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Recovery By Choice, 308 pp. 8.5" x 11", stay-flat binding. ISBN 978-0-9659429-3-5. 4th printing, 2011. US \$25 + S/H.			
Empowering Your Sober Self, 251 pp. ISBN 978-0-479-37229-6. 1st printing, 2009. US \$13.50 + S/H.			

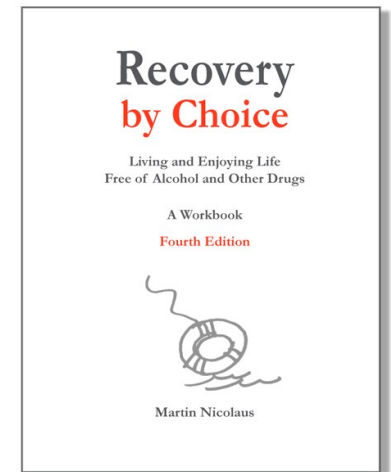
OUR READERS RESPOND:

- “It's the best book written for a person in recovery that I've come across in a long time. I suggest it daily here at the hospital.
S. H., CADC
- “A very well thought-out and down to earth approach... Anyone making the decision to obtain and maintain sobriety should get this book. *P. H., LSW, BASW, CDCA*
- “Simply the most useful, well written, pithy, thoughtful, inclusive book of its kind that I've come across. We've used worksheets from the workbook with excellent results. *C.T.*
- “Do order the workbook! It's a good structure to start on the sobriety path. *S.Y.*
- “The workbook really has made me re-evaluate my life and helped me through some tough times already. *N.D.*
- “It is easily the most useful exercise book I've ever seen. Simply full of wisdom for building a recovery program. *J.X.*
- “It is helping clients of all ages (16-60). I am a licensed addictions counselor. *V.S.*
- “I've got to say I love this book! I wish I had done this when I first got sober. The questions make me think, think, think! *J. H.*
- “The workbook helped me to create a staying-sober plan that has worked well. Now I'm off to review it and make some updates. One whole year with no hangovers and no regrets! *L.L.*
- “Other books offer advice. This book offers a variety of options for sober living. I would recommend it to anyone who's been touched by addictive drugs or risky drinking. My choices! My plan! My future! *L.D.*



LifeRing
Empower your sober self.

The Recovery by Choice workbook provides structure for each recovering person to build a sober life that meets their individual needs: a Personal Recovery Plan.



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What is LifeRing?

LifeRing started with the premise that there are as many ways to live free of drugs and alcohol as there are stories of successful sober people.

We Meet Challenges Differently

If there were one easy way to stay sober that fit every situation, people would surely take it.

Instead, recovery demands that people make intelligent and courageous choices during the most difficult and demanding times of their lives.

People are often distrustful of those who offer single solutions that do not fit their values, experiences, way of life, or world-view.

LifeRing's solution is simple: Don't drink or use, no matter what.

But the situations people face are complex and diverse, so we look for an array of options for living well as we live sober.

Why Recovery by Choice?

A nationwide study of programs by the National Institute on Drug Abuse recently recommended individualized treatment for drug and alcohol problems:

“ ***No single treatment is appropriate for all individuals. Matching treatment settings, interventions, and services to each individual's particular problems and needs is critical to his or her ultimate success in returning to productive functioning in the family, workplace, and society.*** ”

Counselors and other professionals can help by offering recovery options, but we can't lean on them for life.

Support groups are wonderful, but they last only an hour or so, and may not meet each individual's immediate need.

The Best Help is Self-Help

Even when self-perception is clouded by drinking or drugs, we know our own reasoning better than anyone else. We live with ourselves. We face personal challenges every day and rarely fail to recognize when someone else's solution fails to fit our circumstances.

LifeRing offers support to:

- Build a solid foundation of self-reliance.
- Assemble a set of strategies to stay sober in any situation.
- Create a plan to further personal goals.

There is good evidence that people are more committed to an outcome when they themselves make the choices.

But people can learn from the experiences of others as they assemble the choices themselves.

The Workbook

Recovery by Choice is the first workbook that applies the principle of individual choice to self-help recovery. The author, Martin Nicolaus, is a founder of LifeRing who based the book on ten years' work in LifeRing support meetings.

The workbook presents real-life choices drawn from the knowledge and experiences of people from all walks of life.

Readers quickly recognize how the many small decisions they make each day may be part of a personal recovery plan.

By reviewing detailed checklists, readers become familiar with the challenges most often faced in recovery, *before* they encounter them.

Options describing how others have dealt with common circumstances provide readers with a variety of choices and points of view.

In carefully constructed worksheets, readers examine their own ideas, behavior and values, and consider strategies to deal with new situations.

The Nine Domains

The opening chapter presents a worksheet to guide everyday decisions that reinforce sobriety.

The book then moves through ten big problem areas where most people in recovery find they have work to do:

- My Body
- My Exposure to Addictive Substances
- My Activities
- My People
- My Feelings
- My Life Style
- My History
- My Culture
- My Treatment and Support Groups
- My Relapse Prevention Plan

The concluding chapters lead the reader through the process of building a Personal Recovery Plan for as short as a day and as long as a lifetime.

Learn Skills for Sober Decisions

Recovery by Choice is designed to help readers be better able to make wise sober choices

Skills are developed through repeated and progressive exercise in making decisions. The workbook respects each reader's intelligence and the sincerity of their commitment to recover.

Inpatient, outpatient, and criminal justice programs use Recovery by Choice to provide an individualized, structured, positive, and secular approach. The workbook complements any abstinence-based philosophy.

Now in its third printing, Recovery by Choice is available exclusively online from LifeRing Press, www.LifeRing.com, or from LifeRing meetings.

For more information about our mutual support, please visit www.LifeRing.org
