



Recovery-Oriented Reading List

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To learn more about recovery-oriented, person centered language and the values, goals, and mission of the ROSC, please visit the main page of McLean ROSC's Virtual Resource Guide: <https://www.jotform.com/app/McLean-ROSC/virtual-resources>.



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1. Dark Wine Waters: My Husband of a Thousand Joys and Sorrows.

Fran Simone

One woman's heartbreaking story of a marriage destroyed by her husband's substance use disorder. Author and widow Frances Simone describes her husband's attempts at treatment and subsequent relapse, his suicide, and her own recovery through a twelve-step program for families.



2. Dear William: A Father's Memoir of Addiction, Recovery, Love, and Loss.

David Magee

The last time David Magee saw his son alive; William told him to write their family's story in the hopes of helping others. Days later, David found William dead from an accidental drug overdose. Now, in a memoir, award-winning columnist and author David Magee answers his son's wish with a compelling, heartbreaking, and impossible to pause book that speaks to every individual and family. With honesty and heart, Magee shares his family's intergenerational struggle with substance use and mental health struggles, as well as his own reckoning with family secrets - confronting the dark truth about the adoptive parents who raised him and a decades-long search for identity.



3. Free Refills: A Doctor Confronts His Addiction. Peter Grinspoon

Dr. Peter Grinspoon seemed to be a total success: A Harvard-educated MD with a thriving practice; married with two great kids and a gorgeous wife; a pillar of his community. But lurking beneath the thin veneer of having it all was a substance use disorder. When the police finally came calling - after a tip from a sharp-eyed pharmacist - Grinspoon's house of cards came tumbling down fast. His professional ego turned out to be an impediment to seeking treatment as he cycled through recovery to relapse, his reputation, family life, and lifestyle in ruins. What finally moves him to recover and reclaim life - including working with other physicians who themselves use substances - makes for an inspiring read.



4. The Gift of Recovery: 52 Mindful Ways to Live Joyfully Beyond Addiction.

Rebecca E. Williams, Julie S. Kraft MA LMFT, Tia Rider Sorensen

If you're recovering from a substance use disorder, *The Gift of Recovery* offers quick, in-the-moment tips and tricks to help you cope with daily stress and stay firmly on the path to wellness. With this gentle, easy-to-use guide, you'll learn how to navigate relationships, take time for self-care, and build a mindful, sustainable, and joyful recovery.



5. Healing the Addicted Brain: The Revolutionary, Science-Based Alcoholism and Addiction Recovery Program. Harold C. Urschell III MD

Healing the Addicted Brain is a breakthrough work that focuses on treating drug and alcohol addiction as biological diseases- based on the Recovery Science program that has helped thousands of patients through their substance use disorders. It combines the best behavioral treatments with the latest scientific research into brain functions, providing tools and strategies designed to overcome the biological factors along with proven treatments and medications.



6. Loving Someone in Recovery: The Answers You Need When Your Partner Is Recovering from Addiction. Beverly Berg

Those recovering from an addiction 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. While there are many resources available to those in recovery, there are limited resources for the people who love them. In *Loving Someone in Recovery*, therapist Beverly Berg offers powerful tools for the partners of recovering from substance use disorders. Based in mindfulness, attachment theory, and neurobiology, this book will help listeners sustain emotional stability in their relationships, increase effective communication, establish boundaries, and take real steps toward reigniting intimacy.



7. Off Center: A Memoir of Addiction, Recovery, and Redemption in Professional Football. Randy Grimes

Growing up in Texas, Tyler Grimes's life was very much on center. A childhood spent in church on Sundays and on the gridiron all week turned into a football scholarship to Baylor, marriage to his college sweetheart, and a coveted NFL roster spot. When the Bucs' starting center began piling up brutal hits, he determined to do anything to stay in the game. In a day's work, he told himself. Even before Grimes left the NFL, his life began slipping off center. Eventually, he lost almost everything he owned, the respect of his children, and very nearly his life, before tumbling out of the car and crawling on hands and knees into a treatment center—literally—into a life-changing miracle.



8. On the Other Side of Chaos: Understanding the Addiction of a Loved One. Ellen Van Vechten JD MSW CADC

A lawyer turned therapist examines the chaos many families endure when substance use disorders disrupt their lives. Based in part on her own family's journey, Van Vechten explains the science of addiction, the theory of treatment, and the Twelve-Step model of recovery, providing sensible information and tips for reasoned action in support of a loved one while fostering personal growth and recovery.



