



#2.5 - August 3, 2022 From a Different Angle

What I'm Thinking

This whole thing about mastery that I "discovered" over these past years, isn't all that new. The process has no doubt been around for as long as people needed motivation. Before Anders Ericsson in 2016 and Daniel Pink in 2011 wrote about mastery, George Leonard wrote a book in 1992 called [Mastery: The Keys to Success and Long-term Fulfillment](#). I found it helpful to look at what I have been talking about and working on from a different angle. I'm not looking for ways to counter-argue. Sometimes we get stuck in familiarity and can miss newer or deeper ways to look at a subject.

I really like the phrase below that mastery is a "mysterious" process. Even thirty years after George Leonard started looking at it, even with all the advances in science and knowledge of how the brain works, we still don't know for sure why it happens. That's okay! There are lots of things I use everyday that I have only a minimal understanding of how they work. If I only used the things I understand, I would be in deep trouble. What I know is, mastery works.

I know that because when I apply the principles, I get better at whatever I'm trying to improve at. But I also find it more enjoyable because I get better at it. I don't struggle with it anymore. I can still remember the early months and even a few years of sobriety when every beer sign in a bar window and even popping the top on a soda can would bring a flood of cravings.

Slowly but surely those cravings decreased and went away. My skills improved because I paid attention to them and practiced them, talked about them, and sought support for being sober.

But my goal, the important thing I was wanting to get better at was not dealing with cravings as such. It was getting better at living life sober. That's what the first two years of so was all about. Then I realized that while I was getting better at coping with the symptoms of my substance use disorder, I was actually getting better at sobriety and moving into recovery. That meant dealing with life on life's terms without using- or getting snarky, mean, etc.

It was a mystery. It brought hope and more happiness. It became a source of freedom. What more could I ask for? It continues to this day. And I am amazed on a daily basis how it changes and improves.



Facing Challenges - Building Recovery

Digging deeper into how mastering recovery helps us get unstuck.

Another author's viewpoint

James Clear, best selling author of *Atomic Habits* has a [summary of George Leonard's book](#) on mastery that captures what it's all about. Each week in August I will share some of Clear's summary to look at what I have been talking about here from a different angle.

This week: Definition

- Mastery is the mysterious process during which what is at first difficult becomes progressively easier and more pleasurable through practice.
- If there is any sure route to success and fulfillment in life, it is to be found in the long-term, essentially goalless process of mastery.
- Start with something simple.

2- Aug. 10- Sentence One

3- Aug. 17- Sentence Two

4- Aug. 24- Sentence Three

[Link to a copy of the](#)

Mastering Recovery Roadmap to download.

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Whether you got this directly from me or had it forwarded to you- why not forward it to someone you think might be interested?

Quote and Picture of the Week

Making the simple complicated is commonplace; making the complicated simple, awesomely simple, that's creativity.



Watch for a separate email next Monday

I will send a separate email to all of you on Monday. It will be a short survey about mastering recovery and ways you think I can be of help to you or others. Watch for it and please respond. **Thanks.**

Mastering Recovery Tools and Resources

Here are current resources:

- **The book**, *Mastering Recovery: Find a New Freedom and a New Happiness Through Long-term Recovery*. [Amazon link](#). (Kindle, paperback, hardback, and audio book)
- **The book**, *Mastering Recovery: A Three-Week Journal to Start the Path of Mastering Recovery*. [Amazon link](#). (Paperback only.)
- **The Book**, *Life in Tune: Personal Transformation Through Music and Mindful Mastery*. [Amazon link](#). (Kindle and paperback) This takes you on my two-year blog posting journey about how I learned mastery by relearning how to practice trumpet.
- **The Mastering Recovery web** pages have had an upgrade. Go to the home page:

www.masteringrecovery.net

- **The Mastering Recovery Facebook page**- a public face for posts about ideas, resources, and general thoughts from me.

[LINK to Mastering Recovery Page](#)

- The **Mastering Recovery Facebook group** is for those who want to engage more deeply in discussion regarding long-term sobriety and the ideas behind mastery. As a "*private group*" only those who are members, admitted by the administrator (me, for now), will be able to see and make posts.

[Link to JOIN](#)

the members-only Facebook Group

There are regular posts to both groups for fun, information, and discussion. Any ideas or suggestions will be welcome on the page or the group.

- There is a **Newsletter Archive** for all the weekly newsletters on the website. **[Link to past newsletters.](#)**

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Now would be a good time to forward this newsletter to others you think might benefit from it. Help them get on board.

[Email Me](#) with ideas or questions and watch for more information in the next weeks.

Barry Lehman

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