

CAN A NARCISSIST LOVE?

Anyone who's loved a narcissist wonders, "Does he really love me?"

PAUSE FOR THE APPLAUSE

Recovery Today

ADDICTION, RECOVERY AND SOBRIETY

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Have You Ever
Tried Spiritual Sunbathing?

TRULY LOVING OURSELVES, EVEN WHEN CODEPENDENT

Bad Zoo

Scummy Unplugged
Exclusive Interview with
"Ninja" Terry Lamb



INTERVIEW

FRANKIE J. GRANDE

A host, performer, producer, reality TV personality and "social media mogul"



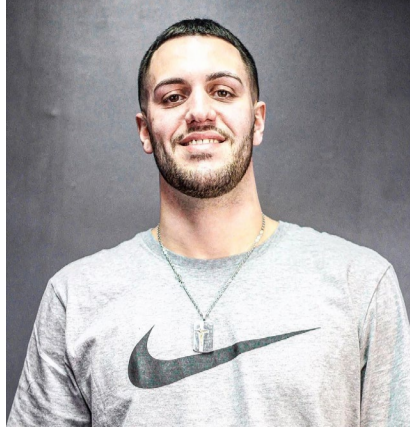
PAUL WILLIAMS

OSCAR, GRAMMY AND GOLDEN GLOBE WINNER! ONE OF THE MOST BELOVED AND RESPECTED MUSIC CREATORS IN THE WORLD TODAY.



IS THE PARTNER YOU END UP DATING A FAMILIAR PERSONALITY?





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Can a Narcissist Love?

Anyone who's loved a narcissist wonders, "Does he really love me?" "Does she appreciate me?" They're torn between their love and their pain, between staying and leaving, but can't seem to do either. Some swear they're loved; others are convinced they're not. It's confusing, because sometimes they experience the caring person they love, whose company is a pleasure, only to be followed by behavior that makes them feel unimportant or inadequate. Narcissists claim to love their family and partners, but do they?

Romance vs. Love

Narcissists may show passion in the early stages of dating. But that sort of passion, according to Jungian analyst Robert Johnson, "is always directed at our own projections, our own expectations, our own fantasies . . . It is a love not of another person, but of ourselves." Such relationships provide positive attention and sexual satisfaction to support a narcissist's ego and self-esteem. For most narcissists, their relationships are transactional. Their objective is to enjoy uncommitted pleasure. (Campbell, et al., 2002) They're playing a game, and winning is the goal.



They're engaging and energetic and possess emotional intelligence that helps them perceive, express, understand, and manage emotions. (Dellic, et al., 2011) This helps them manipulate people to win their love and admiration. They brag to be respected, loved, and gratified. Additionally, their good social skills allow them to make a good initial first impression. They can show great interest in romantic prospects and seduce with generosity, expressions of love, flattery, sex, romance, and promises of commitment. *Amorous narcissists* (Don Juan and Mata Hari types) are adept and persuasive lovers and may have many conquests, yet remain single. Some narcissists lie and/or practice *love-bombing* by overwhelming their prey with verbal, physical, and material expressions of love.

Narcissists lose interest as the expectation of intimacy increases or when they've won at their game. Many have trouble sustaining a relationship more than six months to a few years. They prioritize power over intimacy and loathe vulnerability, which they consider weak. (See Lancer, 2014) To maintain control, they avoid closeness and prefer dominance and superiority over others. Game-playing thus strikes the perfect balance to both get their needs met and keep their options open to flirt or date multiple partners. (Campbell, et al.)

A sudden breakup can be traumatic to their ex, who is bewildered by their unexpected change of heart – proposing one minute, and then exiting the next. They feel confused, crushed, discarded, and betrayed. If the relationship had continued, eventually they would

have seen through the narcissist's seductive veneer.

Some narcissists are pragmatic in their approach to relationships, focusing on their goals. They may also develop positive feelings toward their partner, but more based on friendship and shared interests. If they marry, they lack the motivation to maintain their romantic façade, and employ defenses to avoid closeness. They become cold, critical and angry, especially when they're challenged or don't get their way. They're likely to support their spouse's needs and wants only when it's inconvenient and their ego is satisfied. After devaluing their partner, they need to look elsewhere to prop up their inflated ego.

How is love defined?

Real love is not romance, and it's not codependency. For Aristotle and St. Thomas Aquinas, it's "to will the good of another." In *The Psychology of Romantic Love* Nathaniel Branden states that "To love a human being is to know and love his or her *person*." (1980, p. 50) It's a union of two individuals, which requires that we see another person as separate from ourselves. Further, in *The Art of Loving*, Erich Fromm (1945) emphasizes that love entails effort to develop knowledge, responsibility, and commitment. We must be motivated to know another's wants, needs, and feelings and provide encouragement and support. We take pleasure in their happiness and try not to hurt them.

When we love, we show active concern for their life and growth. We try to understand their experience and world view though it may differ from ours. Caring involves offering attention, respect,

support, compassion, and acceptance. We must devote the necessary time and discipline. **Romantic love** can evolve into love, but narcissists aren't motivated to really know and understand others. (Ritter, et al. 2010)

According to the Diagnostic and Statistical Manual of Mental Disorders, narcissists lack empathy. They're "unwilling to recognize or identify with the feelings and needs of others." (APA, 2013) Research shows that they have structural abnormalities in brain regions associated with emotional empathy. (Schulze, et al. 2013) Hence, their ability to appropriately respond emotionally and express care and concern is significantly impaired.

Narcissists have several hurdles to loving. First, they neither see themselves nor others clearly. First, they experience people as extensions of themselves, rather than separate individuals with differing needs, desires, and feelings. Second, they overestimate their own emotional empathy (Ritter, et al). Third, their defenses distort their perceptions and interactions with others. They brag and withdraw to control closeness and vulnerability, project onto others unwanted, negative aspects of themselves, and they use **denial**, entitlement, and **narcissistic abuse**, including blame, contempt, criticism, and aggression, toward of shame. **Perfectionistic** narcissists callously put down others and may attempt to destroy adversaries in order to sustain their illusion of perfection. (Lancer, 2017) All these issues impair narcissists' capacity to accurately take in another person's reality, including that person's love for them. In fact, narcissists emotional intelligence helps them **manipulate** and exploit

others to get what they want, while their impaired emotional empathy desensitizes them to the pain they inflict.

Can we measure love?

