



Managing Your Recovery from Addiction: A Guide for Executives, Senior Managers, and Other Professionals (Haworth Addictions Treatment)

David F O'Connell, Bruce Carruth, Deborah Bevvino

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Learn how to get sober—and stay that way

Getting and staying sober provides a special set of challenges for professional people—physicians, lawyers, corporate CEOs, accountants, and others—who drive themselves to achieve and succeed in high-pressure surroundings. *Managing Your Recovery from Addiction* applies business approaches and ideas to the process of planning, implementing, and carrying out programs that really work for professionals in their first year of recovery. This unique self-help book provides guidance to impaired executives and professionals seeking recovery through inpatient and outpatient care, setting strategies for managing conflict, dealing with changing emotions and moods, and developing a solid spiritual program.

Managing Your Recovery from Addiction helps professionals develop both short- and long-term programs for dealing with the challenges of maintaining sobriety. The book is based on the authors' extensive experience treating impaired business personnel in a variety of settings, including the Caron Treatment Centers and Lifeworks of London, England, an internationally recognized addictions treatment center. Their rational, scientific approach complements ongoing counseling and other treatment approaches to help keep the professional's career on track, saving the recovering individual—and his or her employer—significant time and money due to lower productivity, arrested organizational development, absenteeism, and other problems associated with professional level addiction.

Topics examined in *Managing Your Recovery from Addiction* include:

- a unique view of the 12 Steps for business personnel
- the dynamics of managerial addiction
- essential information to prevent relapse to active addiction
- coping with relapse
- basic tasks and fundamental recovery steps
- setting and tracking recovery goals
- recovery stages
- 10 tasks to recovery
- conflict management strategies
- spiritual development
- addictions treatment
- and much more!

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