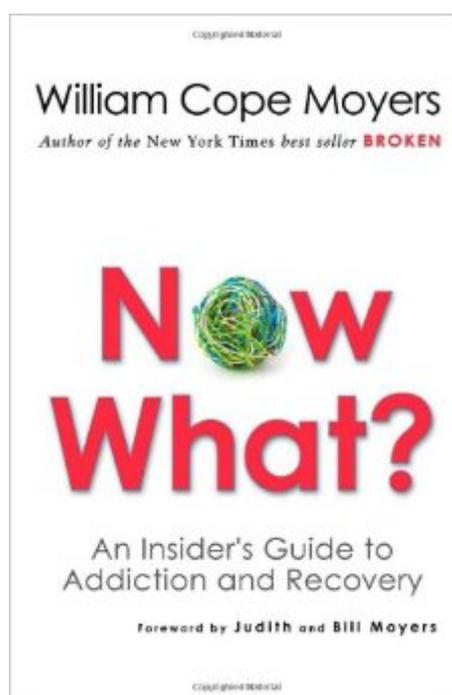


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# Now What?: An Insider's Guide To Addiction And Recovery



## Synopsis

Addiction and recovery insider and expert William Cope Moyers answers the question "Now what?" for addicts and their loved ones along every step of their journey through contemplation, intervention, treatment, and recovery. As the survivor of multiple relapses and near-fatal experiences with his addiction to alcohol and other drugs, William Cope Moyers knows what it's like to desperately need, but not know how to find, a good treatment program. As Moyers was struggling, his parents--television journalist Bill Moyers and his wife, Judith--were also battling to understand what was happening to their son and what to do about it. Thanks to a successful intervention, intensive inpatient treatment, and a rigorous Twelve Step program, Moyers has been clean and sober since 1994, and has devoted his life to guiding others in getting the help they need. In the course of his work as a recovery advocate and ambassador with Hazelden Foundation, Moyers has talked with hundreds of alcoholics, addicts, and their families and has been a lifeline in helping them get the treatment they need. Drawing from both his own journey and the experiences of those he's helped, Moyers applies his passion and trademark down-to-earth, style to lead readers through the process of recognizing when someone needs help, finding a quality treatment program, navigating the treatment process, and establishing a support system after treatment.

## Book Information

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## Customer Reviews

Now What? is billed as "an insider's guide to addiction and recovery." I'd say it's just that; I found it practical and readable. The description of the brain disease of addiction in the first chapter, entitled

"Swiss Cheese: The Addicts Brain on Drugs" was very accurate, and not (as many authors are prone to) hyperbolic or exaggerated. He quotes numerous experts and presents the brain disease in an accessible way, with numerous examples and descriptive metaphors. I was also glad to see him debunk the whole "this is your brain, this is your brain on drugs, any questions" message that is so misleading. The second chapter delivers a surprisingly effective comparison of addiction to bowling...the drug is the bowler, the addict is the bowling ball, the lane is the addict's path and the pins are the various elements of the addict's life. Seems simplistic and yet the author provides concrete examples from his own and others' experiences to flesh this notion out. In the end, it's a compelling metaphor, and he effectively reviews the various impacted areas such as finances, family and physical health. I think it's a great description, especially for people who are struggling to understand the myriad ways that addiction can impact lives. In the rest of the book, Moyers covers the family impact of addiction ("giving up by giving in") and the role of treatment (and how and why people can often recover without it). The book finishes with a walk through of the process of recovery from the twelve-step perspective, including the power of "we" vs "I", how to understand and address relapse (and to understand it in the complex contexts of disease and choice), and the importance of passing it on; i.e. sharing the gift of recovery with others.

First of all, I wish this book would have been available to me years ago when I found out my son was an addict. I love that it is written for the addict as well as the loved one or family member. It provides the opportunity for each to have a better understanding of where the other is coming from. I believe my son (who was the addict) would have read it also. This is a brilliant concept: Bravo! Second: It helped so much with my understanding of my son's addiction and relapse; especially "euphoric recall". His relapse after his first treatment was actually harder for me than when I found out he was an active addict. I might have remained more sane through all his relapses. Third: I loved the letters of intervention and providing the examples as well as all the resources in the back of the book. It's great that this book can work as a manual: Kudos! Fourth: As a parent of an addict, I have read many books written by recovering alcoholics and addicts (the Big Book included) about alcohol and drug addiction and recovery. But I always feel like I am an "outsider" looking in "trying" to get it. There always seems to be an underlying message that because I haven't ever been an addict or alcoholic I could never really "get" addiction. They often made me feel "less than". It was like the author took "terminal uniqueness" as a line that the co-dependent could never cross; they could never understand the real world of addiction. Does that make sense?? But with this book, I felt an "equal" in my learning about the addictive process. This is

why it is such a great book for loved ones, family members and co-dependents. There is not the feeling of hierarchy that "you could never understand how bad things can be unless you're and addict".

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