

Mastering Recovery

A Newsletter on Long-Term Sobriety



#14 -- October 6, 2021

Start. Now!

There's no waiting in line. There's no reason to hesitate.
It's learn as you grow. Just start now!

What I'm Thinking

The good thing about mastery is that you can start it at any time. No matter where you are in recovery, you can start right there and move forward. You just do what is needed.

This is not about winning a race nor having great achievements with trophies on the mantel. It is not about having an in- born talent and using it. We are not talking about will-power, self-control or making a solo effort. We often get these ideas mixed up with the concept of being a master at something.

The basics of what we will call mastery are found in getting out of bed in the morning and doing what needs to be done to get to the end of the day. Then repeating again and again, finding a sense of hope and movement toward whatever the goal for the day might be.

This is a path we take. It is something we never perfectly achieve. Why? Simply because, we can always find more reasons to grow and change.

A handwritten signature in blue ink, appearing to be 'Ben'.

Facing Challenges - Building Recovery

How do you find what you need to change?

Take an inventory. Of yourself.

The good, the bad, and the ugly.

- **Name one thing that you feel really good about in your recovery today.** (Just one for today!)
- **Name one thing you are not as pleased with.** (Again, just one. Don't overwhelm yourself with a whole laundry list of things. See this week's quote below.)
- **How can you use the one thing you feel good about** to tackle the one you know needs work?

It's really that simple.

(No, it's not always easy. But it isn't rocket science, either.)

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Picture of the Week



One Step at a Time

Otherwise you could fall.

Quote of the Week

“The man who chases two rabbits, catches neither.”

Tools and Resources

Thanks to [New Method Wellness](#) treatment program in California for these four books they highly recommend. I do too.

Dry: A Memoir

Augusten Burroughs

Drinking: A Love Story

Caroline Knapp

Every Silver Lining Has a Cloud: Relapse and the Symptoms of Sobriety

Scott Stevens

12 Smart Things To Do When the Booze and Drugs are Gone: Choosing Emotional Sobriety Through Self-Awareness and Right Action

Allen Berger

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Thank you for the support!

## Book Update

It's still early in the life of the book. If you haven't had the chance to buy the Kindle e-book version yet, it will be at **\$0.99** for one week yet. (You don't need a Kindle to read it. There are free apps for tablets and computers.)

Click the link below to go to Amazon to buy it at this special price. (And if you like the book, write a review! Thanks!)

[Link to buy Mastering Recovery](#)

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