

Phil's Favorite Addiction/Recovery Books

September 2016

About Addiction and Recovery for the Whole Family:

When The Servant Becomes the Master by Jason Z W Powers, MD

{A Comprehensive Addiction Guide for Those Who Suffer from the Disease, the Loved Ones Affected By It, and the Professionals Who Assist Them}

Central Recovery Press [2012]

Phil's Review: The subtitle says it all—extremely comprehensive—understandable by all of the parties involved! My favorite book for understanding all aspects of addiction.

Why Don't They Just Quit? by Joe Herzaneck

{What Families and Friends Need to Know About Addiction and Recovery}

Changing Lives Foundation [2010]

Phil's Review: This book was the first book I read regarding what family members need to know about dealing with their addicted love one. This book is a classic that includes a lot of information not found in other books. If you have particular questions, this book probably has the answers. It is very easy to read and highly recommended.

Love First by Jeff and Debra Jay

{A Family's Guide to Intervention}

Hazelden Press [2008]

Phil's Review: The first half of this book is profoundly helpful to families in understanding what is helpful and what is not in relating to your addict. The second half describes in detail how to do a family intervention. The book is fabulous as is the related website: lovefirst.net, which includes treatment center recommendations.

No More Letting Go by Debra Jay

{The Spirituality of Taking Action Against Alcoholism and Drug Addiction}

Bantam Dell [2006]

Phil's Review: A fabulous book that focuses on what the family can and should do. I think I have used more quotes from this book than any other.

At Wit's End by Jeff Jay and Jerry Borishkin PhD

{What You Need to Know When a Loved One is Diagnosed with Addiction and Mental Illness}

Hazelden Press [2007]

Phil's Review: This book explains all of the various co-occurring disorders that may be involved along with the addiction. Most addicts have co-occurring disorders, so this book is most helpful.

It Takes a Family by Debra Jay
{A Cooperative Approach to Lasting Sobriety}
Hazelden [2014]

Phil's Review: Debra Jay has come up with a very detailed one-year recovery plan involving the entire family. If you like everything spelled out in intimate detail, this is the book for you. See loverfirst.net.

Choices and Consequences by Dick Schaefer
{What to Do When a Teenager Uses Alcohol/Drugs}
Hazelden Foundation [1998]

Phil's Review: A fabulous, easy-to-understand book for families, teachers, and counselors that focuses on teenagers. It describes precisely what to do in a step-by-step process which includes boundaries and contracts.

First Aid For Enablers by Dr. David Curry
{Ten Treatments for Enablers and Their Addicts}
Rescue Mission [2011]

Phil's Review: A short book that is simple yet profound in its lessons on developing healthy boundaries with the addict in your life. Chapter 5 is absolutely classic in helping enablers and their addicts get healthy and move toward recovery.

Setting Boundaries with Your Adult Children by Allison Bottke
{Six Steps to Hope and Healing}
Harvest House [2008]

Phil's Review: The author's six steps are an acronym: SANITY. I carry the six steps on a card in my pocket at all times. This classic book sure helped me to gain some sanity.

Addiction Recovery: A Family's Journey by Diana Clark, JD, MA
{Family Healing Strategies}
Diana Clark [2013]

Phil's Review: This book is unique in its inclusion of engaging exercises, self-assessments and case examples. The focus of this book is on solutions and recovery for all of the parties involved.

Soaring Above Co-Addiction by Lisa Espich
Twin Feather Publishing [2011]

Phil's Review: An excellent book on taking care of oneself in lieu of becoming enmeshed in the addict and their disease.

Getting Them Sober by Toby Rice Drews
Recovery Communications [1998]

Phil's Review: A classic written for spouses and parents of alcoholics.

Reclaim Your Life by Carole Bennett, MA

{You and the Alcoholic/Addict}

Sea Hill Press [2010]

Phil's Review: This book does a fantastic job of teaching the family all about their addict and the role the family must play in recovery. The book has these sections: 1)Identifying and understanding the addict in your life; 2)Communication and boundaries; 3)You are at the helm; 4)Relapse and recovery; 5)Essays and poems. This book is aimed more at families with adult addicts (18+). See familyrecoveryolutions.com.

