

**HAZELDEN PUBLISHING**



# Spring

2016

Spring 2016 is full of titles designed to help readers become healthier in mind, body, and spirit. *A Kinder Voice* teaches people to release their inner critics through ancient mindfulness slogans practiced in Buddhist temples. *Reduce Craving* and *Relieve Stress* are two books in a new 5-Minute First Aid for the Mind series that give readers quick techniques to help them step outside difficult moments and into a better state of mind.

As always, we are also adding to our world-renowned recovery resources by expanding two series that are among our top sellers. *Drop the Rock—the Ripple Effect* and *12 More Stupid Things That Mess Up Recovery* breathe new life into our core recovery list, while *Not As Prescribed* tackles the emerging issue of alcohol and drug misuse in older adults.

These helpful and inspiring resources, along with our top-selling Hazelden Publishing backlist titles such as the New York Times best seller *The Gifts of Imperfection* and Melody Beattie's books, including *Codependent No More*, encourage individuals to find health, happiness, and purpose now and in the days ahead.

## CONQUER CHRONIC PAIN

An Innovative Mind-Body Approach

**Peter Przekop, D.O., Ph.D.**



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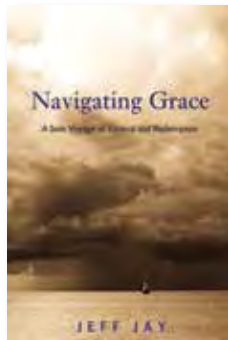
BIOGRAPHY & AUTOBIOGRAPHY /  
ADVENTURERS & EXPLORERS /  
TRAVEL / MEMOIR

ISBN: 978-1-61649-616-6, 4827

## NAVIGATING GRACE

A Solo Voyage of Survival and Redemption

**Jeff Jay.**



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PROGRAMS  
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## EXCERPT FROM A KINDER VOICE

*I have a whole gang of inner critics. One of them I call "Old Joe," because that voice drills like an army master sergeant. Another member of the gang is Miss Perfectionist. She takes in every detail and notes when something is out of place. This is a book about releasing your inner critics. Plural. Not by killing them off. Rather, first by befriending each of them, loving ourselves just the way we are. The practices of mindfulness and loving kindness meditation have been profound medicine for my emotional wounds, and this is a book to tell you about how to release your critic-demons for yourself.*

*At the age of twenty-four, I went to a monastery called Nada in the foothills of northern Arizona, looking to find peace and learn how to meditate and pray. What I discovered is a path of mindfulness and meditation that has helped me gain freedom and release my inner critics (mostly) . . . at least I can say their power is profoundly diminished.*

*I work professionally as a psychotherapist. Yet during these past three decades, I have also practiced contemplative meditation from both East and West traditions. Since my time in the monastery, I have become certified as a spiritual director in the contemplative Christian practices of the Ignation Exercises and trained for years in mindfulness practices, Zen meditation, and the Tibetan traditions. I believe in the power of meditation to change the brain and touch places where talk therapy cannot go.*

*Hence, this book, which introduces you to an ancient Tibetan practice called methods use slogans as the object of our contemplation and, over time, can re-wire the habits of our mind. I hope these slogans will steep in your mind and inspire an appetite for more.*

## A KINDER VOICE

Releasing Your Inner Critics with Mindfulness Slogans

**Thérèse Jacobs-Stewart**

Most of the time, the harshest criticism doesn't come from an external source, but from within yourself. Known as your inner critics, the internal negative commentary can be hard to stop. Through short accessible phrases, you can learn to silence your inner critics throughout the day and come to understand you are enough.

You've probably heard it said, and have maybe spoken the words yourself: "I am my own worst critic." A negative internal commentary contributes to a lack of confidence and low self-worth in many people.

Well-known mindfulness meditation teacher and author Thérèse Jacobs-Stewart offers one of the most effective approaches to calming a self-critical mind: the ancient Buddhist practice of using compassion slogans. Combining thought-awareness and loving kindness practice with mindfulness meditation, compassion slogans are a simple, time-tested method you can use throughout the day to quiet those critical voices and ease the mind. The short, accessible phrases help readers to reorient thinking when their inner critics show up. Instead of making a negative thought stronger by fighting it, you will learn to let thoughts dissipate through lack of attention. When you remember to "begin kindness with yourself," you will find that keeping a compassionate perspective on all that you do and say allows you to give your inner critic a kinder voice.



