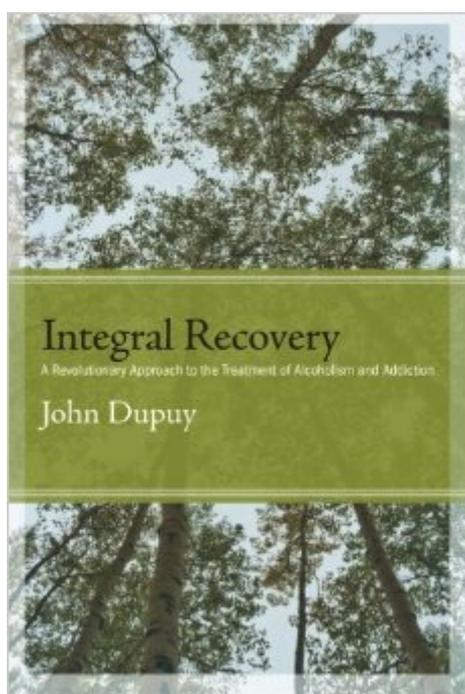


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# Integral Recovery: A Revolutionary Approach To The Treatment Of Alcoholism And Addiction (SUNY Series In Integral Theory)



## Synopsis

This book is for everyone who is suffering from the disease of addiction or who cares about someone who is: for addicts, their families and friends, and their health care providers. It is for those who are currently in recovery and looking for a way to shift their recovery into a higher gear--from just surviving and muddling through to becoming the absolute best version of themselves, from mere recovery to Integral Recovery. Integral Recovery is the groundbreaking application of Integral Theory to addiction. It brings alcohol and drug treatment into the twenty-first century by combining the best of the treatment modalities of the past with the latest knowledge, techniques, and neurotechnologies in order to ensure a more holistic and lasting recovery. In addition to providing an illuminating and inspiring map to the path of recovery, Integral Recovery teaches life-changing practices that initiate the addict on a journey of healing, transformation, and awakening, offering the possibility of a lifetime of health, joy, and sobriety.

## Book Information

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## Customer Reviews

Usually this form of discourse illustrates how others feel threatened by AA because they feel it's too cult-ish, Christian-like, or dis-empowering. And in many ways, it is all of those things. But it's also true that AA has helped millions around the world (it's not for everyone though). I really appreciate how John references and honors AA throughout the book, and has a pleasant way of offering his alternative perspectives. There is a lot of discussion about welcoming and working with our darkness

in Integral approach and is something I believe in and talk about online myself. I recent wrote this post: "When we shine light on our inner demons it's not so much that the demons go away so much as they cease to be demons. Instead, we see other things that look like manifestations of a scared little boy/girl who learned to adapt to its surroundings. Fear within us. Yes, it is darker energy, but it's OK. We feel and sense this darkness within us unconsciously and develop shame around it. Just let it be. There's nothing to be ashamed of. There's nothing to fix. Nothing to eliminate. We simply become aware that it's there through the vehicle of mindfulness and bow to it. This darker side of us, that was born out of pain, doesn't need self-help... it needs self-love." I have never been able to quite wrap my mind around the concept of "shadow work" the Integral approach offers, however I appreciate the alternative current and believe in the mindfulness aspects they prescribe. I am still very much a student to this mind-play and will continue to try to stay open to Integral's seemingly over complicated systems. That being said, Ken Wilber is truly a visionary.

Let's be clear, "Integral Recovery - A Revolutionary Approach to the Treatment of Alcoholism and Addiction" is nothing short of that: revolutionary. And I mean not just for addicts and treatment providers. This book has the potential to inspire you to completely change your lifestyle and set you on the life-long path to mastery. His adapted version of Integral Life Practice, called Integral Recovery Practice, is an ingenious blueprint for loosening the deadly grip of the disease of addiction, recovering one's dignity as human being, and eventually discovering that the limit of our potential for growth and continuing evolution is literally infinite. John Dupuy unpacks , what is probably the single greatest gift that "our beloved addicts"(as he affectionately calls his clients) can reveal to the world: the utter urgency of the choice between death or passionate practice. This is dead-on (pun intended). The good news for the average reader is: you don't have to suffer from a terminal, progressive disease like addiction to embark upon the path of fierce and serious practice to unlock your full potential in service of the whole. No, like John and his team you are invited to cross the isolating addict /non-addict divide and simply join the community of integral practitioners beyond that. By founding his work on the groundbreaking Integral Theory work of Ken Wilber, John Dupuy arrives at the first truly holistic addiction treatment, that touches all the important bases, fully honoring (among others) traditional AA approaches, cutting-edge brain (and meditation) science, post-modern therapeutic techniques, work with the family and systemic factors, etc., etc.

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