Love is difficult to measure, but research shows that people feel love expressed by: 1) words of affirmation, 2) spending quality time, 3) giving gifts, 4) acts of service, and 5) physical touch. (Goff, et al. 2007) Another study revealed that participants also felt loved by a partner who: 1) showed interest in their affairs; 2) gave them emotional and moral support; (3) disclosed intimate facts; 4) expressed feelings for them, such as “I’m happier when I’m near you;” and 5) tolerated their demands and flaws in order to maintain the relationship. (Swenson, 1972, p. 92)

Conclusion

People who love narcissists are starved for many of these expressions of love. Sometimes, narcis-

sists are remote, dismissive, or aggressive; other times, they show care and concern and are helpful. It’s not that narcissists are incapable of feeling or even intellectually understanding someone’s feelings. The problem appears to be rooted in childhood trauma and physiological deficits that impact emotional assessment, mirroring, and appropriate empathic expression. (Unconscious or unexpressed: “I love you, but”); Expressed: “I’m too busy to come to the hospital,” sounds pretty cold, but may not reflect the narcissist’s love for the person hospitalized. When the importance of a visit is explained to them, they might make the trip.

They may show love when they’re motivated. Their love is conditional, depending upon impact on the narcissist. My book, *Dealing with a Narcissist* explains in detail how to navigate and beneficially use this in relationships with narcissists,

addicts, or anyone highly defensive. Because narcissism exists on a continuum from mild to malignant, when it’s severe, selfishness and inability to express love become more apparent when greater demands are placed on a narcissist. Dating or long-distance relationships that have fewer expectations are easier.

Bottom line: Wondering whether a narcissist loves you is the wrong question. Although it’s wise to understand *a narcissist’s mind*, like Echo in the myth of Narcissus, partners overly focus on the narcissist to their detriment. Instead, ask yourself whether *you* feel valued, respected, and cared about. Are *you* getting your needs met? If not, how is that affecting *you* and your *self-esteem* and what can you do about that?

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Darlene Lancer is a Licensed Marriage and Family Therapist and expert on relationships and codependency. She’s the author of two books: *Conquering Shame and Codependency: 8 Steps to Freeing the True You* and *Codependency for Dummies*. Ms. Lancer has counseled individuals and couples for 27 years and coaches internationally. She’s a sought after speaker at national conferences, on radio, and to professional groups and institutions. DarleneLancer.com

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THE TOP 4 SELF-DESCRIBED CODEPENDENCY STRUGGLES

(and their common thread)

If you ask someone who's struggling with codependency to describe their biggest struggle, 80% will describe one of these four scenarios:

1. **Mistreatment & Manipulation, Need Boundaries:** "I'm in a toxic relationship or frequently attract unhealthy partners. I'm mistreated, manipulated, controlled or even abused and have a hard time trusting people. Despite this, I tend to please, comply, and want outside validation to feel good about myself. I tend to shy away from conflict, and feel guilty when I don't give in. I sometimes feel inadequate, less than others, unworthy, and undeserving of something better. I either want to leave a relationship or learn how to create boundaries, be assertive, and express myself so that people hear and respect me."
2. **Fear of Abandonment, Insecurity, Loneliness, Unworthiness:** "I feel insecure and needy in my relationship(s). I crave attention and affection, and feel neglected, lonely or anxious when I don't get it from my partner. I feel undeserving and unwanted, sometimes as if I have low self-esteem. I'm afraid of being abandoned or losing my relationship. Sometimes I overshare or over-communicate with my partner hoping for greater closeness and intimacy, but that usually just drives my partner away. I feel unloved, and I want us to be able to communi-

cate better and have a healthier relationship."

3. **Desire To Help, Fix, or Care-Take:** "I have what sometimes feels like an obsessive desire to help, fix, or care-take for someone else in my life. I'm afraid of the other person's inability to care for themselves, or fear they might make bad decisions that also affect me. I feel comfortable in the role of helping others. In fact, sometimes I believe I get my self-worth from my ability to help, and even occasionally feel guilty when I can't help. At the same time, others might even resent my help."
4. **Communication & Conflict Management Problems:** "I frequently feel 'unheard' by the other person, and I don't think we communicate well. Sometimes I just wish I could make them understand how I feel, but there is no empathy or compromise. If I'm lucky enough to get them to talk about it, we usually end up rehashing the same ideas and problems, and we get nowhere. It's not like either of us is abusive, but we don't handle conflict well. I want to know what a healthy relationship and communication look like."

So, what's the common thread here?

Each of these categories is motivated by *avoiding catastrophe*. "I'm trying to stay safe from abuse." "I'm afraid my partner will leave me." "I'm afraid this person can't take care of himself," etc.



For starters, realize that your autopilot response is actually taking you further from your goal.

And each type of codependent behavior involves the *inability to regulate emotions*. We see something that we perceive as dangerous to us, our mind leaps uncontrollably into speculation, anxiety and worry, and we take action to alleviate the uncomfortable thought.

What happens next?

We care-take (and garner resentment from the other person), we cling (and push the other person away), or we try to control the other person to stay safe (and end up causing a fight that gets us hurt).

The key to short-circuiting this is by retraining the brain. For starters, realize that your autopilot response is actually taking you further from your goal. Next, start learning mindfulness practices, find a Dialectical Behavior Therapy counselor or program near you, and start taking back control of your own emotions!



Brian Pisor is Co-Founder of Codependency No More where he discusses codependency recovery and related issues. By connecting deeply with his audience to understand their specific struggles and desires, Brian gets your biggest questions answered by a variety of experts on The Codependency No More Podcast so everyone benefits. He also recommends top resources for overcoming different aspects of codependency. In addition, Brian coaches clients one-on-one to move through their challenges so they can have happier and more fulfilling relationships.

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National Recovery Month
September 2018

Recovery Happens

Saturday, September 29, 2018
10 a.m. to 3 p.m.

National Orange Show

690 S. Arrowhead Ave., Gate 8, San Bernardino

Please join us at this annual family friendly no-cost event celebrating National Recovery Month and featuring activities for the whole family including:

- Lunch
- Children's Area
- Volleyball & other games
- Music
- Entertainment
- Community Resources

For more information, call (909) 386-9750 or email Lois.Mergener@dbh.sbcounty.gov. Dial 7-1-1 for TTY users)

Recovery Happens is brought to you by the San Bernardino County Department of Behavioral Health (DBH) Substance Use Disorder and Recovery Services program, DBH contract providers, and the following sponsors:



Behavioral Health

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Have You Ever Tried Spiritual Sunbathing?

“

Prayer is not overcoming God's reluctance, it's laying hold of His highest willingness.”

— Martin Luther

Wouldn't it be wonderful to know that the Universe is conspiring on your behalf? Imagine having the confidence that all things at all times are being constantly arranged for your highest good. The truth is they are. You do not need to coerce anyone, including God, to ensure that circumstances will work out for the best.

