

Recommended Books

1. **"In the Realm of Hungry Ghosts: Close Encounters with Addiction" by Gabor Maté**
 - Dr. Gabor Maté delves into the complexities of addiction, exploring its roots in trauma and offering a compassionate perspective on recovery.
2. **"The Big Book" by Alcoholics Anonymous**
 - Often referred to as "The Big Book," this foundational text outlines the Twelve-Step program and shares personal stories of recovery.
3. **"We Are the Luckiest: The Surprising Magic of a Sober Life" by Laura McKowen**
 - Laura McKowen shares her journey to sobriety, highlighting the unexpected joys and profound insights gained through living alcohol-free.
4. **"Blackout Girl: Tracing My Scars from Addiction and Sexual Assault" by Jennifer Storm**
 - Jennifer Storm's memoir recounts her experiences with addiction and trauma, offering hope and guidance for those facing similar challenges.
5. **"The Outrun" by Amy Liptrot**
 - Amy Liptrot's memoir intertwines her recovery from alcoholism with a return to her childhood home in the Orkney Islands, exploring themes of nature and healing.

Recommended TED Talks

1. **"Everything You Think You Know About Addiction is Wrong" by Johann Hari**
 - Johann Hari challenges conventional views on addiction, emphasizing the importance of connection and addressing underlying issues.
2. **"Addiction: A Story of Stigma, A Story of Hope" by Scott McFadden**
 - Scott McFadden shares his personal journey through addiction and recovery, highlighting the impact of stigma and the power of hope.
3. **"The 12 Steps According to Russell Brand" by Russell Brand**
 - In this candid talk, Russell Brand offers his interpretation of the Twelve Steps, blending humor with profound insights into the recovery process.
4. **"How Childhood Trauma Affects Health Across a Lifetime" by Nadine Burke Harris**
 - Dr. Nadine Burke Harris discusses the long-term impacts of childhood trauma, including its connection to addiction, and advocates for a comprehensive approach to healing.
5. **"Addiction is a Disease. We Should Treat it Like One." by Michael Botticelli**
 - Michael Botticelli argues for viewing addiction as a medical condition rather than a moral failing, calling for compassionate and effective treatment approaches.

Engaging with these resources can deepen understanding, provide practical strategies, and inspire hope for those affected by addiction. Remember, recovery is a personal journey, and exploring various perspectives can help in finding the path that resonates best with you or your loved ones.

For more information or support, please contact us at:

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Jeffrey’s Mission: Turning Loss into Action, One Life at a Time.