*Also of interest . . .*

### MINDFULNESS AND THE 12 STEPS

Living Recovery in the Present Moment

**Thérèse Jacobs-Stewart**

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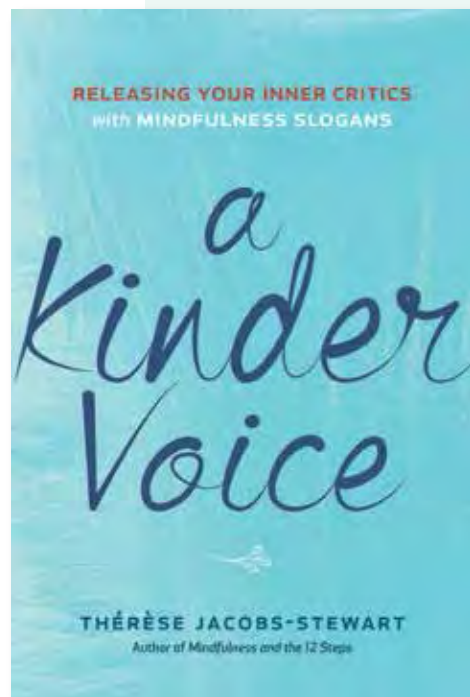
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**Thérèse Jacobs-Stewart**

is the author of the successful book *Mindfulness and the 12 Steps* and has been a psychotherapist, meditation teacher, and mindfulness practitioner for over thirty years. She has built a solid following through books, social media, retreats, and classes at Mind Roads Meditation Center in St. Paul, Minnesota.

**Social Media and Online:**

 mindroads.com  
 @tjacobsstewart  
 Mindful12steps

MAY 2016

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SUBSTANCE ABUSE & ADDICTIONS  
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ISBN 978-1-61649-654-8, 2104



*Allen Berger, Ph.D.*, is a leading clinician, popular speaker at behavioral health conferences, and author of *12 Stupid Things That Mess Up Recovery*, *12 Smart Things to Do When the Booze and Drugs Are Gone*, and *12 Hidden Rewards of Making Amends*.

**Social Media and Online:**

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**12 MORE STUPID THINGS THAT MESS UP RECOVERY**

Navigating Common Pitfalls on Your Sobriety Journey

*Allen Berger, Ph.D.*

The road of life is full of unexpected potholes and challenges. Sometimes, these challenges can make it hard to want to face reality and can jeopardize your sobriety. *12 More Stupid Things that Mess Up Recovery*, will identify common pitfalls and help you form an action plan as to how you will handle each one you encounter to help you stay the course.

Recovery from addiction is often compared to a journey where you meet new people; rejuvenate your mind, body, and spirit; and learn new things about yourself that give you hope for the future. But like all journeys, the recovery path also has pitfalls that can jeopardize your sobriety.

With his popular book *12 Stupid Things That Mess Up Recovery*, Dr. Berger has shown many people how to confront self-defeating thoughts and behaviors that can sabotage their sobriety. In this sequel, Dr. Berger gives you the tools you need to work through twelve pitfalls you are likely to encounter on your path to long-term recovery. Whether you are facing relapse, learning to overcome complacency, or working to take responsibility for your feelings and actions, this book will equip you to overcome some of the most common relapse hazards as you make your trek along "the road of happy destiny."

*Also of interest . . .*



**12 STUPID THINGS THAT MESS UP RECOVERY**

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**12 SMART THINGS TO DO WHEN THE BOOZE AND DRUGS ARE GONE**

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ISBN 978-1-39285-821-7, 2864

## EXCERPT FROM 12 MORE STUPID THINGS THAT MESS UP RECOVERY

I like to think of recovery as a journey of discovery that opens up new possibilities for well-being. But this can only happen if you are willing to face this paradox: We must experience discomfort in order to find the comfort that a life of recovery brings.

To give some sense of what happens on this journey I like to use the analogy that recovery is like taking an arduous hike. Let's use the Kalalau Trail on the island of Kauai, Hawaii, which is listed in the top ten most difficult hikes in America for this analogy.

Finding the right trailhead on any hike is the first challenge. Oftentimes the signage is incomplete or confusing. Some trailheads are more obvious than others, but none of the trailheads in recovery is that obvious. In fact if you are a recovery consumer it is easy to become very confused and overwhelmed by all the advertisements and advice you get as to what to do. Here is where things get tricky right from the start: Just like choosing a trailhead for exploring Kauai, in starting recovery you have to discover the path that works best for you in meeting your particular abilities and needs.