I enjoy how prayer is defined in *The Varieties of Religious Experience* by William James, "Prayer is the general name for that attitude of open and earnest expectancy." That's faith in a nutshell: the enthusiasm felt when we're con-

vinced something good is about to happen.

Choosing to believe that the Universe is conspiring on my behalf stirs up my enthusiasm. When I'm happy and expectant of good things on the inside, I begin seeing evidence of this attitude being reflected back to me in my circumstances. However, steering my will away from pushing and shoving to achieve what I believe will make me happy, and toward trusting that God's got my back isn't something I've only had to do once and it's done forever. I need to be willing to take the time to enjoy a little daily spiritual sunbathing.

Spiritual sunbathing is taking a break from finding fault. It is a mini mental vacation from my concerns. During this time I choose to believe in positive outcomes. Instead of worrying about what I don't want to happen, I decide to imagine what I would love to happen. I've found that visualizing in this way, rather than imagining the worst and my struggling to overcome situations, to be much more productive because it elevates my consciousness. My intuition, that connection to Divine guidance, is strengthened and I'm open receive hunches.

Not long ago I took a trip to New York City. An old friend from Los Angeles had moved there a year earlier. We thought it'd be great to see one another while I was in town. She was an event planner and her days had her busy bouncing all over the city. It became clear that trying to arrange a set time and place to meet would be impossible. So we both cast the burden and were grateful to have reconnected even if just by phone.

The next day after enjoying a little spiritual sunbathing in my

hotel room at Gramercy Park, I had the inspiration to go for a walk in the city, to roam free without any preconceived destination. When I stepped out of the lobby and on to the street I thought I'd head toward Union Square. It made perfect sense since my old art studio was located there and I thought it'd be nice to reminisce. But I got a hunch to go in the opposite direction and walk north on Irving Place. Since I learned to never argue with a hunch, I did an about-face, waited for the light and when it turned green I crossed.

Just as I stepped up onto the sidewalk on the other side of the street, I heard the beeping of a motorcycle horn. Waiting at the light was a blonde in a helmet on a scooter. She was waving in my direction. I was convinced this was for the young good-looking guys seated there at the outdoor café. Before I had a chance to move on, the light changed, she drove over, stopped at the curb and took off her helmet, I nearly collapsed. It was my friend. We were both blown away by the coincidence and enjoyed how Divine timing

scheduled our meeting.

Hunches are angels saying, "Just do it!" And spiritual sunbathing keeps me receptive to them

The following is an affirmative prayer to ignite your intuition from Unity's Daily Word Magazine.

"Whether I'm consciously aware of it or not, my life is continually guided step-by-step toward my best and highest good.

I begin by stilling my mind then trusting in divine wisdom to see me through any seeming obstacle. Resting in a comfortable position, I close my eyes. With deliberation, I shut out the outside world. Like a fog lifting, my mind clears, and I tune in to God's message for me. I remain open to divine direction.

With a willingness to listen, I now hear the still, small voice within. This divine whisper of encouragement guides me on my spiritual journey. Through sacred listening, I gain clarity to take inspired action. I am blessed." -Guidance, Daily Word Magazine, March 17, 2016



Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran and author of, *What if Godzilla Just Wanted a Hug? Leading with the Heart Instead of the Chin*. To learn more about Darrell visit www.ThisWillMakeYouHappy.com



Frankie J. Grande

A host, performer, producer, reality TV personality
and “social media mogul”

INTERVIEW WITH FRANKIE J. GRANDE



Article and Interview by Sherry Gaba,
Editor of Recovery Today Magazine



hosted Style Code Live, an interactive fashion and shopping show that streamed live on Amazon.com. His guest-starring roles on Nickelodeon's Henry Danger and Netflix's Haters Back Off have shown that he continues to be a fan favorite. Frankie has also starred on Broadway as Franz in the closing cast of Rock of Ages show, Livin' La Vida Grande. His philanthropic work includes co-founding the non profit arts organization "Broadway in South Africa" and working with buildOn, for which he was awarded their Global Impact Award. He's currently devoting much of his time and energy to supporting the Los Angeles LGBT Center. @frankiejgrande

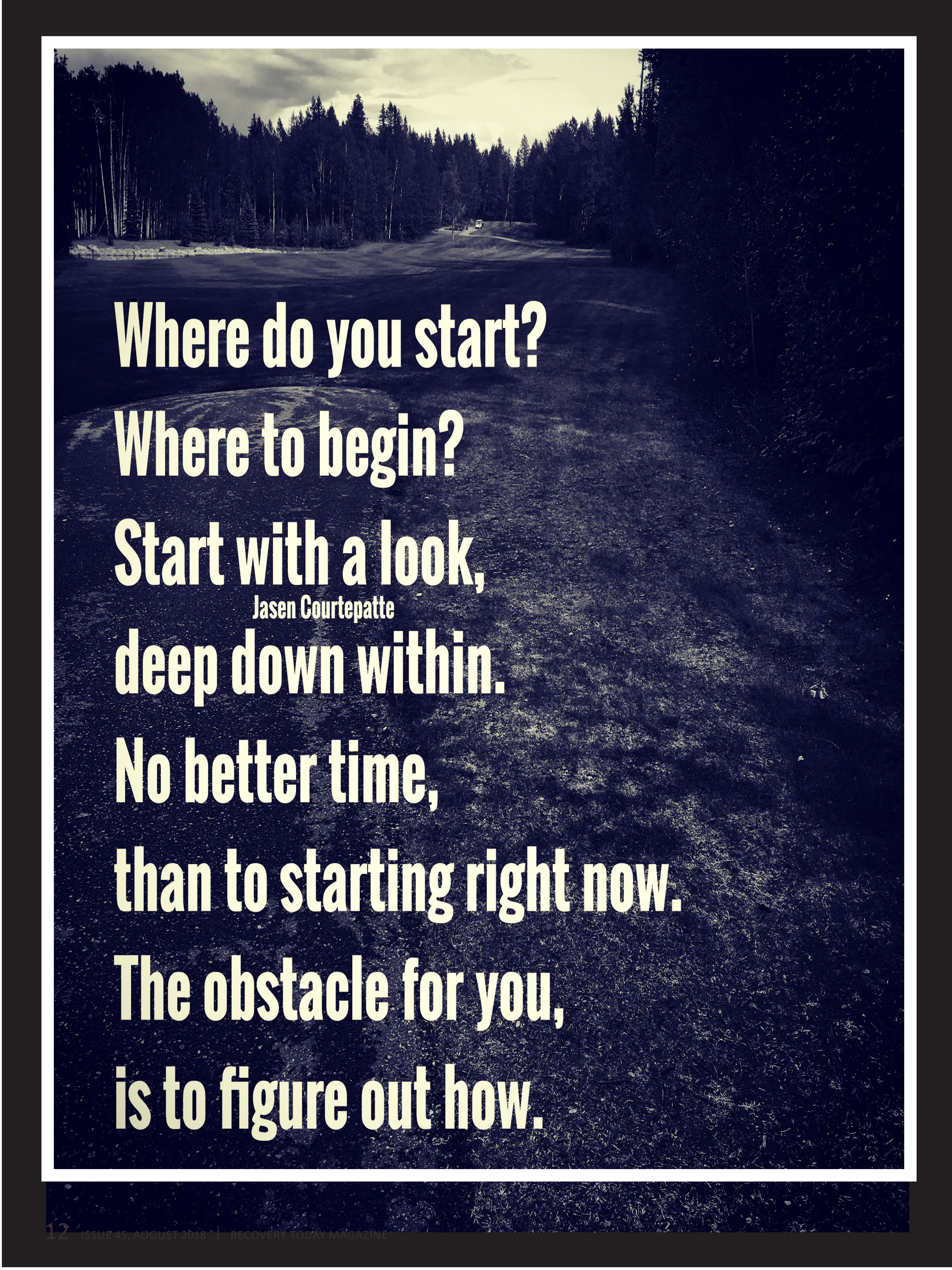
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He's currently devoting much of his time and energy to supporting the Los Angeles LGBT Center.

