefs and thoughts that have kept you fearful limited and suppressed *Addiction Unplugged How to Be Free* a book for the twenty first century is now available in English German Spanish Polish and Romanian It offers a radical departure from the traditional ways of treating addictions presenting revolutionary new insights and groundbreaking processes which open the way to an entirely different experience of yourself [http www beawarebealive com books](http://www.beawarebealive.com/books) **Recovery for Good** Tyler Mulipah,2018-11-06 Are you addicted to or recovering from anger Whether it be your emotions alcohol or drugs prescription meds sex gambling porn or the internet compulsive behaviors are cunning baffling and destroying families nationwide and internationally Like autistic and cancer traits addictive behaviors fall on a spectrum and they are known to be a normal

response to an extreme situation often stemming from childhood However this notebook is not an informational book but a workbook for men and women who are in recovery from addiction This is your relapse prevention workbook If you have recently left treatment or rehab you are going through addiction counseling or recovery coaching this book will especially then help you in your eventual recovery Use this book and your recovery journal and addiction recovery book and your life will be forever changed So far there is no equivalent compulsive behavior recovery book that helps to heal and rewire your brain from addictions This book offers evidence based techniques fusing cognitive behavioral therapy CBT and mindfulness based relapse prevention to help you move past your addictive behaviors Are you going through addictive behavior counseling This book will help you stop your addictions and heal your mind On the long road to addiction recovery you need as many tools as possible to help you stay sober and reach your destination The book can be used on its own or as an adjunct to rehab therapy or coaching It also makes a rich recovery resource for loved ones and professionals treating addiction Ready to start living the life you ve always wanted This book can help you prevent relapse long term beat your addiction and get back to living a full and meaningful life

*Recovery Tower* Ronald Simmons, 2014-08-25 *Recovery Tower* is a fictional walk through the 12 steps of recovery The author Dr Simmons has worked in the field of recovery for over 29 years Winning the war on addiction is reachable Millions have found freedom because they ve surrendered to a simple process call recovery *Recovery Tower* paints a powerful picture of recovery in action that jumps off the pages of this book For those attempting recovery for the first time they will get an idea of what to expect as they face each step For those that never abused drugs or alcohol but want to get a better understanding of the 12 steps process hop on the elevator and visit each floor Not only will you get an understanding you will challenge to change your own life Each of the 12 floors in *Recovery Tower* represents one of the 12 steps in recovery Everyone that wants a new life must take the elevator up Once the doors open hold on to your seat Each floor takes on a life of its own and for those willing to grow will find each floor educational and exciting and life changing Many that have questions about the 12 steps or the process of recovery such as why so many meetings or why a sponsor will get these questions answered The process of recovery is clinically and spiritually sound They will also see why it is so important to continually go to meetings and go through this process with a sponsor The importance of the dreaded 4th 5th Step is uncovered and those traveling on this road will see why it is important to complete It takes work to change the heart and mind of someone that is addicted to any mind altering chemical Many want to be free but they have no clue what it takes to be free *Recovery Tower* uncovers the path that many travel daily For family members and love ones *Recovery Tower* educates them about recovery The author demonstrates that prayer is their most powerful weapon Victory is in the journey not the destination

**Becoming Unaddicted** Spectacular Recovery, 2018-08-21 Many people who struggle with compulsive behaviors such as drinking smoking using drugs gambling masturbation etc want to stop using but they are continually overcome by cravings caused by euphoric recall they live trapped in a vicious cycle of addiction I ve created a



framework that helps them clarify their vision of recovery and prevent relapse long term so that they can start living the life they've always wanted. **Becoming UnAddicted: An Alcoholism and Drug Treatment Center Workbook** by Spectacular Recovery is a guide through recovery from all kinds of addiction including but not limited to crack cocaine, heroin, alcohol, sex, gambling, food, and shopping. This is a workbook that will help recovering addicts who are in their early stages of recovery to establish balance and a healthy lifestyle. Use this book to journal your way through recovery. Respond to the daily prompts honestly to yourself, write it out in the book, and you will experience the grace of working your recovery. **Becoming UnAddicted** is a practical daily guide through the world of drug use and abuse and addiction treatment. With a lot of compassion for yourself and a vision for your future, Spectacular Recovery offers a platform for you to create the future you desire. **Becoming UnAddicted** is for those who are in recovery from suffering from a full spectrum of addiction from drugs, alcohol, emotions, and activity addictions to addictions to work, stress, bad relationships, social, and digital media, and adrenaline. Do you understand that compulsive behaviors can be as controlling as any other addiction? The process of staying clean and sober and becoming unhooked from any compulsive behavior is a daily activity. As said by many professionals in the addiction field, the question is not *Why the addiction?* but *Why the pain?* What pain is your addiction bandaging? With a focus on personal recovery, Spectacular Recovery takes us through the proven essentials of daily addiction recovery and treatment. This is a groundbreaking journey to freedom from addiction using simple and practical, proven solutions for individuals, families, and communities dealing with substance use and abuse. This recovery workbook will be especially useful if you are in recovery, gone through addiction counseling or therapy, attend 12-step meetings, or any other way of recovery. This is a great workbook to help you overcome your cravings while creating a healthier lifestyle so that you can live the life you've always wanted. **Becoming UnAddicted** provides practical help, comfort, and hope.      **Courageous Recovery** Whole Recovery, 2018-08-21

