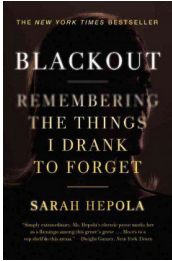


Memoirs



Blackout : remembering the things I drank to forget

by Sarah Hepola
362.2928 HEP

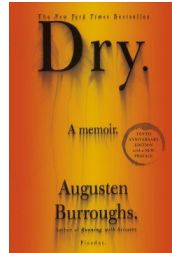
In an unflinchingly honest memoir that is both hilarious and heartbreaking, the author

shares her journey to sobriety after her drinking led to blackouts that drained her spirit and destroyed her life.

Dry : A Memoir

by Augusten Burroughs
813.6 BUR

From the *New York Times* Bestselling author of *Running With Scissors* comes the story of one man trying to out-drink his memories, outlast his demons, and outrun his past.



Drinking : A Love Story

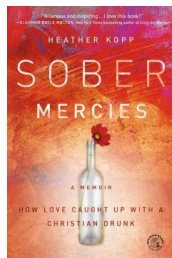
by Caroline Knapp
362.292 KNA

The author provides a moving and candid memoir of her twenty-year love affair with alcohol, explaining how and why she became an alcoholic and her struggle to live without

an alcoholic crutch.

Sober mercies : how love caught up with a Christian drunk

by Heather Harpham Kopp
248.86292 KOP

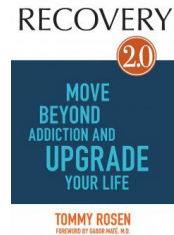


Recovery

Recovery 2.0 : move beyond addiction and upgrade your life

by Tommy Rosen
616.8606 ROS

The author discovered that by utilizing the best practices of the 12 Steps in combination with yoga and meditation, he could achieve lasting freedom from addiction.



Refuge recovery : a Buddhist path to recovering from addiction

by Noah Levine
294.34442 LE

Shows how a path of meditative awareness can alleviate

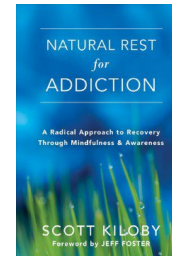
addiction and ease suffering.



Natural rest for addiction : a radical approach to recovery through mindfulness & awareness

by Scott Kiloby
616.8606 KIL

Strategies and exercises to help addicts kick their habits and identify beliefs and triggers that keep them trapped in a self-destructive cycle.



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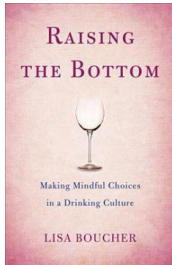
Substance Abuse



A selection of books at
St. Albert Public Library

2017

Help and Hope



Raising the Bottom : Making Mindful Choices in a Drinking Culture

by Lisa Boucher

362.292 BOU

Presents a discussion of addiction as experienced by women, and the difficult road to recovery.

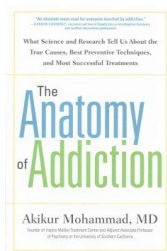
Features essays from mothers, daughters, health professionals, and young women who share their stories of why they drank, how they stopped, and the joys and rewards of being present in their lives once they kicked alcohol to the curb.

The 30 day sobriety solution : how to cut back or quit drinking in the privacy of your own home

by Jack Canfield

616.861 CAN

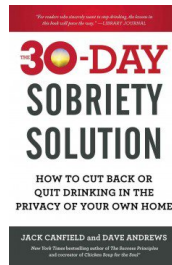
The best-selling co-creator of the Chicken Soup for the Soul franchise and a celebrity sobriety expert outline a groundbreaking model for recovery that incorporates self-esteem therapy exercises into five 30-day phases for making positive, incremental choices.



The anatomy of addiction : what science and research tell us about the true causes, best preventive techniques, and most successful treatments

by Akikur Mohammad

362.29 MOH



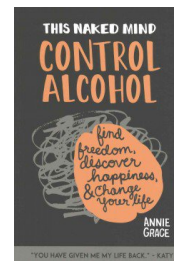
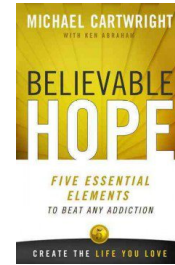
Help and Hope

Believable hope : five essential elements to beat any addiction

by Michael Cartwright

362.29 CAR

Presents a five-pronged approach to overcoming addictive behaviors that emphasizes making small, daily choices toward health and recovery.



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

by Annie Grace

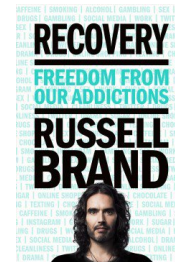
362.292 GRA

The author weaves psychological and cultural factors with her own candid journey resulting in a must read for anyone who drinks. This book, without scare tactics, pain or rules, gives you freedom from alcohol.

Recovery : freedom from our addictions

by Russell Brand

The British comedian, radio host and best-selling author shares the story of his personal struggles with addictions ranging from drugs and alcohol to food and fame, offering compassionate advice about the programs that most helped him.



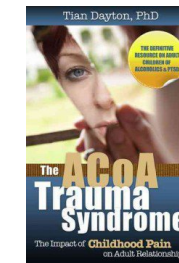
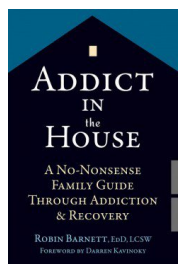
Help for Family

Addict in the house : a no-nonsense family guide through addiction & recovery

by Robin Barnett

616.86 BAR

Discusses how to maintain a supportive relationship without creating a codependent role when a loved one is dealing with an addiction.



The ACoA trauma syndrome : the impact of childhood pain on adult relationships

by Tian Dayton

362.2924 DAY

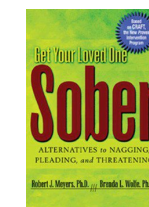
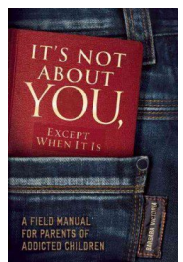
This book about Adult Children of Alcoholics (ACoA) shows how growing up in a household with parental addiction can become a catalyst for unhealthy, self-medicating behaviors.

It's not about you, except when it is : a field manual for parents of addicted children

by Barbara Victoria

362.2913 VIC

Offers coping tools and techniques for parents of addicted children.



Get your loved one sober : alternatives to nagging, pleading, and threatening,

by Robert J. Meyers

362.2923 MEY