Sherry Gaba, LCSW and Editor of Recovery Today Magazine had the opportunity to have a conversation with Frankie J. Grande, a host performer, producer, reality TV personality and "social media mogul". What was most inspiring, however, was his story from addiction to recovery in a celebrity atmosphere of scrutiny and "yes" people that sometimes makes that impossible.

Frankie J. Grande is a host, performer, producer, reality TV personality and "social media mogul". He became know to the world when he launched his successful YouTube channel in 2012 and more recently, as a stand-out finalist on the hit CBS series, Big Brother 16. Frankie followed that as a judge on the 2015 season of MTV's America's Best Dance Crew and as a houseguest on Celebrity Big Brother in the U.D. From 2016-2017, he co-





Where do you start?

Where to begin?

**Start with a look,
Jasen Courtepatte
deep down within.**

**No better time,
than to starting right now.**

**The obstacle for you,
is to figure out how.**

**Please...Please let go.
I encourage you, please, please let go.
All that pains,
all that clings.
All the anguish,
all those things.
Please let go,
you're allowed to be free.
You owe it to yourself,
letting go is the key.**



Jasen Courtepatte



Best Selling Author



Writer / Poet @alcoholicpoetry



Speaker



Songwriter



calljtoday@yahoo.ca

TRULY LOVING OURSELVES, EVEN WHEN CODEPENDENT

By Carolyn Hobbs, Author, Therapist, Workshop Leader
Author of **FREE YOURSELF: 10 Life-Changing
Powers of your Wise Heart**

Codependence is such a clever addiction, it's hard to identify. At least with drugs and alcohol, it's obvious if we are using or not. But codependence lives in such a grey area, often leaving us to wonder, "Am I being loving or codependent, supportive or codependent right now?"

That's why *loving every* feeling, the good and bad, is our door to freedom!

I know that "loving codependent acts" makes no logical sense—and it feels like we'll just become more codependent. But the opposite is true.

Next time you do something codependent, place one hand over your heart, close your eyes and whisper inside, "I love myself for indulging my codependent behavior." As you love and accept yourself in a bigger, wiser, less judgmental love, your old codependent habits lose their grip and begin to melt.

But don't take my word for it. Try it yourself. Next time you have codependent thoughts or actions, sit quietly, breathe deeply and be present with exactly what is. After a while place your hand over your heart and say, "I love myself for being codependent." Drop your mental notions about it and *notice* how it actually feels.

After all, Buddha reminded us 2500 years ago, that we are all born with an unlimited capacity for joy, loving-kindness, compassion and inner peace. It is our birthright. You are simply tapping into your true nature.

If you have difficulty with the word "love, remind yourself that we all grew up learning to *look outside* ourselves—to parents, teachers, elders, and older siblings—for all our love, approval, and acceptance. In fact, may peo-



ple spend their whole lives hoping that somebody, someday, will find us worthy of love. As adults, the more desperately we look outside to parents, lovers, spouses, friends, children (even one-night stands), to prove that we are worthy of love and approval, the deeper that empty unlovable feeling grows inside.

The longer we postpone giving ourselves the loving acceptance and approval that lives right here, inside our wise heart, the more desperate we feel.

The solution: our Innate Power of Fearless Love.

Fearless love sees disappointment, loss, even divorce as opportunities to love and accept every aspect of being human, reminding us to, "Love *even this*." It throws out the welcome mat and holds worry, fear, despair and grief in loving compassion, whispering, "Don't wait! Love yourself right now for feeling scared or down; and you're safe to feel how sad you really feel inside." It teaches us to trust our timing and our changes by saying "yes" to whatever arises.

When we listen to our wise heart, fearless love constantly reminds us that we are perfect just as we are. It watches feelings come and go without identifying with any anger or resentment story. It instills courage to hear our heart-felt longings and meet our human mistakes with "I forgive you."

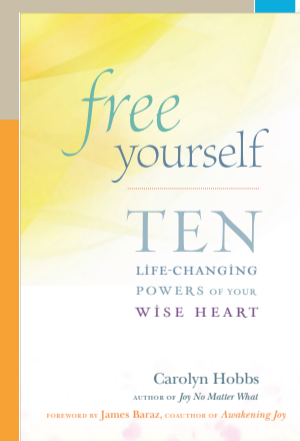
Tapping into Fearless Love begins by asking ourselves, "What would I love to hear right now?" and patiently listening for our wise heart to answer. When we feel pushed for time, fearless love reminds us, "You have the time you need to do what you need to." When we are reeling from a morning conflict with our spouse or teenager, fearless love jumps in with, "You are loved just as you are. Let it go." When illness strikes, Fearless Love offers, "We'll make healthy choices for our body and heart today."

Notice how you speak to yourself today when you feel hurt, upset, anxious, scared, angry or judgmental. Just notice with a neutral tone, without judging yourself.

Starting tomorrow morning, before rising, take ten deep breaths, place both hands over your heart and ask, "If I could hear anything now, *what do I secretly wish someone would say to me?*" Breathe deep in your belly and patiently listen for the soft, quiet voice of your wise heart to bubble up from deep inside. Whisper this phrase to yourself five times (each repetition quiets that annoying skeptic inside). Whether your loving phrase is "I love myself for feeling scared," "I understand me" or "I am safe and loved, even now," repeat your loving phrase every morning to nurture your body, heart and soul.