For example, if you choose the Kalalau trailhead, upon entering it you realize that you are in for one heck of a trek. The trail is quite narrow and crumbly, which in certain places makes it hard to keep your balance because you can't find solid

footing. At other times on this trail you find yourself cruising along and enjoying this beautiful tropical paradise and the magnificent views of the coastline. Some people who have taken this hike have fallen off the path to their death. Many have turned back

because it was just too difficult or unnerving. This is analogous to what can happen in recovery.

We have lost many of our recovery brothers and sisters who have fallen off the path and died from a relapse or a drug-related accident. Others have just dropped out of the scene and are nowhere to be found. But just as people can find the right tools and guides to navigate a treacherous trail—there are many who have found the information and support they needed to face the challenges and enjoy the rewards of recovery.

At times on the Kalalau Trail hike you will be cruising along and everything will seem peachy and then just around the bend you run into a stretch of trail that seems impossible to pass. Similarly, in recovery, everything can seem to be going well with your program and there'll be an unexpected crisis that can throw you for a loop. But as with going on an arduous hike, the more you can predict, understand, and are prepared for the ups and downs that lie ahead, the better you will be able to cope with these challenges when you face them.

In psychology we refer to this as anticipatory coping. Anticipating a problem helps you mobilize the resources within and outside of yourself to better cope with it.

No one among us has been able to completely avoid falling off the path or getting lost during our trek. We are humans and therefore will make mistakes and poor decisions. The important thing is that we pick ourselves back up when we have fallen off the path, find our way back if we are lost, and get on with the business of learning from our mistakes. This is the essence of real long-term recovery. Recovery is about learning; and learning is about discovering new possibilities.

Thank you for allowing me to join you on your journey; let us trudge this road of recovery and remove these barriers to our Happy Destiny together.



### 12 HIDDEN REWARDS OF MAKING AMENDS

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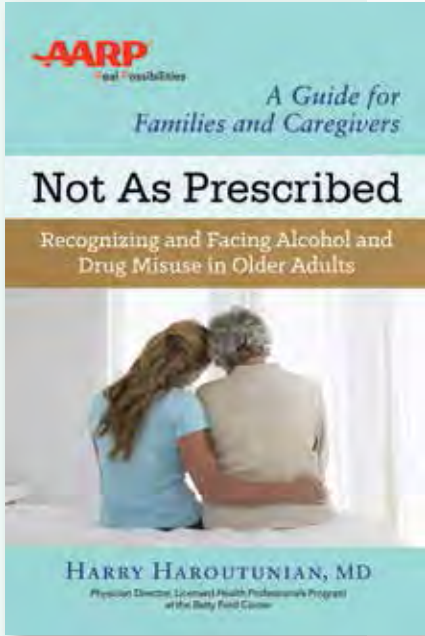
ISBN 978-1-61649-627-2, 4826

## NOT AS PRESCRIBED

Recognizing and Facing Alcohol and Drug Misuse in Older Adults

*Harry Haroutunian, M.D.*




*Foreword by Susan Ford Bales*



**Harry Haroutunian, M.D.**

an internationally known speaker and authority on addiction-oriented topics—including drug misuse among older adults—is widely read online and has appeared on *The Dr. Oz Show* and *Dr. Drew On Call* and in the *New York Times* and *Cosmopolitan*. Board certified in both addiction and family medicine, he serves as physician director of professional and residential programs at the Betty Ford Center in Rancho Mirage, California.

**Social Media and Online:**

-  drharrybeingsober.com
-  drharryh
-  @ABPHD

A leading clinical expert on substance misuse and abuse, Dr. Harry Haroutunian of the Hazelden Betty Ford Foundation provides caregivers and loved ones with vital information needed to understand and address the growing problem of alcohol and drug issues in older adults.

The older adult population is growing by leaps and bounds. Dramatic lifestyle changes, along with health problems, have led many to turn to alcohol, prescription painkillers, and marijuana to medicate their physical and psychological pain. You may think, *Dad is just enjoying cocktails and retirement, or Mom still has pain and needs her pills.* Maybe so, but consider that an estimated 17 percent of people age sixty and older struggle with substance misuse and addiction. Older adults are now hospitalized as often for alcohol-related problems as they are for heart attacks.