Many people who struggle with compulsive behaviors such as drinking, smoking, using drugs, gambling, masturbation, etc., want to stop using, but they are continually overcome by cravings caused by euphoric recall; they live trapped in a vicious cycle of addiction. I've created a framework that helps them clarify their vision of recovery and prevent relapse long term so that they can start living the life they've always wanted. **Courageous Recovery: An Inpatient Rehab and Drug Treatment Programs Workbook** by Whole Recovery is a guide through recovery from all kinds of addiction including but not limited to crack cocaine, heroin, alcohol, sex, gambling, food, and shopping. This is a workbook that will help recovering addicts who are in their early stages of recovery to establish balance and a healthy lifestyle. Use this book to journal your way through recovery. Respond to the daily prompts honestly to yourself, write it out in the book, and you will experience the grace of working your recovery. **Courageous Recovery** is a practical daily guide through the world of drug use and abuse and addiction treatment. With a lot of compassion for yourself and a vision for your future, Whole Recovery offers a platform for you to create the future you desire. **Courageous Recovery** is for those who are in recovery from suffering from a full spectrum of addiction from

drugs alcohol emotions and activity addictions to addictions to work stress bad relationships social and digital media and adrenaline Do you understand that compulsive behaviors can be as controlling of any other addiction The process of staying clean and sober and becoming unhooked from any compulsive behavior is a daily activity As said by many professionals in the addiction field the question is not Why the addiction but Why the pain What pain is your addiction bandaging With a focus on personal recovery Whole Recovery takes us through the proven essentials of daily addiction recovery and treatment This is a groundbreaking journey to freedom from addiction using simple and practical proven solutions for individuals families and communities dealing with substance use and abuse This recovery workbook will be especially useful if you are in recovery gone through addiction counseling or therapy attend 12 step meetings or any other way of recovery This is a great workbook to help you overcome your cravings while creating a healthier lifestyle so that you can live the life you ve always wanted

Courageous Recovery provides practical help comfort and hope **Ask Yourself** Recovery Heroes,2018-08-21 Many people who struggle with compulsive behaviors such as drinking smoking using drugs gambling masturbation etc want to stop using but they are continually overcome by cravings caused by euphoric recall they live trapped in a vicious cycle of addiction I ve created a framework that helps them clarify their vision of recovery and prevent relapse long term so that they can start living the life they ve always wanted

**Ask Yourself A Substance Abuse Recovery Workbook** by Recovery Heroes is a guide through recovery from all kinds of addiction including but not limited to crack cocaine heroin alcohol sex gambling food and shopping This is a workbook that will help recovering addicts who are in their early stages of recovery to establish balance and a healthy lifestyle Use this book to journal your way through recovery Respond to the daily prompts honestly to yourself write it out in the book and you will experience the grace of working your recovery **Ask Yourself** is a practical daily guide through the world of drug use and abuse and addiction treatment With a lot of compassion for yourself and a vision for your future Recovery Heroes offers a platform to for you to create the future you desire **Ask Yourself** is for those who are in recovery from suffering from a full spectrum of addiction from drugs alcohol emotions and activity addictions to addictions to work stress bad relationships social and digital media and adrenaline Do you understand that compulsive behaviors can be as controlling of any other addiction The process of staying clean and sober and becoming unhooked from any compulsive behavior is a daily activity As said by many professionals in the addiction field the question is not Why the addiction but Why the pain What pain is your addiction bandaging With a focus on personal recovery Recovery Heroes takes us through the proven essentials of daily addiction recovery and treatment This is a groundbreaking journey to freedom from addiction using simple and practical proven solutions for individuals families and communities dealing with substance use and abuse This recovery workbook will be especially useful if you are in recovery gone through addiction counseling or therapy attend 12 step meetings or any other way of recovery This is a great workbook to help you overcome your cravings while creating a healthier lifestyle so that you can live the life you ve always wanted **Ask Yourself** provides practical help comfort and hope

*Freedom Starts Today* John Elmore, 2021 Pastor and director of re generation one of the largest and most effective Christ centered community based recovery programs in the world offers a 90 day addiction breaking spiritual awakening process for readers to walk in daily freedom from sin struggles

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### **Kickstart Your Recovery The Road Less Traveled To Freedom From Addiction Introduction**

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