

# Addiction and Recovery Resources

## About this list

This list is for *general interest only*. META:PHI is not recommending, endorsing, or promoting any of the treatment or recovery methods expressed by the items on this list. We acknowledge that the path through addiction is individual and unique. However, accessing professional medical, psychological, and psychosocial assistance is often the safest route for recovery.

This list has been vetted and edited, in as much as it is possible, to provide the most recent, relevant, and evidence-based information. This is not an exhaustive resource and we encourage individuals and their families to search for other sources that allow for a greater understanding of addiction and recovery.

*An important note: META:PHI is not responsible for language, tone, or opinions and perspectives expressed by the authors on this list that may be interpreted as offensive or not aligned with the readers' personal and/or religious values.*

## Understanding addiction and recovery

### **Clean: Overcoming Addiction and Ending America's Greatest Tragedy**

Author: David Sheff  
Published: 2014  
Audience: Individuals interested in treatment and recovery, family members, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

*"Addiction is a preventable, treatable disease, not a moral failing. As with other illnesses, the approaches most likely to work are based on science — not on faith, tradition, contrition, or wishful thinking. These facts are the foundation of Clean... David Sheff spent time with scores of scientists, doctors, counselors, and addicts and their families, and explored the latest research in psychology, neuroscience, and medicine. In Clean, he reveals how addiction really works, and how we can combat it."*

### **Craving: Why We Can't Seem to Get Enough**

Author: Omar Manejwala  
Published: 2013  
Audience: Individuals interested in understanding addiction, family members, physicians, nurses, psychologists, social workers, therapists, community workers  
Available at: Library (or interlibrary loan), Indigo/Chapters

*"When we find ourselves wanting something strong enough, we'll do just about anything to get it--sometimes at the expense of our bodies, brains, bank accounts, and relationships. So why do we sometimes have the irrepressible feeling that we *need* something [sic]-- that we really just want? And how do we satiate that feeling without indulging it? Craving...translates the neurobiology of this phenomenon into real and accessible terms, explaining why we just can't seem to get enough. He then gives us tools and guidance to find satisfaction without giving in to our cravings."*

### **In The Realm of Hungry Ghosts**

Author: Gabor Maté  
Published: 2011 (most recent edition)  
Audience: Individuals interested in understanding addiction, family members, physicians, nurses, psychologists, social workers, therapists, community workers  
Available at: Library (or interlibrary loan), Indigo/Chapters

“Gabor Maté looks at the epidemic of various addictions in our society, tells us why we are so prone to them and outlines what is needed to liberate ourselves from their hold. Starting with a dramatically close view of Maté’s drug addicted patients, *In the Realm of Hungry Ghosts* weaves in stories of real people while providing a bold synthesis of clinical experience, insight and cutting-edge scientific findings. A haunting, compassionate and deeply personal examination of the nature of addiction.”

### **Overcoming Opioid Addiction: The Authoritative Medical Guide for Patients, Families, Doctors and Therapists**

Author: Adam Bisaga  
Published: 2018  
Audience: Individuals interested in treatment and recovery, family members, physicians, nurses, psychologists, social workers, therapists, community workers  
Available at: Library (or interlibrary loan), Indigo/Chapters

“Overcoming Opioid Addiction provides a comprehensive guide for opioid use disorder (OUD) sufferers, their loved ones, clinicians and other professionals. Expertly presented, urgently needed information and guidance including: Why OUD is unlike treating any other form of drug dependency, the science that underlies addiction to opioids and a clear analysis of why this epidemic has become so deadly....The different stages and effective methods of treatment...as well as behavioural therapies...”

## Personal memoirs

### **Beautiful Boy**

Author: David Sheff  
Published: 2009  
Audience: Parents, family members, caregivers, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

“What had happened to my beautiful boy? To our family? What did I do wrong? Those are the wrenching questions that haunted every moment of David Sheff’s journey through his son Nic’s addiction to drugs and tentative steps toward recovery...”

### **Between Breaths: A Memoir of Panic and Addiction**

Author: Elizabeth Vargas  
Published: 2016  
Audience: Individuals interested in addiction and recovery, family members, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

“Vargas discusses her accounts of growing up with anxiety-which began suddenly at the age of six when her father served in Vietnam-and how she dealt with this anxiety as she came of age, to her eventually turning to alcohol for relief. She tells of how she found herself living in denial, about the extent of her addiction and keeping her dependency a secret for so long. She addresses her time in rehab, her first year of sobriety, and the guilt she felt as a working mother who had never found the right balance....”

**Drink: The Intimate Relationship Between Women and Alcohol**

Author: Ann Dowsett Johnston  
Published: 2017  
Audience: Women in recovery, family members and partners, friends and allies, physicians, nurses, psychologists, social workers, therapists, community workers  
Available at: Library (or interlibrary loan), Indigo/Chapters

“Combining in-depth research with her own personal story of recovery, an award-winning journalist delivers a ground-breaking examination of a shocking yet little recognized epidemic threatening society today-the precipitous rise in risky drinking among women and girls...”

