The Recovery Book: Table of Contents & Chapter Highlights

1. Welcome to Recovery

   Who Needs Recovery? • What is Addiction? What is Alcoholism?
   • Are You an Alcoholic or Addict? • Is Drinking Damaging Your Body Already?

   Moving into Recovery • How Did This Happen to My Brain? • Your Brain in Addiction • Your Brain in Recovery • Heal Your Brain with TAMERS

2. Your Recovery Plan

   The Key Elements of Your Recovery Plan: Commit to Sobriety, Get Active in a Mutual-Support Fellowship, Be Patient and Let Your Body and Brain Heal, Follow the Recovery Zone System

   The Recovery Zone System: How it Works (Red Zone: Stop, Activate Your Recovery; Yellow Zone: Proceed with Caution, Build Your Life; Green Zone: Go. Celebrate Your Life), Recovery Zone ReCheck

   ~ The Red Zone ~

3. Stop: Activate Your Recovery

   Are You Ready for the Red Zone?

   Your Recovery Program in the Red Zone: Recovery Treatment; Mutual-Support Fellowship and Spirituality; Living Sober and Preventing Relapse; Relationships, Recreation, and Sober Socializing; Education, Career, and Finances; Physical Health, Diet, and Exercise; Mental Health

   Your Brain in the Red Zone: Recovery Treatment; Mutual-Support Fellowship; Living Sober and Preventing Relapse; Relationships, Recreation, and Sober Socializing, Education, Career, and Finances; Physical and Mental Health

4. Committing to Recovery

   I Don’t Think I Have a Problem • It’s Not My Fault • It’s Too Hard to Quit • I’m Not Ready • There’s No One There Like Me • OK, I’ll Go—But What Do I Tell Everyone? • I’m Still Wary About Living Sober
5. The Many Roads to a Lifetime of Sobriety

You Have Many Options • It All Starts With Detox • Quitting on Your Own • Alcoholics Anonymous and Other 12-Step Fellowships • Other Mutual Support Groups • Outpatient Treatment • Help from a Sober Companion • Inpatient Treatment • Recovery Residences • What About Therapy? • What About Pharmaceutical Therapy? • How to Find Treatment • Who Will Mind the Kids? • Treatment Confidentiality • Paying for Treatment

6. A Closer Look: Detox and Withdrawal

Before You Get Started • A Guide to Detox and Withdrawal • If You Detox at Home • Detox and Withdrawal Scenarios: Alcohol; Other Central Nervous System Depressants; Cocaine, Crack, Methamphetamine, and Other Stimulants; Opiates/Narcotics; Marijuana and Other Hallucinogens; Antidepressants and Antipsychotics • You Can Make it Through Detox • Suicide Prevention and Crisis Intervention Lifelines

7. A Closer Look: Inpatient Treatment

Should I Consider Inpatient Treatment? • What Happens in Inpatient Treatment? • Leaving Treatment • The Recovery Zone System Continuing Care Plan

8. A Closer Look: AA and Other 12-Step Fellowships

A Beginner's Guide to AA and Other Fellowships • Starting Your Fellowship-Based Program • More Ideas for Working Your Program • All About Sponsors

9. A Closer Look: Twelve-Step Programs and You

Common Issues of AA Beginners • More About Spirituality and Religion • Everyone is Welcome at 12-Step Fellowships

10. First Steps: Living in Sobriety and Preventing Relapse

Moving into Your Lifetime of Sobriety • Sober-Living Homes and Sober Helpers • Avoid a Relapse—Resist Temptation • Avoid a Relapse—Deal with Cravings and Compulsions • I Thought I Would Be Happy by Now • Clean Up Your Online Life • What If I Slip?

11. First Steps: Relationships, Recreation, and Socializing in the Red Zone

Rebuilding Relationships • Repairing the Family • Issues with Your Partner • Sexual Intimacy • What About a New Relationship? • Sober Socializing
   - Your Professional Life
   - Getting Back into a Work Routine
   - Legal and Financial Troubles

13. Your Physical Health in the Red Zone
   - Your Health Priorities Now
   - Calling Dr. Google: How to Find Good Health Information
   - Medication Concerns
   - A Healthy Lifestyle
   - The Clean and Sober Diet for the Red Zone
   - Should I Exercise Now?
   - Common Health Issues in Early Recovery

14. Your Mental Health in the Red Zone
   - Common Lingering Symptoms
   - Mental Health and Emotional Issues
   - Getting Healthy

15. For Teens and Young Adults in Recovery
   - Are You Ready to Change?
   - Fitting in When You’re In Recovery
   - Working Things Out

~ The Yellow Zone ~

16. Proceed with Caution: Build Your Life
   - Are You Ready for the Yellow Zone?
   - Living Your Life, Healing Your Brain
   - Recovery Zone ReCheck

17. Your Recovery Program in the Yellow Zone
   - Keep Working Your Program
   - Reach Out to Help Others Now
   - How to Be a Good Sponsor
   - Common Issues in the Yellow Zone
   - Heading Off a Relapse
   - If You Relapse

18. Rebuilding Your Life: Relationships, Recreation, and Socializing in the Yellow Zone
   - Is It Time to Make Changes?
   - Renewing Relationships
   - Rebuilding Family Ties
   - Common Relationship Issues
   - Having Fun Again
   - Finding a New Relationship

19. Rebuilding Your Life: Education, Work, and Finances in the Yellow Zone
   - Are You Ready to Make Career Changes?
   - Fixing Finances

20. Your Health in the Yellow Zone
   - Your Health Priorities Now
   - Medication Concerns
   - A Healthy Lifestyle
   - Clean and Sober Diet for the Yellow Zone
   - Exercise
   - Mental Health
~ The Green Zone ~

21. Go: Celebrate Your Life

   Are You Ready for the Green Zone? • Living Your Life, Healing Your Brain • Recovery Zone ReCheck

22. Your Recovery Program in the Green Zone

   Sticking with Recovery • Keep Helping Others—It Helps You Too • Be a Recovery Activist

23. Raising Substance-Free Kids

   All Kids Are at Risk for Addiction • How to Addiction-Proof Your Child • Protect Your Kids Online

24. Your Health in the Green Zone

   Your Health Priorities Now • Medication Concerns • Your Healthy Lifestyle: The Clean and Sober Diet • Exercise • Nondrug Approaches to Common Medical Problems

25. Time to Quit Smoking

   On Your Mark: Deciding to Quit • Get Set: Preparing to Kick the Habit • Go: Quit Day

26. For Family and Friends

   How Addiction and Alcoholism Affect Relationships • Getting Help for Your Loved One • Should We Do an Intervention? • If They Won’t Stop • When Your Child Is in Trouble • Treatment for Teens • Understanding the Zones of Recovery—And Your Role in Each • Your Concerns, Actions, and Emotions • Al-Anon and Other Support Fellowships • Rebuilding Your Family—Or Not • Relapse