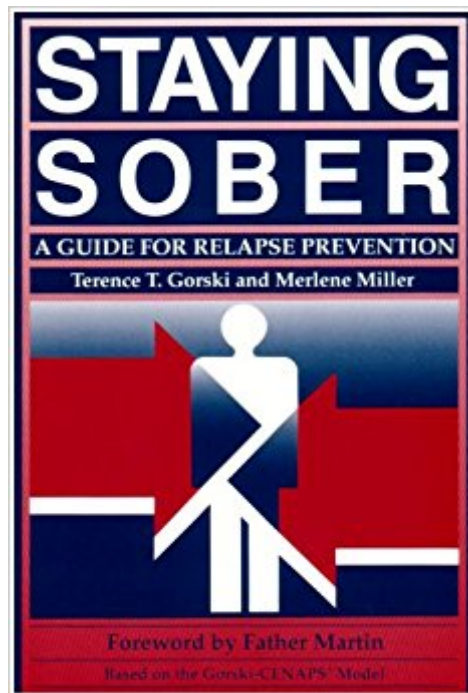




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# Staying Sober: A Guide For Relapse Prevention



## Synopsis

Staying Sober: A Guide for Relapse Prevention- Based Upon the CENAPS Model of Treatment (Paperback).

## Book Information

Paperback: 227 pages

Publisher: Independence Press; 1st edition (August 10, 1986)

Language: English

ISBN-10: 083090459X

ISBN-13: 978-0830904594

Product Dimensions: 0.8 x 5.5 x 8 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 116 customer reviews

Best Sellers Rank: #14,609 in Books (See Top 100 in Books) #9 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Neurology](#) #34 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#) #46 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse](#)

## Customer Reviews

Staying Sober: A Guide for Relapse Prevention- Based Upon the CENAPS Model of Treatment (Paperback).

I want to buy 1,000,000 copies of this book and pass it out at my AA meetings. This should be required reading, especially if you have relapsed before. Highlights: 1. Get some exercise, eat well, get lots of sleep, don't eat a lot of sugar, don't drink a lot of caffeine, try to quit smoking. WHAT?! That's never talked about in AA, and every meeting has coffee and sugary foods! I know. Bring an apple and have a glass of water. Thankfully my group offers apples and oranges in addition to the other stuff. 2. relapse isn't drinking. It's your life becoming unmanageable. Drinking becomes something you consider because your life is falling apart. Stick around long enough and you will hear about someone considering drinking or suicide. That's relapse. When you relapse, you need professional help ASAP. 3. Don't engage in any addictive behavior. Don't run 10 miles a day if that cuts into work & family time. You've replaced drinking with running, but your wife is still mad because she never sees you. At first, do whatever you need to keep sober. After that, try to do this stuff.

I have sixteen books on the subject of alcoholism. None of them, including this one, address the subject of close-family involvement in recovery. Yes. They all touch on the subject, but it gets far too little detailed coaching and instruction for family and friends who are close to the 'patient'. And can make a profound difference in the alcoholics life. Signed: A Grieving Father of three weeks.

I believe this is my first 5-star review. Staying Sober provides incredibly useful insights into alcohol addiction and useful tools for recognizing potential relapse triggers and symptoms. Especially useful is Chapter IX - Family Involvement in the Relapse Syndrome. In most cases, codependents are adversely affected by the alcoholic and may not be aware of it. This chapter described my wife's condition exactly and demonstrated her need to seek counseling as well. It has helped her understand OUR conditions and we are progressing better together as a result.

I bought this book a while ago, and just FINALLY got around to reading it. I am glad I did! It is VERY informative, and has lots of information and explanations for things. Despite the medical and scientific content, it is written VERY clearly and simply. (It does not require any special knowledge to understand it all). It combines the scientific/ medical views with A.A. (Alcoholics Anonymous) views on sobriety and how to prevent relapse. This book expands upon the 12 steps, focusing more on relapse prevention planning. This book would be VERY helpful to people who have relapsed. It would also benefit people who have not relapsed to read this to avoid ever having to go down that road. This book would ALSO benefit a non-alcoholic/ non-addict, as it clearly represents addiction overall. There is also a section on co-addicts, which are people who are directly affected by an addict - such as a spouse or child. I HIGHLY RECOMMEND THIS BOOK!!!!

I have referred this book as often as I have to opportunity to do so for people new in recovery. It will help them to understand the mental and physiological changes that will be occurring within their first 18-24 months of sobriety. This book provides concrete information to encourage people to be more forgiving of themselves with the challenges they will be facing and to know it's okay and everyone new in recovery deals with the same challenges. I also recommend this book to people who are not aware, that even though the substance has been physically removed from the body, there are long term physiological challenges that need to be accommodated. These people need to be patient with the person not being able to remember well, that the person will initially experience high anxiety, not being able to deal with a lot of stress.

I went into long term treatment here in De Lend, FL. I had to leave the treatment center because of sickness. One of the councilors that taught groups recommended to me to buy this book and read it. As soon as I got home I ordered this book from and it arrived two days later (that's !) I am still reading this book, 3/4 through and this book has such great explained educational material on alcohol & drug addiction. I highly recommend anyone having a problem staying clean & sober, please buy this book because you will learn so much about yourself, I did...Mike

An amazing, timeless book that helps addicts who fall pray to relapse understand why it's happening and the cycle they're stuck in. I cannot say enough about how much it helps alcoholic's partners (co-dependents/families) understand their partner and the role alcohol addiction is also playing in their lives. I lost my alcoholic partner after 14 years - he passed away at 34. He was given this book in a long-term rehab. He felt very strongly about it and sent one to me. I share it whenever I see fit, and I've ordered this book for others.

Thank God for TTG, and the relapse synapse. Because, until we make the psychological, emotional, spiritual, connections that create the junctures, that cause us to keep doing the same things, while we, look for different results. Moreover, my nearly 50 years of living in recovery could not have been possible, without TTG, and Ashley, and relapse prevention. Those three things were the connections that I needed to make the changes that were necessary for my life. Without a guide, roadmap, or directional device, "We" who are recovering, are truly doomed to addictive repetition.

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