**Firewater: How Alcohol is Killing My People (And Yours)**

Author: Harold R. Johnson  
Published: 2016  
Audience: Individuals who identify as Indigenous and are interested in addiction/recovery, family members, friends and allies, physicians, nurses, psychologists, social workers, therapists, community workers  
Available at: Library (or interlibrary loan), Indigo/Chapters

“...Firewater examines alcohol – its history, the myths surrounding it, and its devastating impact on Indigenous people. Drawing on his years of experience as a Crown Prosecutor in Treaty 6 territory, Harold Johnson challenges readers to change the story we tell ourselves about the drink that goes by many names – booze, hooch, spirits, sauce, and the evocative "firewater." Confronting the harmful stereotype of the "lazy, drunken Indian," and rejecting medical, social and psychological explanations of the roots of alcoholism, Johnson cries out for solutions, not diagnoses, and shows how alcoholism continues to kill so many...”

**God and Starbucks: An NBA Superstar’s Journey Through Addiction and Recovery**

Author: Vin Baker  
Published: 2017  
Audience: Individuals interested in addiction and recovery, family members, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

“Sixteen years ago, Vin Baker was an NBA All-Star, an Olympic Gold medalist, and a multimillionaire. While he excelled on the court, Vin harbored a dark secret: a dependency on drugs and alcohol that began after the clean-cut preacher’s son turned pro. Eventually becoming a full-blown yet functional alcoholic, Vin convinced himself he played better under the influence—until his addiction cost him his basketball career, his fortune, and his health. But Vin’s story isn’t a tragic fall from grace. It is a joyous tale of salvation...”

**Lit: A Memoir**

Author: Mary Karr  
Published: 2015 (most recent edition)  
Audience: Individuals interested in addiction and recovery, family members, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

“Lit is about getting drunk and getting sober; becoming a mother by letting go of a mother; learning to write by learning to live....”

**The Gilded Razor: A Memoir**

Author: Sam Lansky  
Published: 2016  
Audience: LGBTQ individuals interested in addiction and recovery, family members, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

“*The Gilded Razor* is the true story of a double life. By the age of seventeen, Sam Lansky was an all-star student with Ivy League aspirations in his final year at an elite New York City prep school. But a nasty addiction to prescription pills spiraled rapidly out of control, compounded by a string of reckless affairs with older men, leaving his bright future in jeopardy. After a terrifying overdose, he tried to straighten out. Yet as he journeyed from the glittering streets of Manhattan, to a wilderness boot camp in Utah, to a psych ward in New Orleans, he only found more opportunities to create chaos—until finally, he began to face himself...”

**The Golden Boy: A Doctor’s Journey Through Addiction**

Author: Grant Matheson  
Published: 2017  
Audience: Individuals interested in addiction and recovery, family members, physicians, nurses, social workers, therapists, psychologists  
Available at: Library (or interlibrary loan), Indigo/Chapters

“Before opioids destroyed Grant Matheson's career, he was a pillar of his community. Respected physician, loving husband, devoted father, and trusted friend. Grant was a straight-laced kid who grew up to be a clean-living adult. No drinking, no smoking, and certainly no drugs. It took everyone by surprise, most of all himself, when he became addicted to narcotics in his 30s...”

## For addiction medicine practitioners and recovery workers

### **Addiction: Psychology and Treatment**

Editors: Paul Davis, Robert Patton & Sue Jackson  
Published: 2017  
Audience: Physicians, nurses, psychologists, social workers, therapists, community workers  
Available at: Library (or interlibrary loan), Indigo/Chapters

"Addiction: Psychology and Treatment" brings together leading psychologists to provide a comprehensive overview of the psychology of addictions and their treatment across specialties and types of services. Emphasizes the use of several approaches including CBT, psychodynamic and systemic and family treatments... Reflects the very latest developments in the role played by psychological perspectives and interventions in the recovery agenda for problem drug and alcohol users..."

### **Clinical Work with Substance-Abusing Clients**

Editor: Shulamith Lala Straussner  
Published: 2014  
Audience: Physicians, nurses, psychologists, social workers, therapists, community workers  
Available at: Library (or interlibrary loan), Indigo/Chapters

"Expert contributors present major assessment and treatment approaches together with detailed recommendations for intervening with particular substances. Clinical techniques are clearly explained and illustrated with helpful case examples. Important topics include harm reduction; strategies for working with family members; and ways to meet the needs of specific populations, including women, adolescents, older adults, LGBT clients, and those with frequently encountered co-occurring problems..."