The more you trust your inner wisdom, responding to anger (our own and others) with fearless love, you invite everyone around you to tap into the fearless love inside their wise heart. Fearless love infuses us with that inner joy, freedom, happiness and inner peace we all long for everyday. Now we are free to give it to ourselves.

Hobbs' new book, *FREE YOURSELF: Ten Life-Changing Powers of your Wise Heart (Wisdom)*, is available in English, Spanish, kindle, e-book & audio on Amazon.com & Audible.com. For videos, blogs & contact info, her website is www.carolyn-hobbs.com.



As an Author, Licensed Therapist, Lecturer, Workshop Leader and former College Professor, Carolyn is passionately committed to giving people quick, practical ways to bring freedom and inner peace into their busy lives. After thirty years of bringing Buddhist wisdom and Body-Centered Therapy to help clients with chronic pain, depression, anxiety, illness, insomnia, midlife changes and marital issues, she has watched thousands of people, young and old, discover inner peace by awakening these ten powerful Heart Choices. www.carolyn-hobbs.com.

THE LAUGHTER DETOX

She's baaaaaaaaaack! "Kathy", the sober, judgmental Uber Driver!

Kathy NEVER pulls punches. She speaks her mind. Usually, its about sobriety and recovery but she'll give her opinion about anything. She's militant about recovery and VERY, very passionate. At times you'd say she's over the top! You'd say "judgmental". You'd be right but we love her anyway!!

Laughter IS the best medicine. You'll get another dose from the following scene.



Jessica Landon as "Kathy", Sober, Judgmental, Uber Driver



Jessica Landon – "Laughter is my drug of choice". Jessica is an actress, author and a passionate, recovery advocate. You can find her on Instagram @jessicalandon12 or her blog HumanOnFire.com

I NEVER GET TIRED OF "SOBER SUNDAYS!"

(Or Monday - Saturday Either)

@recoverytodaymag

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@recoverytodaymag

BE INSPIRED EVERY DAY IN YOUR RECOVERY

I HAVE NEVER FOUND A BETTER HIGH
→ THEN SOBRIETY ←

KISS ME I'M SOBER

MONDAY IS YOUR CHANCE TO HIT RESET!

GET ANOTHER WEEK, DAY, HOUR OF SOBRIETY

@RECOVERYTODAYMAG

TAP TWICE IF YOU...

... MADE IT THROUGH ANOTHER WEEKEND SOBER!

Why would you do recovery 1/2 ass? You never took 1/2 a pill, drank 1/2 a bottle, smoked 1/2 a hit... Recovery is an all in endeavor... all in... 100%... every minute of every day for the rest of your life.

Flying with Scars

~~FEAR~~

HAVE YOU STRUGGLED WITH FEAR?

WHY OR WHY NOT???

IF ONE IS NEVER ENOUGH, ... HAVE NONE!

STOP TRYING TO SKIP THE FUCKING STRUGGLE. THAT'S WHERE CHARACTER IS BUILT.

EMBRACE IT. LEARN FROM IT. GROW FROM IT.

WHAT'S YOUR STORY



OUR READERS SPEAK

THE ART OF RECOVERY – ANONYMOUS NO MORE

From February 6, 1991, until July 2015 I recovered anonymously in the rooms because the 12th tradition says *Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.* Over the years anonymity has become associated with shame around our disease - so we don't tell. But what I have come to learn is that the 12th tradition is to protect you. When you come in the rooms and share, I can't tell

your story. But I can tell MINE out loud and I did - and I do...

In July 2015, I came out of the recovery closet to tell my story at the Maryland Heroin and Opioid Emergency Task Force. Mine is a story of domestic violence, rape, addiction starting at the age of 14 almost ending in a crack-cocaine overdose at 26 and a 2nd husband addicted to prescription opioids after an accident (now recovering). Mine is also a story of 27+

years in recovery using the 12 steps and the healing power of art to create my dreams and reclaim my light.

Today, I tell my story, in public, at workshops, keynotes, and on social media to give others hope and inspiration. But every time I tell my story - wounds get reopened.

To deal with these wounds, I CREATE - so I created *Anonymous No More* - a 3-D, mixed-media 24 X 36" piece.



I painted a green intuitive painting on the front of the canvas and a purple intuitive painting on the back of the canvas. Green and purple represent growth to me. When I paint intuitively - without a direction - I release emotions and am very delighted to see what designs and textures show up.

Once both sides were dry, I deliberately cut the canvas to create a scar by peeling and curling the purple onto the front of the canvas. Then I got out some magazines, found black and white pictures with amazing patterns, tore them out, and wove a collage, which I painted red and glued on the back of the canvas to represent my personal pain at revealing my trauma. I tear out items for collages instead of using a scissor because I get more of a therapeutic release from the action of tearing. Using scissors to fussy cut can ignite perfectionism, which sometimes causes me to not want to start or finish things. So I tear...

I tell my story to break the stigma about sexual assault - #MeToo - addiction and recovery. But every time I tell my story to break the stigma of addiction and help someone learn about the healing power of art in recovery, the scars of my past get exposed. I hope that by telling my story I can help someone else to heal and give them the courage to tell their stories and to step out of the darkness and into their light.



Robin M. Gilliam is a professional artist and published author who creates art to heal from past trauma and addiction. Robin began her recovery journey on 2/6/91 after surviving a crack cocaine overdose and escaping a violent marriage that ended in rape and sodomy. Her novel, *Gift of Desperation*, was inspired by over 20 years in the rooms as an addict and family member and includes over 40 pieces of her artwork as a backdrop for the story. Robin received her bachelors in fine arts and psychology from Goucher College. Today, Robin is the Founder and Director of Recovery Art Studio and educates, encourages, and empowers Recovery Art Warriors to create their dreams and reclaim their light through the healing power of art. For more information, please visit www.recoveryartstudio.com

To tell your story and have it featured, please send to:
Support@RecoveryTodayMagazine.com

Pause for the Applause



We know there are millions of people in North America whose lives have been transformed by recovery.

Did you know there is an entire *month* designated to honor and recognize people in all forms of recovery? Now in its 28th year, Recovery Month kicks off in *September* to highlight the achievements of individuals who have reclaimed their lives through long-term recovery, and to honor the treatment and recovery service pro-

viders who make healthy recovery possible. These people include Behavioral Health Therapists, Social Workers, Addiction Counselors, Peer Recovery Mentors, and Professional Recovery Life Coaches.

Recovery Month also celebrates the gains made by people in early recovery, just as we celebrate improvements made by people who

SHERECOVERS

Dawn Nickel is an accomplished and versatile leader and the creator of She Recovers, currently the largest online platform dedicated to supporting women in recovery from addiction and related life challenges. Dawn started her journey of recovery from drug addiction in 1987, and will celebrate 17 years of continuous clean time in May. She is a strong advocate for the view that each woman in or seeking recovery must be supported to find the tools and pathways that will work best for her as an individual.

