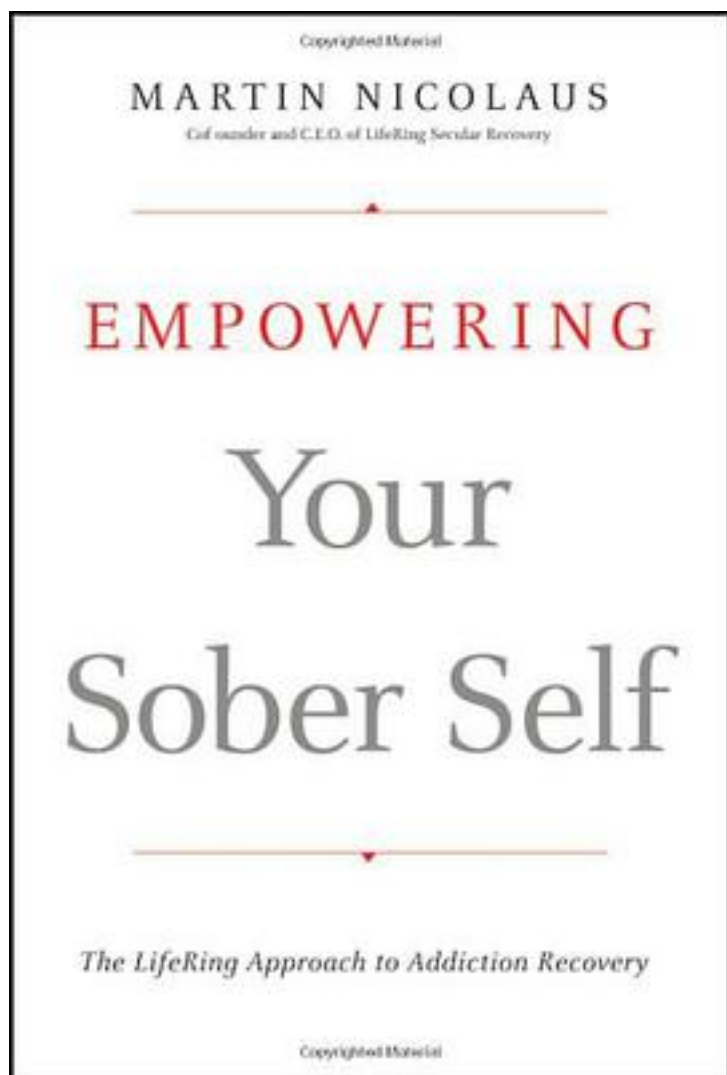


Empowering Your Sober Self



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"A sophisticated, insightful, well-documented view of the philosophy and practice that are at the heart of the LifeRing approach. This book offers a perspective on recovery that can motivate change in clinicians and researchers as well as among individuals struggling to find their sober selves." --Carlo DiClemente, Ph.D., professor and chair, Department of Psychology, University of Maryland, Baltimore, and author, "Addiction and Change"

"With impressive analytical clarity and therapeutic generosity, Nicolaus presents a well-argued brief for understanding the complexities of addiction treatment and accepting the full range of diverse paths to recovery. . . . Anyone] wanting insight and balance on a vitally important public health issue will appreciate the author's lively and respectful presentation." --Judith Herman, M.D., author, "Trauma and Recovery"

"In the words of our president, 'it's time for a change, ' and nowhere is this more evident than in the field of addiction treatment. Nicolaus has written a wonderful book that presents LifeRing, a new model for self-help groups. A model based on empathy, scientific evidence, and giving people the power to make their own choices about treatment options. Indeed, change has come." --Joseph R. Volpicelli, M.D., Ph.D., executive director, Institute of Addiction Medicine, Philadelphia, Pennsylvania, and coauthor, "Recovery Options: The Complete Guide"

"Powerful, engaging, and scientific. Marty Nicolaus shows that the sober self emerges by focusing on a person's strength, intelligence, supportive relationships, and the ability to ask, 'what works?'" --Charlotte Sophia Kasl, author,

"Many Roads, One Journey: Moving Beyond the 12 Steps" "Finally, a respectful approach to persons caught in addiction. Nicolaus has given us another option in the heroic battle people fight to regain the wholeness that addiction compromises." --The Rev. Linda Mercadante, Ph.D., Straker Professor of Historical Theology, The Methodist Theological School in Ohio, and author, "Victims and Sinners"

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