### **Gay Men and Substance Abuse: A Basic Guide for Addicts and Those Who Care For Them**

Author: Michael Shelton  
Published: 2011  
Audience: LGBTQ individuals, physicians, nurses, psychologists, social workers, therapists, community workers  
Available at: Library (or interlibrary loan), Indigo/Chapters (e-book)

"By exploring the social and psychological factors that play into homosexual men's addictions, nationally certified treatment counselor Michael Shelton presents a timely, comprehensive look at best practices in meeting the unique needs of gay men in recovery, offering keen insight on a range of issues, including: common therapeutic approaches as motivational enhancement therapy and 12 Step strategies, successful relapse prevention protocols, tools for recovery from co-occurring sexual disorders, the importance of a loved one's role with regard to intervention and support, and the complicated relationship between gay male drug use and sexual behavior..."

### **Slipping Through the Cracks: Intervention Strategies for Clients with Multiple Addictions and Disorders**

Author: Mark Sanders  
Published: 2011  
Audience: Physicians, nurses, psychologists, social workers, therapists, community workers  
Available at: Library (or interlibrary loan), Indigo/Chapters (e-book)

“Clients who have multiple addictions and disorders are more difficult to engage and treat than clients with a single disorder. Many of the current systems are ill-equipped to address the myriad challenges of these clients--their relapse and recidivism rates are higher, and many of these clients tend to slip through the cracks, often going back and forth among addictions treatment, psychiatric and medical hospitalizations, and incarceration. Too many difficult-to-reach clients are at risk for relapse because their practitioners lack effective, innovative strategies for this unique client base who remain part of a revolving-door syndrome...”

## Intervention-based self-help

### **Being Sober: A Step-By-Step Guide to Getting To, Getting Through, and Living in Recovery**

Author: Harry Haroutunian  
Published: 2013  
Audience: Individuals interested in treatment and recovery, family members, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

“...from the physician director of the renowned Betty Ford Center, comes a step-by-step plan with a realistic "one-day-at-a-time" approach to a disease that so often seems insurmountable. With a focus on reclaiming the power that comes from a life free of dependency, *Being Sober* walks readers through the many phases of addiction and recovery...”

### **Living with Co-Occurring Addiction and Mental Health Disorders: A Handbook for Recovery**

Author: Mark McGovern  
Published: 2009  
Audience: Individuals interested in treatment and recovery, family members, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

“This handbook draws from an evidence-based program by a team at the Geisel School of Medicine at Dartmouth, internationally recognized pioneers in the integrated treatment of co-occurring disorders. Living with Co-occurring Addiction and Mental Health Disorders is designed to inform and empower those with such “dual disorders.” Author Mark McGovern shows how they can make informed choices about their own treatment and, together with a trained clinician, shape a program that works...”

### **Recovery from Trauma, Addiction or Both: Strategies for Finding Your Best Self**

Author: Lisa M. Najavits  
Published: 2017  
Audience: Individuals interested in treatment and recovery, family members, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

“Trauma and addiction are two of the most common and difficult issues that people face--but it truly is possible to heal. In this motivating book, leading expert Lisa Najavits explains the link between trauma and addiction and presents science-based self-help strategies that you can use no matter where you are in your recovery...”

### **The Anatomy of Addiction: Overcoming the Triggers That Stand in the Way of Recovery**

Authors: Morteza Khaleghi & Karen Khaleghi  
Published: 2011  
Audience: Individuals interested in treatment and recovery, family members, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

“Noted mental-health professionals and founders of Malibu’s Creative Care treatment center analyze the biological, societal and familial roots of addiction. According to the Khaleghis, relapse rates for addicts in traditional rehab programs are an alarming 70 to 90 percent within the first year...they stress the importance of self-examination, as do many 12-step programs like Alcoholics Anonymous. However, the Khaleghis’ treatment plan also delves into physiological or psychological problems. Ridding “blame” from the recovery process is important, and the authors work to discover the causal elements of addiction—e.g., depression, physical or emotional trauma and genetic makeup. Doing so helps their patients become aware of triggers and avoid future relapse...”

## Workbooks for recovery

### **Mind-Body Workbook for Addiction: Effective Tools for Substance Abuse Recovery & Relapse Prevention**

Authors: Stanley H. Block MD, Carolyn Bryant Block & Guy Du Plessis  
Published: 2016  
Audience: Individuals interested in treatment and recovery, family members, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

“...*Mind-Body Workbook for Addiction*, present[s] an innovative and clinically proven mind-body bridging technique to help you stay sober, manage emotions and stress, and ultimately build a better life. Inside, you’ll find easy-to-use self-help exercises to help you uncover addiction triggers, stay grounded, and prevent future relapse so you can finally heal...”