In this book, Dr. Haroutunian, physician director of the Licensed Health Care 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, polypharmacy, and signs of addiction, many of which overlap
- Identify the indications of drug misuse and its progression to addiction or drug misuse
- Understand the unique treatment needs of older adults
- Get the help you—as a caregiver or loved one—need to cope with your loved one's addiction

This essential guide can help you transform stress and chaos into understanding and compassion.

## DROP THE ROCK ... THE RIPPLE EFFECT

Using Step 10 to Work Steps 6 and 7 Every Day

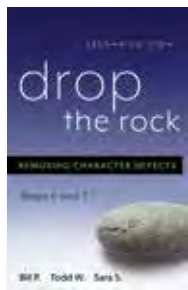
**Fred H.**

*In Drop the Rock – The Ripple Effect, you will learn how to use Step 10, continuing to take personal inventory and when wrong promptly admitting it, to work Steps 6 through 9 every day to surrender character defects, remove shortcomings, and make amends.*

In this follow-up to *Drop the Rock: Removing Character Defects*, Fred H. explores “the ripple effect” that can be created by using Step Ten to practice Steps Six and Seven every day to avoid picking up “the rock”—also known as resentment, fear, and self-pity—again. Drawing on his years of lecturing on the *Big Book of Alcoholics Anonymous* and *Twelve Steps and Twelve Traditions*, Fred H. shows how Step Ten is the natural culmination of working the previous Steps and provides a crash course on renewing your recovery program through the daily practice of Twelve Step principles.

*Drop the Rock ... The Ripple Effect* offers multiple perspectives from people successfully working a Twelve Step program and shows Step Ten as a key to a sober life free of fear and resentment and filled with serenity and gratitude.

*Also of interest . . .*



### DROP THE ROCK

Removing Character Defects

SECOND EDITION

*Bill P., Todd W., and Sara S.*

Personal stories and powerful insights help readers move through the resentment, fear, anger, and intolerance that can sink recovery.

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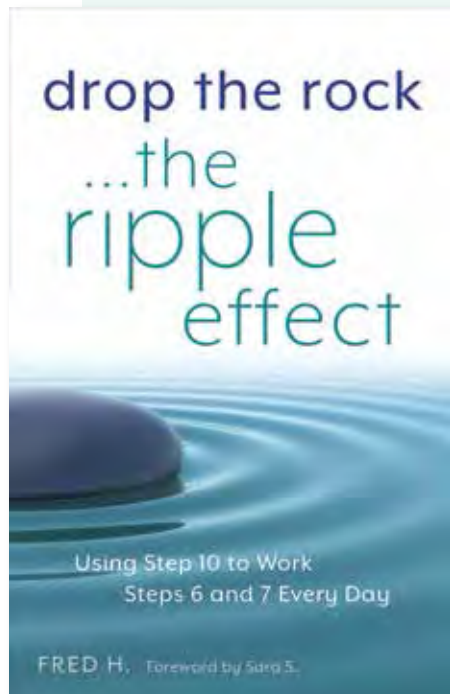
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**Fred H.** has worked in the field of addiction and recovery for thirty-seven years and is the director of the retreat center for a leading addiction treatment program. He is a popular international speaker on the *Big Book* and the principles of the Twelve Steps.

## 5-MINUTE FIRST AID FOR THE MIND

**RELIEVE STRESS**

20 Quick Techniques

**Katrin Schubert, M.D.**

.....

*Through 20 easy, calming techniques, including acupressure, breathing exercises, and guided imagery, you will learn how to relieve stress in five minutes or less.*

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Stress is a normal part of life. Work pressures, family expectations, and even recreational activities can become demanding. Activities to help prevent stress, such as meditation, yoga, or exercise, are beneficial but might be difficult to incorporate into a busy day.

In this quick guide, you will learn 20 easy techniques, including acupressure, breathing exercises, and guided imagery, to relieve stress in five minutes or less. Illustrations show you how to apply specific science-based techniques in common stressful situations and how to effectively use these techniques in your daily life.

**REDUCE CRAVING**

20 Quick Techniques

**Katrin Schubert, M.D.**

.....

Through 20 easy techniques, including acupressure, breathing exercises, and guided imagery, you will learn how to reduce craving in five minutes or less.

.....

Everyone experiences cravings. Most are harmless, but, for some, cravings can become habitual and negatively impact health, well-being, and happiness. Sometimes cravings are signs that you may need professional help, but often you can learn to manage and overcome your cravings on your own.

