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About LifeRing

LifeRing is a self-help recovery network for individuals who seek group support to achieve abstinence from alcohol and other addictive drugs, or who are in relationships where chemical dependency is a problem.

LifeRing is a poly-abstinence group that welcomes everyone without distinction based on "drug of choice."

LifeRing includes people of all religious faiths and none. Meetings are free of religious observances.

LifeRing supports participants in working out their own personal recovery programs, and requires no particular steps other than abstinence from alcohol and "drugs."

LifeRing meetings are autonomous except in matters affecting other meetings. A basket may be passed for voluntary donations but there is no charge for participation.

LifeRing is a free-standing, self-supporting organization and is not affiliated with any other.

LifeRing meetings are conducted by peer volunteers called convenors.

LifeRing Press is the publishing house of LifeRing Secular Recovery. LifeRing Press books represent the opinions of their authors and do not represent official views of the organization. Only documents specifically considered and approved by the LifeRing Congress represent official LifeRing positions. For more information about LifeRing, visit www.unhooked.com and www.lifering.org.

LifeRing Press
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 LifeRing Press publications are available exclusively through
 LifeRing Press or at LifeRing meetings.



Food for the Sober Mind



Recovery Publications

Autumn 2010

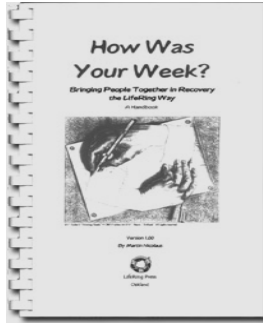
LifeRing Press
Oakland, CA
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How Was Your Week?

Bringing People Together in Recovery the LifeRing Way.

By Martin Nicolaus.

A handbook for the pioneers who are establishing the LifeRing approach in the contemporary recovery landscape. An in-depth practical introduction to the nuts and bolts together with a personal vision of the Big Picture.



"A masterful job. ... Many recovery mutual aid groups have floundered or collapsed because they failed to clearly define their mission and methods. How Was Your Week? defines the mission and methods of LifeRing Secular Recovery with remarkable clarity and enthusiasm. This book is a significant achievement ..." -- **Bill White, Author, Slaying the Dragon: The History of Addiction Treatment and Recovery in America.**

How Was Your Week? 250 pp. 5.25" x 8.5", plastic comb binding. ISBN 0-9659429-4-5. 2003.

\$15 + S/H

CA add \$1.28 ST

Our Bestseller:

Recovery by Choice

Living and Enjoying Life Free of Alcohol and Drugs, A Workbook. By Martin Nicolaus.

Recovery by Choice is tailor-made for people who are willing to work at abstinence but want something other than the 12-step approach. The book's 300 full sized pages offer a structured pathway for building personal recovery programs that keep on working year after year. Its fourteen chapters present the reader with a broad range of issues that come up in recovery — "body" issues, triggers, activities, feelings, people, lifestyle issues, personal history, culture questions, relapse, and many more. The approach exercises and strengthens the recovering individuals' power to choose sobriety in every situation. Dozens of worksheets encourage detailed planning for the short run, the medium term, and the lifetime perspective. Very thought-provoking in individual bibliography. Stimulates lively discussion in group settings. Counselors use it with clients in solo and group settings. Correctional institutions issue it to prisoners who demand a secular approach.

It's the best book written for a person in recovery that I've come across in a long time. -- Sam H.

Simply the most useful, well written, pithy, thoughtful, inclusive bookExcellent results and feedback. -- Catherine T.

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.

I have absolutely loved the workbook I can tell this book is going to make a lot of difference. -- R.B.

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-sobber plan that has worked well. One whole year with NO hangovers and NO regrets! -- L.L.

Recovery by Choice

Living and Enjoying Life Free of Alcohol and Drugs
A Workbook



Martin Nicolaus

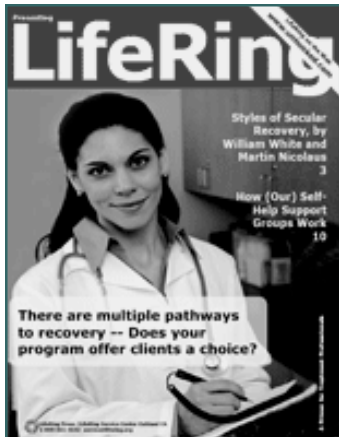
LifeRing Press
Oakland, California

Recovery by Choice, 300 pp. 8.5" x 11". ISBN 978-0-965942-93-5. Third printing, 2006. Stay-flat paper binding.

\$20

+ \$4.50 S/H via Priority Mail. CA add \$1.70 Sales Tax.

Quantity discounts to institutions available. Contact publisher@lifering.com.



Presenting LifeRing Secular Recovery:

A Primer for Treatment Professionals.

Features "Styles of Secular Recovery" by historian / recovery advocate William L. White (reprinted from *Counselor* magazine). This new magazine-format publication introduces treatment professionals to the LifeRing concept. For a free copy, send your professional business card. LifeRing meetings: contact the LifeRing Service Center (1-800-811-4142) for bulk distribution. Published 2006, 20pp on glossy paper. Single copy separately \$5.00.

Keepers: Voices of Secular Recovery.

A selection of more than 120 short items by LifeRing participants. Motivational, full of wisdom, down to earth, humorous. Includes **Holiday Survival Guide**. 223 pp. 5.25" x 8.5", paper. ISBN 0-9659429-1-0, 1999. Sale: **\$5.99** +S/H. CA + .51 ST.



LifeRing Brochures

Welcome to LifeRing — If This Is Day One — We Come Recommended — Sobriety Is Our Priority — Secular Is Our Middle Name — Self-Help Is What We Do — LifeRing Online — Give Something Back.

Complete set is included with every book order. Brochure sampler separately, \$2.00 + S/H. Brochures in quantities of 50 each, \$5.00 + S/H. CA .43 ST.



The LifeRing Bylaws. As adopted by the LifeRing Founding Congress in 2001, and amended through 2006. 12 pp. 5.25 x 8.5", \$1.