### **The Addiction Recovery Skills Workbook: Changing Addictive Behaviours Using CBT, Mindfulness and Motivational Interviewing Techniques**

Authored by: Suzette Glasner-Edwards  
Published: 2015  
Audience: Individuals interested in treatment and recovery, family members, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

“...seeking treatment is a powerful, positive first step toward eventual recovery. But gaining an understanding of the causes of addiction—such as feelings of helplessness or loss of control—is also crucial for recovery. In this book, addiction expert Suzette Glasner-Edwards offers evidence-based techniques fusing cognitive behavioral therapy (CBT), motivational interviewing, and mindfulness-based relapse prevention to help you move past your addictive behaviors...”

## For partners, parents, families, children, and allies

### **Loving Someone in Recovery: The Answers You Need When Your Partner is Recovering From Addiction**

Author: Beverly Berg  
Published: 2014  
Audience: Partners and spouses, parents, family members, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

“Recovering addicts are faced with many challenges, and these challenges can often extend to their romantic partners. During the recovery period, couples often struggle with overcoming feelings of betrayal and frustration, and may have a hard time rebuilding trust and closeness. Therapist Beverly Berg offers powerful tools for the partners of recovering addicts. Based in mindfulness, attachment theory, and neurobiology, this book will help readers sustain emotional stability in their relationships, increase effective communication, establish boundaries, and take real steps toward reigniting intimacy...”

### **Not as Prescribed: Recognizing and Facing Alcohol and Drug Misuse in Older Adults**

Author: Harry Haroutunian MD  
Published: 2016  
Audience: Family members, caregivers, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

“In this book, Dr. Haroutunian, physician director of the Professionals Program at the Betty Ford Center, provides you with the information needed to understand the dynamics of addiction in older adults. You’ll learn to clearly distinguish between the signs of aging and the signs of addiction, many of which overlap, identify the indications of drug misuse and its progression to addiction, understand the unique treatment needs of older adults and get the help you—as a caregiver or loved one—need to cope with your loved one’s addiction...”

### **The Everything Parent’s Guide to Teenage Addiction**

Authors: Edward Lynam MD & Ellen Bowers PhD  
Published: 2014  
Audience: Parents, family members, caregivers, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

“If your teen or preteen is struggling with an addiction to drugs or alcohol, you need to find the best treatment for your child. With *The Everything Parent’s Guide to Teenage Addiction*, you’ll learn how to take an active role in helping your child on the road to recovery.”

### **When Your Partner Has an Addiction: How Compassion Can Transform Your Relationship**

Author: Christopher Kennedy Lawford, Beverly Engel  
Published: 2016  
Audience: Partners and spouses, family members, caregivers, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

“Together, addiction activist and bestselling author Christopher Kennedy Lawford and psychotherapist Beverly Engel, MFT, take a fresh look at addiction and codependency—the latest research on what causes them and what the two have in common. Rather than treat addiction or



codependency as disease or weakness, [this book] honors the trauma and shame that often lie at their source and shows you how to use your love to combat that shame, allowing you to more effectively support your partner and heal yourself...”

### **Wishes and Worries: Coping With A Parent Who Drinks Too Much Alcohol**

Author: Centre for Addiction and Mental Health  
Published: 2011  
Audience: Children, parents, family members, friends, allies  
Available at: Library (or interlibrary loan), Indigo/Chapters

“Children of parents who drink too much alcohol are affected in many ways. They may experience anger, fear, confusion, and guilt. This reassuring book, written by professionals, offers information in the form of a story about one family’s struggle. When Dad’s drinking ruins a birthday party, everyone wishes that he would just stop. If only wishing could fix the problem!”

## Podcasts

### **The Recovery Elevator**

Hosted by: Paul Churchill  
Created: 2014  
Audience: Individuals who are contemplating treatment, in treatment or recovery, families, friends, allies  
Available at: [www.recoveryelevator.com](http://www.recoveryelevator.com), Apple Podcasts, Android

“...When you’re a closet alcoholic who’s quit drinking more times than you can count, start a podcast to hold yourself accountable as publicly as possible. Share your struggles, your triumphs, and every lesson you’re learning along the way. While you’re at it, invite others to share their stories of addiction and recovery so that you can learn from them and be reminded: YOU ARE NOT ALONE. Getting sober is just the beginning. Staying sober, and then becoming the person I know I’m meant to be is the real adventure...”

### **The SHAIR Recovery Network Podcast**

Hosted by: Omar Pinto  
Created: 2014  
Audience: Individuals who are contemplating treatment, in treatment or recovery, families, friends, allies  
Available at: [www.theshairpodcast.com](http://www.theshairpodcast.com), Apple Podcasts, Android

“Omar Pinto is an Addiction Specialist, Recovery Life Coach and Motivational Speaker. Omar will help you find the joy and happiness in recovery...This podcast showcases the most heartfelt and inspirational success stories of recovery from addiction...”