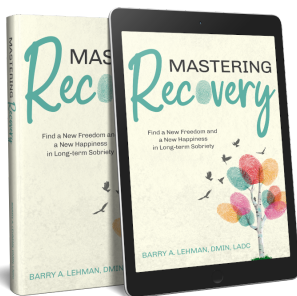


# Mastering Recovery

A Newsletter on Long-Term Sobriety

**#7 -- August 18, 2021**



## Important Announcement

### Publication date is being moved.

I have decided that I want to have a free introductory journal available for readers of the book at the same time as the book is published. In order to make sure that this happens, the publication date will now be October 4.

More information will be coming.

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## Defining the Path

- *The Path of mastery*
  - Deliberate practice (action) and self-evaluation (inventory)
  - Repeat, repeat, repeat
  - Get feedback
  - Stay focused
  - Self-evaluation (inventory) and repeat

## What I'm Thinking

*I used to not like the drudgery* of practicing my trumpet unless, of course, I had some goal in mind. Even then it was always, let's get to the good stuff.

*Practicing is a pain.* It gets in the way of doing so many other things. And it is a cycle of repetition. For example, one of the things that trumpet players are supposed to do is practice something called long-tones. They are boring. So I either rushed through them in a quick minute or two- or (usually) just ignored them. They are a pain in the neck! Why bother?

*Then one day I heard one of my mentors* tell another trumpet player, "If you don't like playing long-tones, you don't really like playing the trumpet." Oh? If I liked playing the trumpet, I would *want* to get better so I would enjoy it even more. A proven method is the daily repetition of long-tones. Therefore, if I like playing trumpet, I will do long-tones.

*How much more important* is practicing my life in recovery? Even the boring parts. Things like taking time to work the steps, meditate, call your sponsor, mentor or trusted friend. As I do these (and more) I will be training my brain to "Think Recovery." They will become part of my daily living. Recovery will become the more natural habit.

*That takes persistence.* And the willingness to be open and honest about what I'm feeling. And that, I have to admit takes, (yep!) practice.



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## **Facing Challenges - Building Recovery**

- Is your life in recovery a goal or just something you have to do?  
Do you want to get better at it?  
What do you need to do?
- Pick one word that best describes *persistence* for you:  
  
endurance, steadfastness,  
tenacity, perseverance,  
stamina, stubborn
- What gets in the way of your persistence (or whatever word you chose)?
- Name two ways that you can work to overcome that in the next week.
- Set yourself a goal of practicing that in the next week.
  - Name one way you can increase that in your daily living.
  - How will you know you have improved at it?
  - Find someone who will help keep you accountable and perhaps even give you advice.
- Pay attention to how you react and adapt in the next week. That will give you more clues into other ways you can build your ability to hang-in-there!

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## Picture of the Week



**Paying Attention**

**The shark was persistent.**

(Cunning, baffling, powerful?)

**The pelican was attentive.**

(Mindful.)

## Quote of the Week

What you practice, is what you'll do.

*Benny Urquidez*

## Tools and Resources

Sometimes we lose persistence because we get so used to something that we ignore different perspectives. After many years of recovery, that can happen with the Steps. Sometimes we just have to see them from a different angle to gain deeper insight. This past week I borrowed the book, *Recovery: Freedom From Our Addictions* by comedian and writer Russell Brand. While his insights into the Twelve Steps are very much in line with traditional teaching, his way of describing them is not. (It can be quite graphic.) I found myself hearing the very familiar words in new ways.

[Recovery by Russell Brand](#)

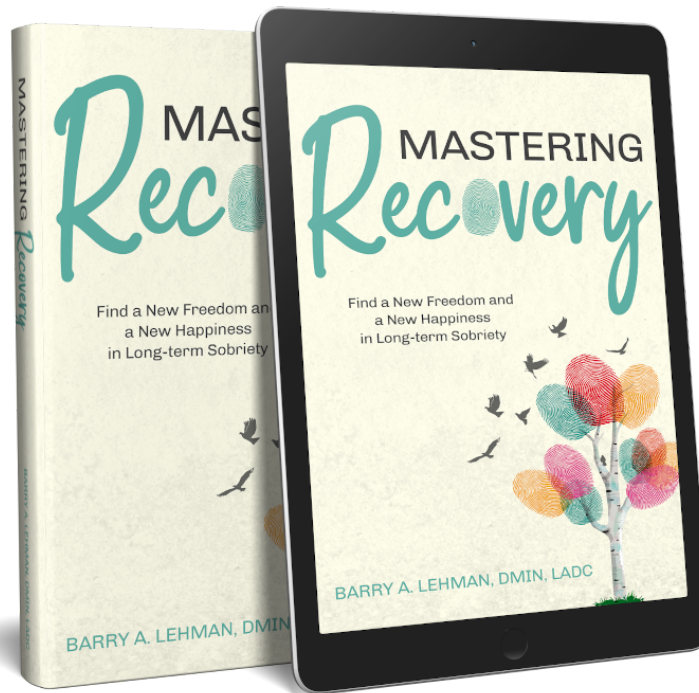
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and allows me to continue to share mastering recovery.

Thank you for the support!

## Book Update



### EBOOK RELEASE: OCTOBER 4, 2021

Early sales and reviews are an important part of a new book. A strong launch team gets a book off to a good start by buying the book at a reduced price at launch, write a review on Amazon, and share about the book on your social media.

If you are willing to do that, click the link below.

[Join the Launch Team](#)

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