In this quick guide, you will learn 20 easy techniques, including acupressure, breathing exercises, and guided imagery, to help you control your cravings in five minutes or less. Illustrations show how to apply specific science-based techniques in situations where cravings often occur and how to integrate them into your daily life.

**Katrin Schubert, M.D.**, also has a doctorate in human genetics from the University of Hamburg in Germany and a bachelor's degree in life sciences from Queen's University in Kingston, Ontario. For the past 23, years she has been a practitioner of natural medicine in Kensington, Ontario, employing a variety of exclusively holistic and noninvasive modalities.

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## EXCERPT FROM RELIEVE STRESS

### TECHNIQUE 1. SQUARE BREATHING

#### How to do it

Find a square or rectangular object in your surroundings. It can be a picture frame or door if you are indoors or a car window, section of a sidewalk, a flower box if you are outside. Even the great outdoors will offer squares or rectangles in the form of stones, bushes, or fences.

Now move your eyes from the top left corner of your box horizontally to the right side while inhaling. This means you move in a clockwise fashion. Be mindful to slow down your eye movements and breath. Once you reach the upper right corner move your eyes downward in a very deliberate fashion while slowly exhaling. Breathe in along the bottom corner from right to left and then breathe out from the bottom left upward to your starting point. Keep moving your eyes along the square while slowing down your breath, inhaling along the top and bottom edge and exhaling along the sides. Ideally your out-breath should last as long as your in-breath. Breathe around the square for several rounds and repeat it if you feel your thoughts drifting back to uneasiness.

You may notice that your mind is now occupied with moving your eyes from one corner to the next while synchronizing your breathing leaving no “mind space” to worry. You may feel a sense of calm and it can assist to reset your nervous system.

## EXCERPT FROM REDUCE CRAVING

### LIFT YOUR SPIRITS—LIFT YOUR MIND

Did you know that your ear represents every part of your body? And that by massaging certain spots on your ear you can support your body in healing and ease your mind?

The brilliant French doctor Paul Nogier discovered this.

#### Here is what you can do:

Lightly pinch your ears between your index finger and your thumb. Move along the outside of your ears from the bottom to the top rubbing and massaging your ear. You will notice that there are tender and sometimes exquisitely achy spots. Pay extra attention to them and work those a little longer and “harder.” You want to feel “good pain”; avoid intense or sharp pain.

Good! You have just given your spine a massage and you may already feel a little more invigorated.

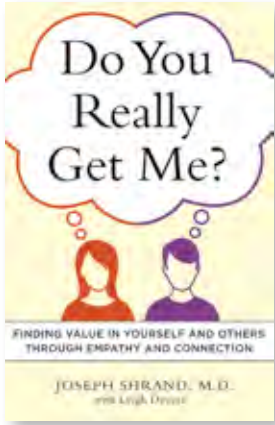
Now move to your earlobe. The science of auriculo-acupressure reveals that your earlobe represents your brain, face, jaw and neurotransmitters and emotions.

On the outside of your earlobe you will find a point that lifts your spirits.

Now massage your earlobes really well. Voila! You just invigorated your brain and face.

Can you feel the difference? Do you feel more alive, more awake? Do you feel more ready to face your tasks and the world around you?

Remember to repeat this massage again today!



**DO YOU REALLY GET ME?**

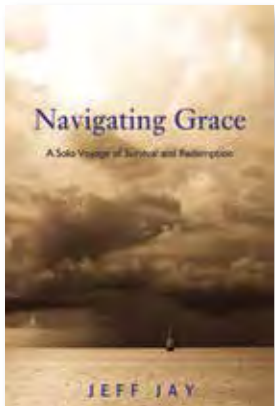
Finding Value in Yourself and Others through Empathy and Connection

*Joseph Shrand, M.D.*

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Through his iMaximum model, Dr. Shrand, helps readers learn how to use empathy to truly connect with people and form relationships based on mutual respect.



**NAVIGATING GRACE**

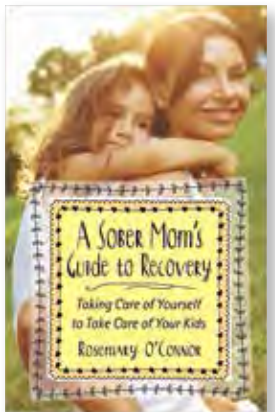
A Solo Voyage of Survival and Redemption

*Jeff Jay*

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A moving illustration of the power of grace to elevate us during troubling times, *Navigating Grace* is a soulful account of his solo sailing journey that turned into a battle for survival on the open sea.