In the summer of 2011, while recovering from a serious case of workaholism, Dawn decided to apply what she knew about recovery to that area of her life. On an extended leave from work, Dawn began to blog and created the She Recovers Facebook Page to share her journey and to reach out to other women wanting to recover their lives and their potential. Since 2012, she has dedicated herself to creating and holding space (online and off) for women in recovery to connect with themselves, and with other like-hearted women.



are managing other health conditions such as diabetes, hypertension, heart disease, and even cancer.

We know there are millions of people in North America whose lives have been transformed by recovery. Because these successes often go unnoticed by the broader population, Recovery Month provides a showcase for everyone to applaud these accomplishments.

The Recovery Month theme is carefully developed each year to invite individuals in recovery and their families and support systems to spread the message and share the successes of recovery. This year's theme is **JOIN THE VOICES FOR RECOVERY: invest in health, home, purpose, and community.** YOU can get involved! Go here to post your recovery stories, post events, get banners, posters and more: www.recoverymonth.gov It's time for all of us to *Pause for the Applause in September!* Have you made any plans yet for September? Personally, I'm heading out to Los Angeles to a wonderful conference for women called *She Recovers*. This is a growing movement of and for women that began as an online community on Facebook. Dawn Nickel and her daughter Taryn Strong

are the cofounders of She Recovers. They warmly welcome women who are recovering in all areas of their lives and who follow all pathways of recovery: www.sherecovers.co

I encourage each one of you to be on the lookout for events in your area like a public "walk for recovery" or a marathon, or Recovery Festival or Picnic/Barbeque or a movie series or art show or online tele summit. All these events are designed to help individuals and organizations relax and enjoy one another as they pause to recognize the wonder of restored lives. And also, to increase awareness of the power of recovery and to encourage citizens to take action to expand and improve the availability of effective services in prevention, treatment and recovery support.

To locate an event in your area, call a local treatment program or recovery center or your state agencies for substance misuse and/ or mental health services. You can also find events here: <https://recoverymonth.gov/events/find-events/2018-09>

Make sure you and your family and friends take time to *Pause for the Applause* for the Miracle of Recovery!!



Jean LaCour PhD is a Global Recovery Expert and Thought Leader who has trained in 25 nations. She cofounded NET Institute Center for Addiction and Recovery Education and trained thousands of people worldwide in Professional Addiction Counseling and Recovery Support Services while serving on state, national and UN initiatives. She founded the Int'l Association of Professional Recovery Coaches to enrich and expand the Recovery Experience to enhance vibrant personal wholeness and wellness beyond sobriety, and to increase Addiction Recovery career options focused on strengths and holistic transformation. RecoveryCoachTraining.com



EXCLUSIVE INTERVIEW

PAUL WILLIAMS

**OSCAR, GRAMMY AND GOLDEN
GLOBE WINNER!**

One of the most beloved and respected music creators
in the world today.

INTERVIEW WITH PAUL WILLIAMS



Article and Interview by Sherry Gaba,
Editor of Recovery Today Magazine

A lyricist and composer who has won an Oscar Award, three Grammy Awards, two Golden Globe Awards, an Ivor Novello International Award



Sherry Gaba, LCSW, and Editor of Recovery Today Magazine had the opportunity to talk to Paul Williams, who is one of the most beloved and respected music creators in the world today. A lyricist and composer who has won an Oscar Award, three Grammy Awards, two Golden Globe Awards, an Ivor Novello International Award, and earned induction into the Songwriters Hall of Fame, his songs, from “We’ve Only Just Begun,” “Rainy Days and Mondays” and “You and Me Against the World” to “An Old Fashioned Love Song,” “Let Me Be the One” and “The Rainbow Connection,” have touched millions of people for generations. As President and Chairman of the Board of the American Society of Composers, Authors and Publishers (ASCAP), he is also a leading spokesman for music creators in the digital age.

Williams’ standards have been recorded by such diverse musical icons as Elvis Presley, Frank Sinatra, Barbra Streisand, Ella Fitzgerald, Ray Charles, David Bowie, Tony Bennett, The Carpenters, Luther Vandross, Willie Nelson, REM, Anne Murray, Gladys Knight, Diana Ross, Diana Krall, Sarah Vaughn, Sarah McLachlan, Jason Mraz, The Dixie Chicks, Gonzo and Kermit The Frog.

Although Williams is widely known as an actor in dozens of films and on television, it is his musical legacy that continues to inspire. His songs and scores have received six Oscar, nine Grammy, six Golden Globe and two Emmy nominations. “The Rainbow Connection,” from the chil-

dren’s classic *The Muppet Movie*, is one of two of Williams’ songs that grace the American Film Institute’s List of Top Movie Songs of All Time; the second, “Evergreen,” is from the award winning Barbra Streisand/Kris Kristofferson remake of *A Star Is Born*. Additional song scores include the cult favorites *Phantom of the Paradise* and *Ishtar*, as well as *The Muppet Christmas Carol*, *Bugsy Malone*, and *Emmet Otter’s Jugband Christmas*, the latter of which has now been adapted for the stage. Paul created the story and wrote the songs for Disney’s Emmy-nominated *A Muppets Christmas: Letters To Santa* and penned the music and lyrics for Garry Marshall’s theatrical sensation *Happy Days*. His recent work has remained wonderfully diverse, having co-written “Beyond” and “Touch” (which he also performed, receiving a Grammy as Featured Artist) on Daft Punk’s chart-topping, ‘Album of the Year’ *Random Access Memories*; and writing with Gustavo Santaolalla for the animated film, *The Book of Life* which received a World Soundtrack Award for their “Apology Song”.



They are currently working on Guillermo del Toro's stage musical adaptation of *Pan's Labyrinth*.

His career, life, and work in recovery have been chronicled in the acclaimed documentary, *Paul Williams Still Alive*, for which Paul wrote the critically acclaimed title track. Sober 26 years, his humorous observations of life, love, and creativity, augmented by the education and knowledge he gained through his studies and certification from UCLA as a Certified Drug Rehabilitation Counselor, has been shared in a best-selling book co-written by Tracey Jackson, entitled *Gratitude and Trust: Six Affirmations That Will Change Your Life*.

