

NON-FICTION Recovery Resources

MEMOIRS AND SELF-HELP RESOURCES
ABOUT BATTLING ADDICTION

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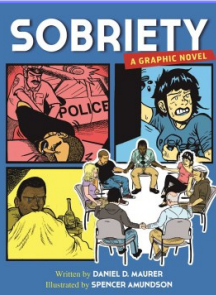
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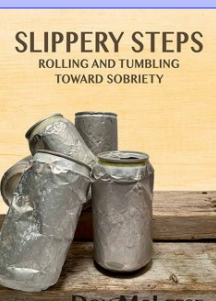
Sobriety: A Graphic Novel
By Spencer Amundson
2nd Floor, ADULT GRAPHIC /
362.292 MAU

This graphic novel provides a look into the challenges faced by addicts in recovery through the perspectives of five Twelve Step group members.



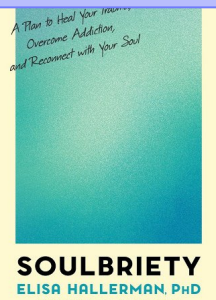
Slippery Steps
By Don McLeese
2nd Floor, MEMOIR / ADDICTION /
MCLEESE

A veteran music journalist chronicles his descent into and rise out of alcohol dependency.



Soulbriety
By Elisa Hallerman, PhD.
2nd Floor, **HEALTH / ADDICTION /**
RECOVERY / HAL

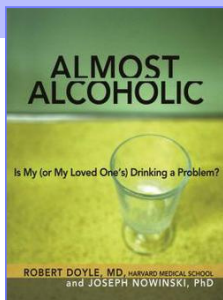
The founder of Recovery Management Agency--the world's first agency devoted to helping addicts heal their addictions by reawakening their souls--uses her knowledge of depth psychology and her personal experience as a recovering addict to help you reconnect with soul, find meaning and live your purpose.



Almost Alcoholic

By Robert Doyle & Joseph Nowinski

2nd Floor, **HEALTH / ADDICTION / DOY**

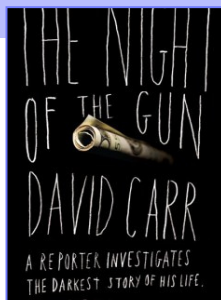


Identifies "almost alcoholics"--those whose excessive drinking contributes to problems in their lives--and helps readers develop strategies and goals for limiting alcohol use and making informed decisions about possible treatment.

The Night of the Gun

By David Carr

2nd Floor, **MEMOIR / ADDICTION / CARR**

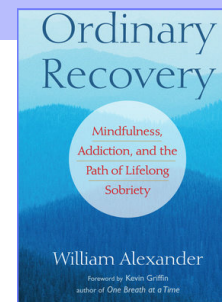


A confessional account of the author's struggles with addiction that traces his rise from a crack house regular to a columnist for "The New York Times," and which also describes his experiences with rehabilitation, cancer, and single parenthood.

Ordinary Recovery

By William Alexander

2nd Floor, **MEMOIR / ADDICTION / ALEXANDER**

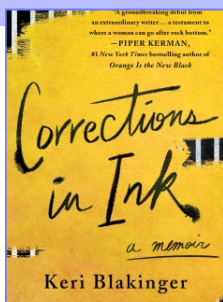


Bill Alexander's unique approach uses mindfulness, story, and meditation to help alcoholics and others learn to come back to the present moment and find healing there.

Corrections in Ink

By Keri Blakinger

2nd Floor, **MEMOIR / ADDICTION / BLAKINGER**

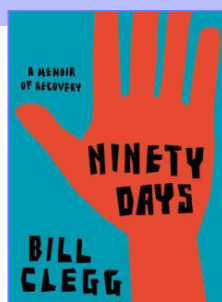


This memoir discusses a woman's journey from the ice rink to addiction and a prison sentence to the newsroom, and how she emerged with a fierce determination to expose the broken system she experienced.

Ninety Days

By Bill Clegg

2nd Floor, **MEMOIR / ADDICTION / CLEGG**

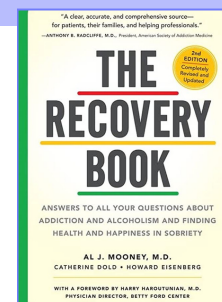


In this stark memoir, a follow-up to Portrait of an Addict as a Young Man, literary agent and author Clegg describes his struggle to stay clean.

The Recovery Book

By Al J. Mooney, M.D.

2nd Floor, **HEALTH / ADDICTION / RECOVERY / MOO**

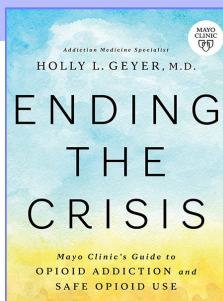


The Recovery Book provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical, and spiritual issues that arise along the way.

Ending the Crisis

By Holly L. Geyer, M.D.

2nd Floor, **HEALTH / ADDICTION / RECOVERY / GEY**

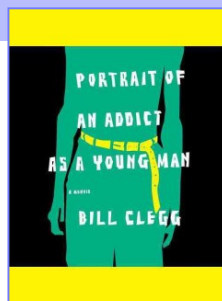


An authoritative guide to understanding the current opioid crisis in America and how it can be solved.

Portrait of an Addict as a Young Man

By Bill Clegg

2nd Floor, **MEMOIR / ADDICTION / CLEGG**

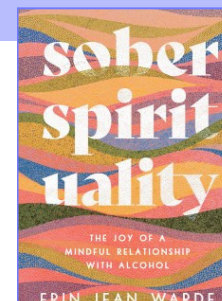


The author chronicles the dark secret life he led when, despite building for himself a respectable career as a literary agent, he embraced crack cocaine; went on a two-month binge; and lost his job, his home, and all his money.

Sober Spirituality

By Erin Jean Warde

2nd Floor, **HEALTH / ADDICTION / RECOVERY / WAR**



A priest, spiritual director, and sobriety coach invites us to bring mindfulness into our relationships with alcohol as a way to be awakened to the beauty of our lives in mind, body, and soul.