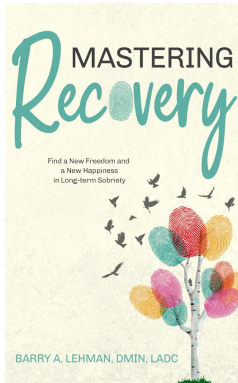


Mastering Recovery

A Newsletter on Long-Term Sobriety



Now available at [Amazon.com](https://www.amazon.com)

#13 -- September 29, 2021

Keep Moving

What I'm Thinking

An old quote from Winston Churchill, Prime Minister of Great Britain in World War II, says "If you're going through hell, keep going." He later said that to reach victory in the war, "Never, never, never give up."

In a world of rapid change, if I stop moving forward, I am in essence falling behind. To move is to change; to change is to move. The whole idea of mastery that I have adopted as the method of life, is about regular, planned, moving forward. Mastery is simply getting better at something important.

The path of mastery isn't just for recovery. It's a way of life that is open to change and feedback. It is also wonder and awe and the awareness that life is movement.

The Facing Challenge idea below is another way of looking at the path of mastery. If you are having trouble with the idea of "mastering" recovery, think of it in these terms.

Just keep moving.

Handwritten signature of Barry A. Lehman.

Facing Challenges - Building Recovery

A Path into habits of sobriety

Inventory

- What am I doing well with?
- What is still a struggle?
- Where can I get support?
- What is the ONE thing that if I do it, will help everything else be easier?

Setting a Goal

- Based on the one thing
- Do only one thing at a time
- Is it do-able?
- Is it, or can it become, enjoyable? (If so, how?)

Start doing it

- Be consistent for two weeks to be able to have an experience to review
- Keep it enjoyable
- Be mindful while you are doing it of what feels right and what needs to be adjusted

Get support and feedback

- Self-awareness, self-mindfulness is the start
- Talk to others, discussing what you are doing and what it is like
- Seek and encourage “critical” feedback

Review/Inventory

- How's it going?
- What's working?
- How can I improve?
- What is the ONE thing that if I do it, will help everything else be easier?

Go back to **setting a goal** and cycle again.

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Picture of the Week



Let it flow

Have You Seen This?

Dan Pink, whose book *Drive* started me on this journey of mastering life, has a weekly newsletter. In this week's he uses one of his short videos to talk about the idea of getting feedback.

PINKCAST 4.13: This is how big-time performers get the feedback they need.

The only way to become better at what we do is to gather feedback on how we're doing.

But the way we ask for feedback can often hold us back.

To learn a more effective technique for getting the feedback you need, check out the latest Pinkcast. You can watch the 117-second video by clicking the link below.

<https://www.danpink.com/pinkca...>

Quote of the Week

I think it's important to keep moving forward so that the soul can grow.

-- Gauri Khan

Tools and Resources

I can't recommend Dan Pink's book, *Drive*, too highly- or too often. If you haven't read it, here's the link:

[Link to Drive](#)

Anders Ericsson's and Robert Pool's book *Peak*, on which a great deal of the idea of mastery is built, is another important book.

[Link to Peak](#)

George Leonard has a book called , *Mastery: The Keys to Success and Long-term Fulfillment* that has some excellent directions and ideas as well.

[Link to George Leonard's Mastery](#)

And don't miss Carol Dweck's book, *Mindset*, which is a call to move from a fixed to growth mindset, which is how we keep moving forward.

[Link to Mindset](#)

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DISCLAIMER: These resources may contain affiliate links, which means that if you click on one of the product links, I'll receive a small commission. This helps support the newsletter and allows me to continue to share mastering recovery.

Thank you for the support!



## Book Update

The book is live and ready to buy!

The Kindle eBook is available at Amazon.com for just **\$0.99** until October 10.

Also available are both a paperback and hardback editions.

The audiobook version will be available in mid-October.

AND if you buy the book, there is a link in it to get a free, three-week PDF journal to get started in your *Mastering Recovery* journey.

**Sidenotes:**

1. **If you do buy it, I would greatly appreciate it if you would leave a review if you find the book helpful.**
2. **You do not need a Kindle to read the eBook. Amazon has free apps for reading on other tablets or computers.**

**Barry Lehman**

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