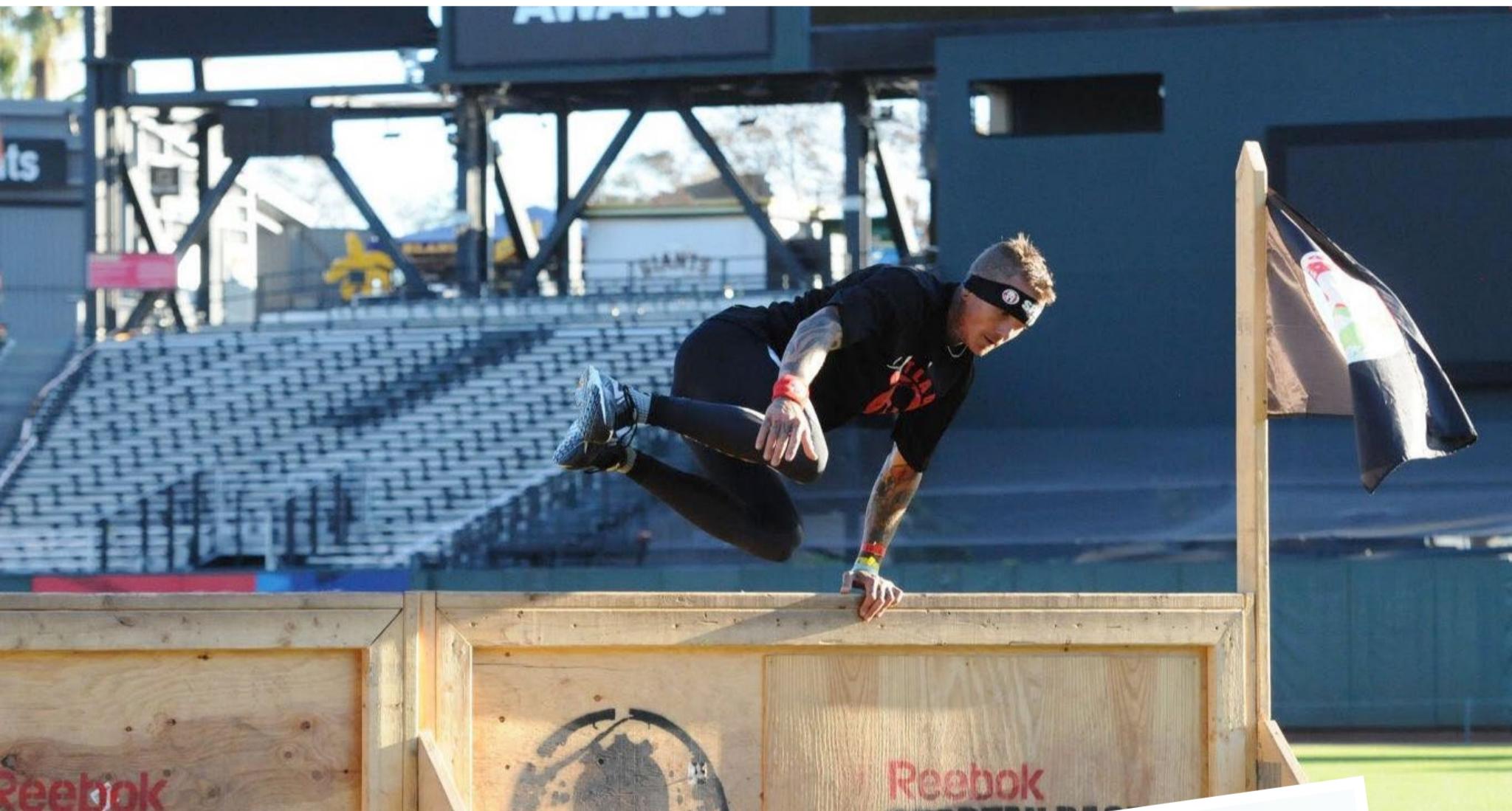
While publicly lauded for his work as a songwriter, performer, actor, author, leader and humanitarian, Paul predicts he'll be remembered for playing Little Enos in the *Smokey and the Bandit* trilogy and



for his lyrics to "The Love Boat" theme, although it is the lyrics from *Bugsy Malone* that aptly sum up his philosophy: "You give a little love and it all comes back to you; You're gonna' be remembered for the things that you say and do". As a devoted husband to writer Mariana Williams and proud father, Paul considers his son Cole, and daughter Sarah, to be his best work.



SCUMMY UNPLUGGED EXCLUSIVE INTERVIEW WITH "NINJA" TERRY LAMB



Terry Lamb is a recovering alcoholic, party boy, and car accident survivor. Born in Riverside California, going through childhood abuse from alcohol at an early age. His addict habits began to form as early as 12 years old. Memories of stealing beer, huffing gas, smoking marijuana, and partying still remain a source of encouragement in his recovery. The most severe trauma being

a car accident resulting in fracturing every bone in his body, Shattered forehead, cheek bones, nose and jaw, 5 broken vertebrae centimeters from being paralyzed. Permanent loss of vision in one eye, being told he would suffer arthritis and be in a wheelchair at 26 years old. He is now 29 years old competing in some of the words toughest obstacle course



YouTube

EXCLUSIVE INTERVIEW WITH TERRY LAMB

Interviewed
by Colin "Scummy"
Morrison



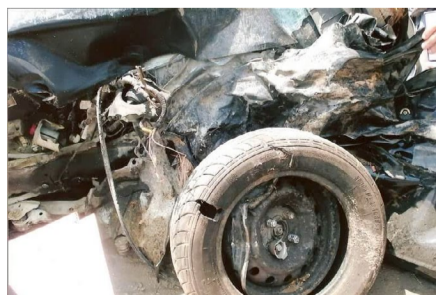
races and training for American Ninja Warrior.

Looking back at all of the abuse, neglect, and emotional abuse has now pushed him into a new niche. He has discovered through obstacle course racing he is now able to motivate, encourage, and share his story with many other racers. He has now gone a step further to help promote healthy lifestyles for the youth in his community. He is opening a non profit kids ninja gym deemed "The Ninja Sanctuary." His main goal is to provide a safe learning place for underprivileged kids, and teens in his community.

Promoting health and wellness for them can lead a more positive lifestyle. Working with the youth is a such a powerful experience he says, trying to promote better life choices at an early age, might help prevent addiction in teens and early adults.

Terry has overcome many obstacles in life, but finding that he can now help change the lives of so many people through health and wellness. He became a certified personal trainer, and fitness coach, working hard on the mental motivation factor. Recovery has many forms his dream is to travel around

helping other addicts, and people with obstacles learn to grow, and overcome them. Pursuing higher education, remaining clean and sober, chasing recovery are all the steps to being successful to him. His ultimate goal is to travel being a motivational speaker, sharing his story, his failures, shortcomings, and his new found outlook on life with others. To live doing what he is most passionate about, giving the drive and motivation he has found with sobriety to others. It's a lifestyle he states, making better choices creates a better life, and SOBRIETY was the best choice he has ever made.