Families and Addiction by Robert, Margaret and Patrick Brown

{How to Stop the Chaos and Restore Family Balance}

Self-Published [2014]

Phil's Review: This book explains skills that families need to counter the ongoing stress substance abuse causes: how to create and maintain boundaries; how to work effectively as a team; how to find and use appropriate support; how to manage loss of trust; how to give up control of outcomes for the addict; how to give up communication with the addict and with other family members; and how to take care of yourself.

My Addicted Child by Larry Fritzlan LMFT and Avis Rumney LMFTs

{A Family Systems Approach That Works}

Recovery Works Publishers [2015]

Phil's Review: This book does a great job explaining a very structured family systems approach that involves the entire family and increases the odds for recovery. These are words from the beginning of the book: "Only when you accept that you are powerless over the addict and you focus on your own recovery, can the fundamental changes begin that can lead to a healthy outcome for you and your family. We believe this evidence-based approach will someday become the norm in treating addiction." See myaddictedchild.com.

True Stories:

The Lost Years by Kristina Wandzilak & Constance Curry

{Surviving a Mother and Daughter's Worst Nightmare}

Jeffers Press [2006]

Phil's Review: My favorite book among the true story category. The mother and daughter take turns telling their side of this amazing story with an inspirational ending.

Little Black Sheep by Ashley Cleveland

David C Cook [2013]

Phil's Review: Ashley Cleveland is a fabulous Christian singer. It turns out she is also a great author. Her memoir is one of "selective surrender" to God and of a continuing struggle with addiction and other demons.

Basketball Junkie by Chris Herren

St. Martin's Griffin [2012]

Phil's Review: This is a very well-written book about addiction from the perspective of a college and professional athlete.

Loss of Innocence by Ron and Carren Clem

{A daughter's journey into the underworld of meth addiction and a father's fight to bring her back}

Virgin Books [2008]

Phil's Review: This was my first true story book about addiction. It recounts the story from the perspective of both the father and the daughter.

12 Steps:

The Steps We Took by Joe McQ

{A teacher of the 12 Steps shares his experience, strength, and hope with all those recovering from addictions, all who want to recover, and all who love them}

August House [1990]

Phil's Review: This book is my absolute favorite for your first working of the 12 Steps, regardless of whether you have chemical dependency issues or co-dependency issues.

Carry This Message by Joe McQ

{A Guide for Big Book Sponsorship}

August House [2002]

Phil's Review: This book is specifically written for sponsors to assist them in helping others work the 12 Steps.

Drop The Rock by Bill P, Todd W, and Sara S

{Removing Character Defects—Steps Six and Seven}

Hazelden Foundation [2005]

Phil's Review: This book is very helpful to read immediately after completing your inventory.

The Twelve Steps of Alcoholics Anonymous

{As Interpreted by Hazelden Foundation}

[1993]

Phil's Review: Each step is explained by a different author. Other than the chapter on Step 4, I found this book very helpful.

The Twelve Steps for Christians by Friends in Recovery

RPI Publishing [1994]

Phil's Review: This book is helpful to Christians working the 12 Steps and includes many scripture references.

The Journey of the Beatitudes by Richard Wilson

Hazelden [1986]

Phil's Review: This great little book explores each of the Beatitudes in the Sermon on the Mount and uncovers the similarities with the 12 Steps.

Codependents' Guide to the Twelve Steps by Melodie Beattie

{How to Find the Right Program for You and Apply Each of the Twelve Steps to Your Own Issues}

Fireside [1990]

Phil's Review: This book is good for codependents to use for a second or third working of the Steps.

A Hunger for Healing by J Keith Miller

{The Twelve Steps as a Classic Model for Christian Spiritual Growth}

Harper Collins [1991]

Phil's Review: Of all of the books reviewed, this is my favorite. It is very deep and spiritual and profound. Every Christian who has worked the 12 Steps should go back through the Steps again using this book. It is a graduate-level course in both the 12 Steps and Christian spiritual growth.

Parenting Teenagers:

These two books will help you parent and understand your teenager:

Tough Guys and Drama Queens by Mark Gregston

{How Not to Get Blind-Sided by Your Child's Teen Years}

Thomas Nelson [2012]

The Teenage Brain by Frances Jensen, MD with Amy Ellis Nutt

{A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults}

Harper [2015]