9. Pathways: From the Culture of Addiction to the Culture of Recovery: A Travel Guide for Addiction Professions. William L. White

This guide examines addiction and recovery as a cultural phenomenon and describes the cultural aspects, organization, key cultural roles, and milestones that most people with a substance use disorder share. It examines how to move clients out of their substance use culture into a new world that promotes recovery and healthy ways of living. A comprehensive look at the substance use culture including concerns for intervention and treatment.

10. Pathways to Recovery and Desistance: The Role of the Social Contagion of Hope. David Best

In this remarkable new book, David Best turns his considerable gifts toward developing a full-fledged sociology of "hope" - surely the most important and misunderstood concept in the fields of criminology and addiction studies. Best examines effective methods for community growth, offers sustainable ways of promoting social inclusion and puts forward a new reform policy for prisons.

11. Raising Lazarus: Hope, Justice, and the Future of America’s Overdose Crisis. Beth Macy

Like the treatment innovators she profiles, Beth Macy meets the opioid crisis where it is—not where we think it should be or wish it was. Bearing witness with clear eyes, intrepid curiosity, and unflinching empathy, she brings us the crucial next installment in the story of the defining disaster of our era, one that touches every single one of us, whether directly or indirectly. A complex story of public health, big pharma, dark money, politics, race, and class that is by turns harrowing and heartening, infuriating and inspiring, Raising Lazarus is a must-read for all Americans.



12. Recover to Live: Kick Any Habit, Manage Any Addiction: Your Self-Treatment Guide to Alcohol, Drugs, Eating Disorders, Gambling, Hoarding, Smoking, Sex, and Porn. Christopher Kennedy Lawford

Recover to Live brings together all of the most effective self-care treatments for the seven most toxic compulsions affecting every culture on the planet today—substance use disorders, eating disorders, gambling, hoarding, smoking, sex, and porn.



13. The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety. Al Mooney

The Recovery Book provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical, and spiritual issues that arise along the way. Its comprehensive and effective advice speaks to people with substance use disorders, their loved ones, and substance use treatment professionals who need a proven, trusted resource and a supportive voice.



14. Recovery from Substance Abuse and Addiction: Real People Tell Their Stories. Washington, D.C: Center for Substance Abuse Treatment

Ten individuals tell their story of dependence on alcohol and other drugs, but whom were able to turn their lives around with effective treatment for their substance use disorders. These ten people are not unique. Thousands of people have similar stories they could share. What makes these individuals’ stories especially powerful is that they have been given the opportunity to share their successes with everyone— in their own words.

15. Rewired: A Bold New Approach to Addiction and Recovery.

Erica Spiegelman

Rewired is a new, breakthrough approach to fighting substance use disorders and self-damaging behavior by acknowledging our personal power to bring ourselves back from the brink. Centered on the concept of self-actualization, Rewired will guide you towards not only physical sobriety, but a mental, emotional, and spiritual sobriety by learning to identify key principles within yourself, including authenticity, honesty, gratitude, and understanding a need for solitude. Rewired addresses the whole. Usable in conjunction with or in place of 12-step programs, Rewired allows for a more holistic approach, helping to create a personalized treatment plan that is right for you.

16. Spirituality and Addiction. Basel: MDPI - Multidisciplinary Digital Publishing Institute

Special Digital Issue including articles that discuss the longstanding recognition of diverse connections between spirituality and substance use disorders, as well as emerging discussions regarding the spiritual dimensions of substance use treatments. The overall focus is on the overlaps between the journey into substance use and the spiritual journey.



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17. Twelve Steps and Twelve Traditions. Alcoholics Anonymous

Originally published in 1952, Twelve Steps and Twelve Traditions is the classic book used by AA members and groups around the world. It lays out the principles by which AA members recover and by which the fellowship functions. The basic text clarifies the Steps which constitute the AA way of life and the Traditions, by which AA maintains its unity.



18. The Weight of Air: A Story of the Lies About Addiction and the Truth About Recovery. David Poses

In his groundbreaking memoir, The Weight of Air, David chronicles his struggle to overcome mental illness and substance use. By age 19, he'd been through medical detox, inpatient rehab, 12-step programs, and a halfway house. He saw his substance use as a symptom of depression, but the experts insisted that substance use was the problem. Over the next 13 years, he went from one relapse to the next, drowning in guilt, shame, and secrets, until he finally found an evidence-based treatment that not only saved his life, but helped him thrive.

