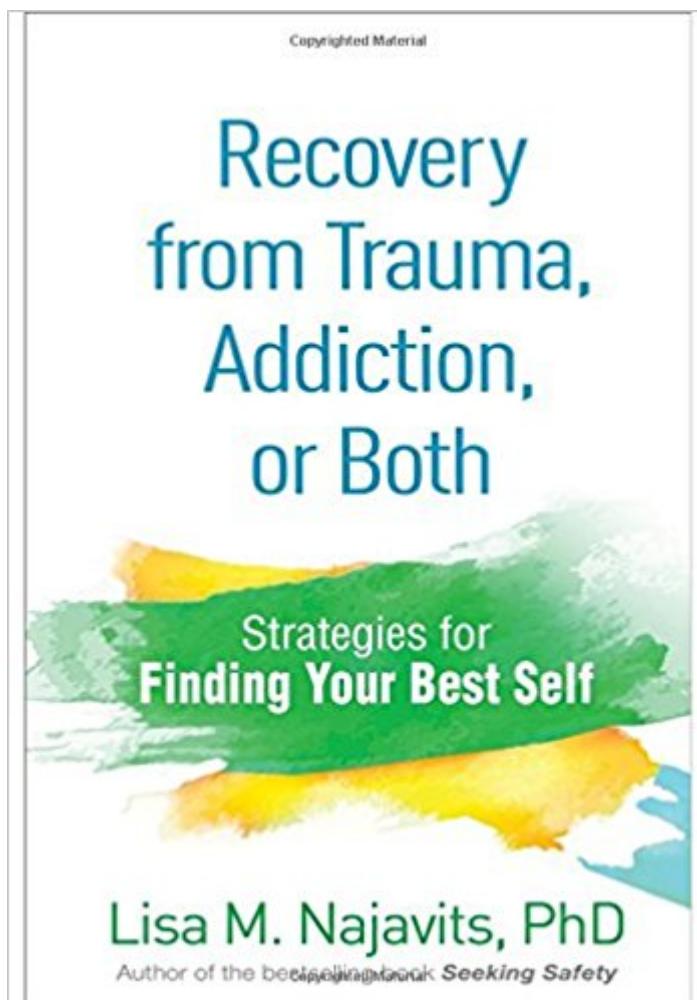


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# Recovery From Trauma, Addiction, Or Both: Strategies For Finding Your Best Self



## Synopsis

Trauma and addiction are two of the most common and difficult issues that people face--but it truly is possible to heal. In this motivating book, leading expert Lisa Najavits explains the link between trauma and addiction and presents science-based self-help strategies that you can use no matter where you are in your recovery. Every chapter features inspiring words from people who have "been there," plus carefully designed reflection questions, exercises, and other practical tools. Learn how you can: \*Build coping skills so that the future is better than the past. \*Keep yourself safe and find support. \*Set your own goals and make a plan to achieve them at your own pace. \*Choose compassion over self-blame and shame. \*Move toward your best self--the person you want to be. Mental health professionals, see also the author's *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*, which presents an evidence-based treatment approach developed specifically for PTSD and substance abuse.

## Book Information

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## Customer Reviews

"This is a terrific book. Lucid and eminently practical, it summarizes what Dr. Najavits has learned helps patients in over three decades of practice and research. Page upon page, she helps you confront what is going on inside of yourself. It's a step-by-step road to recovery from the enslavement of trauma and addiction. This is the sort of book you put by your bedside to visit over and over again as a guide to dealing with numbing, addiction, the secrets you try to keep from yourself, and underlying issues. I cannot recommend this book highly enough."--Bessel A. van der

Kolk, MD, author of *The Body Keeps the Score* "In 13 years of recovery in AA, I often heard the refrain 'I never got the instruction manual on life.' Well, this book by Lisa Najavits might just be the only instruction book on recovery you'll ever need! It shines with a fresh perspective, jargon-free writing, and vivid personal inspiration in an overpopulated field."--Frank F., New York City "Many times in AA (or 'the rooms'), I have heard someone say, 'It's the language of the heart; what comes from the heart reaches the heart.' This work exemplifies that thought while also staying true to itself with structure and advice for addicts and trauma survivors. But more than going through the steps of recovery, Dr. Najavits shows how to do so with dignity and pride in what you may accomplish. I never felt alone while reading this book."--David T., Washington, DC "In this remarkable book, Dr. Najavits speaks to diverse audiences in a way that is clear, practical, and deeply engaging. She offers an unflinching look at the challenges of working on trauma and addiction, while always conveying a message of hope. People struggling with either or both issues will find a path to improve their life. Professionals too can use this as a companion to therapy, allowing patients to extend their efforts through a flexible but carefully structured process."--Joan E. Zweben, PhD, Executive Director, East Bay Community Recovery Project, Oakland, California; staff psychologist, San Francisco VA Medical Center "A welcome contribution. Dr. Najavits provides a comprehensive framework for recovery. She has woven her extensive clinical experience with the voices of people in recovery to create a rich resource."--Stephanie S. Covington, PhD, LCSW, author of *A Woman's Way through the Twelve Steps*

Lisa M. Najavits, PhD, is Professor of Psychiatry at Boston University School of Medicine and Adjunct Professor at the University of Massachusetts Medical School. She was previously on the faculty at Harvard Medical School for 25 years and Veterans Affairs Boston Healthcare System for 12 years. She is author of over 180 publications, including the books *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* (for mental health professionals) and *Recovery from Trauma, Addiction, or Both: Strategies for Finding Your Best Self* (for general readers). She is Director of Treatment Innovations, LLC, which conducts research and training related to mental health and addiction. Dr. Najavits serves on the boards of numerous journals, including the *Journal of Traumatic Stress*, *Journal of Gambling Studies*, *Journal of Dual Diagnosis*, and *Psychological Trauma*, and has received awards including the Betty Ford Award from the Association for Medical Education and Research in Substance Abuse, the Emerging Leadership Award from the Committee on Women in Psychology of the American Psychological Association, the Early Career Contribution

Award from the Society for Psychotherapy Research, and the Young Professional Award from the International Society for Traumatic Stress Studies. She also served as president of the Society of Addiction Psychology of the American Psychological Association. Her major clinical and research interests include addiction, trauma, co-occurring disorders, community-based care, veterans' mental health, development of new counseling models, and clinical trials research. She has a private psychotherapy practice in Massachusetts.

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