

# THE RECOVERY BOOK

## About the Authors

**Al J. Mooney, M.D.**, is an internationally recognized expert in the field of addiction and recovery. He has been involved in this field since he was a teenager, when his parents entered into recovery and then founded an addiction treatment center, Willingway Hospital. Dr. Mooney was CEO of the hospital for many years, and is currently the Director of Addiction Medicine and Recovery at Willingway, a board position that allows him to speak as a recovery activist at venues around the world. Most recently, he has been instrumental in establishing recovery programs and awareness in Egypt, Bosnia, and Ghana, and also worked with Georgia Southern University to establish one of the first recovery campuses. He also currently serves as medical director for The Healing Place of Wake County (NC), a homeless shelter that features a peer-driven residential recovery program.



Dr. Mooney is an Inaugural Diplomat in the American Board of Addiction Medicine, and helped to establish the certification standards for the specialty. He was one of the first U.S. physicians to be certified in Addiction Medicine, and has served as a board member for the American Society of Addiction Medicine as well as a board member or adviser at numerous other organizations. His medical career has included service at state and private hospitals, community organizations, mental health agencies, volunteer associations, and homeless shelters. Every day, Dr. Mooney works one-on-one with people who are striving to stop drinking or using drugs. He lives in Cary, North Carolina.

**Catherine Dold** has covered health and environmental issues for *The New York Times*, *Smithsonian*, *Discover*, *Audubon*, *Cosmopolitan*, and many other publications, as well as for several major medical organizations. She is a graduate of New York University's Science, Health and Environmental Reporting Program. Ms. Dold lives in Boulder, Colorado.

**Howard Eisenberg** has written hundreds of magazine articles, written for TV and radio, and authored six books, often with his late wife, Arlene—a college health textbook and the bestselling *How to Be Your Own Doctor (Sometimes)* among them. He writes children's books as well. None of them, he is happy to report, have had to include advice on recovery from alcoholism or addiction. Mr. Eisenberg lives in New York City.