**A SOBER MOM'S GUIDE TO RECOVERY**

Taking Care of Yourself to Take Care of Your Kids

*Rosemary O'Connor*

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Rosemary O'Connor brings her many years of experience working with women in recovery to address the key life issues mothers face at all stages of their recovery path.

**CONQUER CHRONIC PAIN**

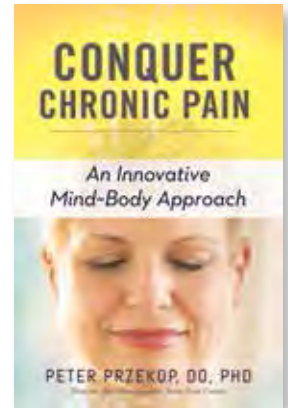
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Dr. Przekop provides a revolutionary alternative program proven effective in managing chronic pain. By learning how the brain can be reprogrammed to reverse patterns, you can often completely relieve suffering and the deep despair chronic pain can cause.



**IF YOU LEAVE ME, CAN I COME WITH YOU?**

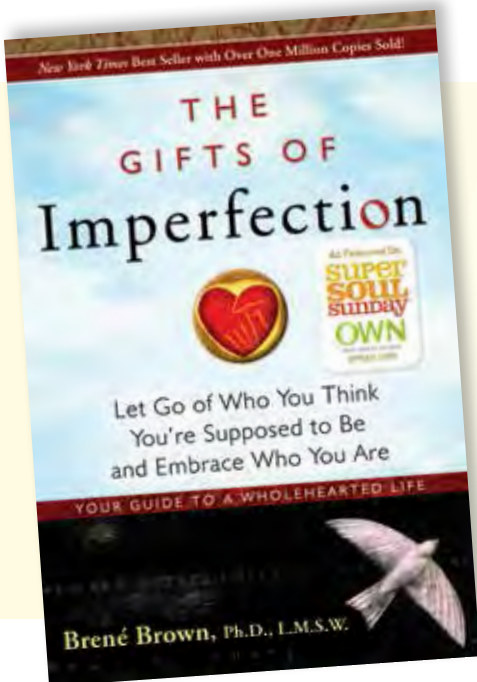
Daily Meditations for Codependents and Al-Anons . . . with a Sense of Humor

*Misti B.*

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*If You Leave Me, Can I Come with You?* is full of refreshingly original meditations for each day of the year. Infusing her wisdom with self-revealing honesty and humor, Misti B. provides healing insight with a lighthearted touch into the common struggles that codependents and those in Al-Anon frequently face.



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## RECOVERY NOW

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Anonymous



This popular title combines the most current research with the timeless wisdom of *Alcoholics Anonymous*, *Narcotics Anonymous*, and other Twelve Step guides to offer an accessible basic text written in today's language for anyone recovering from addiction to alcohol or other drugs.

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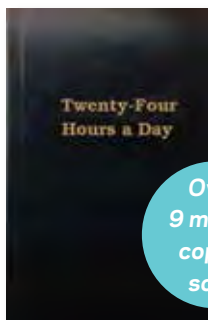
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*Damian McElrath, D.H.E.*

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The Big Book sets forth the cornerstone concepts of recovery from addiction and shares the stories of men and women who have overcome the disease.

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**CRAVING**

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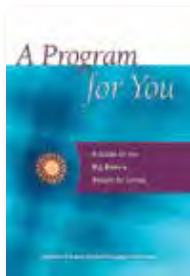
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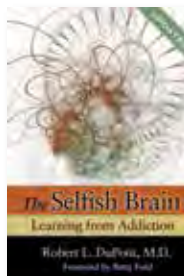
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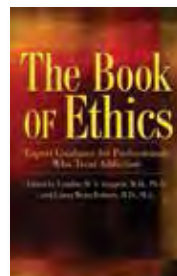
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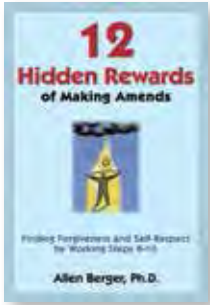
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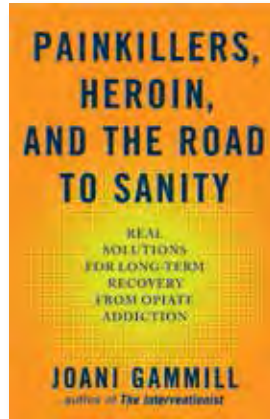
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