Terry is on Instagram @_tattedninja
facebook is Terry Lamb (tatted Ninja)
email: tattedninafit@gmail.co

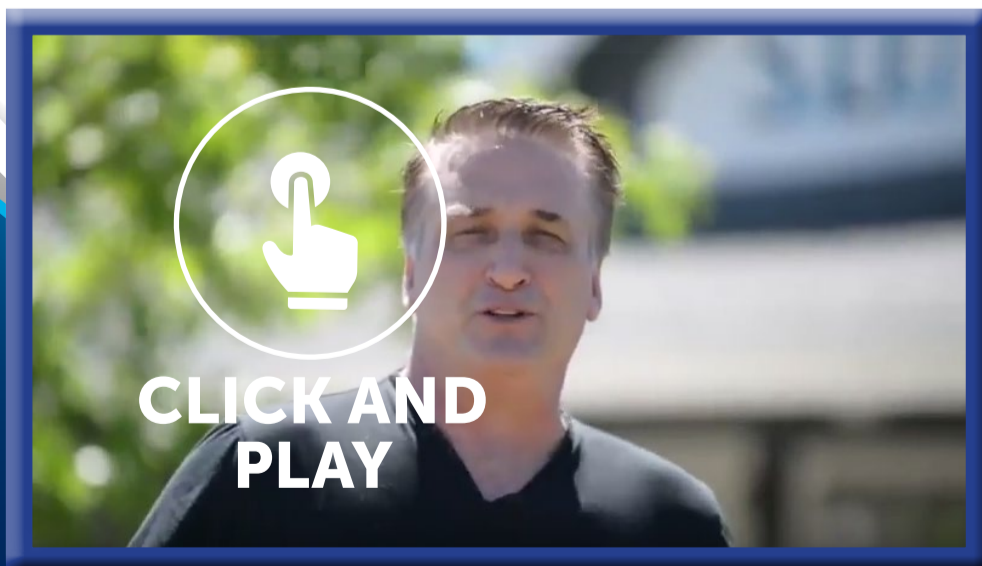
ADDICTION IS LIFE AND DEATH

IF YOU OR SOMEONE YOU LOVE IS STILL
BATTLING ADDICTION, WE'RE A CALL OR TEXT
AWAY. NOW IS THE TIME



SOBA TEXAS

Text or Call Now 24/7
(210) 727-2692



Bad Zoo

Introducing, ... Bad Zoo! Bad Zoo is a raucous adult animated comedy series about a group of highly intelligent, well trained, but heavily drug addicted circus animals that are rescued by a well meaning circus worker, who is trying to save them from being put down.

Abandoned by the bankrupt circus owners, the animals are whisked away to Grandpa's farm, where they must kick their drug habits and learn to be regular zoo animals.

With help from a plethora of circus freaks and performers, a junkie side-kick zoo trainer, and the animal loving farm girl next door, our heros must take a drug smuggling python, a weed smoking, Dorito eating chimp, a Meth addicted orangutan, a trio of cursing parrots, a sexually charged ape, a well endowed Camel, two gender confused bears, a racist el-



ephant, and a plethora of other twisted animals and turn them into a wholesome family zoo.

We hope you enjoy Bad Zoo as much as we do! If you do, please like and share Bad Zoo at: <https://www.facebook.com/thebadzoo/>

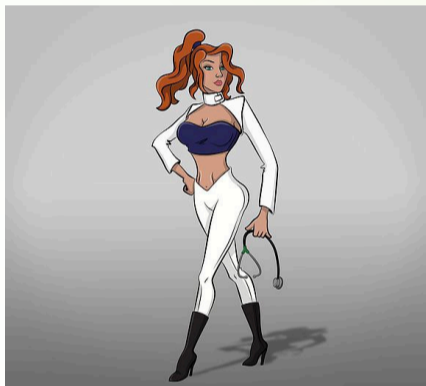
Bad Zoo is created by Malibu Films and Recovery Today Magazine Publisher, Greg Hannley <http://MalibuFilms.com>



“Attila” - Sexually charged gorilla who’s always humping his blow up doll in public. Has a pill addiction problem including viagra. Obvious sex addict.



“Chip” - Weed smoking, dorito eating chimp. He is very lazy and flings his poop when upset. Knows about Grandma’s sticky icky farm.



“Claudia” - Girl next door. Love interest for both the guys, and even the animals have a thing for her. Not a licensed vet. Secret stripper on the side.



“Merlin” - Hashish smoking camel with Eastern World views but is American. Prince Ali he is hung like a tree and always so happy. Trunk the racist elephant and him don’t always see eye to eye.



“Tarzan” - Orangutan who’s been addicted to meth since loosing the lead role in Planet of the Apes. He likes jumping on Jake the snake to get him to throw up the dope.



“Migos” - 3 Foul mouth, weed smoking, shit talking parrots who all used to belong to different rappers.



Is The Partner You End Up Dating A Familiar Personality?



They are people that will enter into relationships very quickly, but also are constantly anxious and obsessed with the relationship.

Have you ever had that sinking feeling that the person you are in a relationship with looks different, sounds different and may have some differences in attributes, but at the center of their being they are very similar to your father or your mother?

Does this seem to be a pattern in your life, which may be obvious to everyone around you but that you have not been able to identify and detect until you are willing to consider the possibility?

If it does seem to be a pattern, you are not alone. In fact, I have detailed how abandonment in my childhood was at the core of my relationship addiction

in my new book “The Marriage and Relationship Junkie: Kicking your Obsession.” This is also a well-researched behavior as outlined in a 2014 article “The Truth About Love Addiction” by Haylee Corrales, Psy D.

The Impact Of Childhood

While not everyone who is a relationship junkie will have issues of neglect, abandonment or dysfunction in their childhood, the vast majority of people do have this common background.

Often the dysfunction in the family is caused by the addiction of the parents. This may be alcohol, drugs, gambling, sex or even love addiction, but there will be an addict and a co-dependent relationship between the parents. The other possible scenario may be a parent with significant mental or physical health issues, and the other parent is preoccupied with the role of caregiver.

Ultimately, the parents are so involved with their own need to maintain their relationship that the children are left on their own. The children do not feel

any parental love or very erratic types of love, typically only when the children do something exceptional. At the same time, the children are often expected to do many parenting roles, to cover up the dysfunction and addiction in the family, and to avoid drawing any attention to the family or themselves.

The result is a child that grows up feeling unloved, worthless, unprotected and an adult with no experience in connecting with those around them. The more that our parents, and in particular our mother, isolated and neglected the relationship, the more insecure we feel as adults on our own as well as in relationships.

Chasing Approval

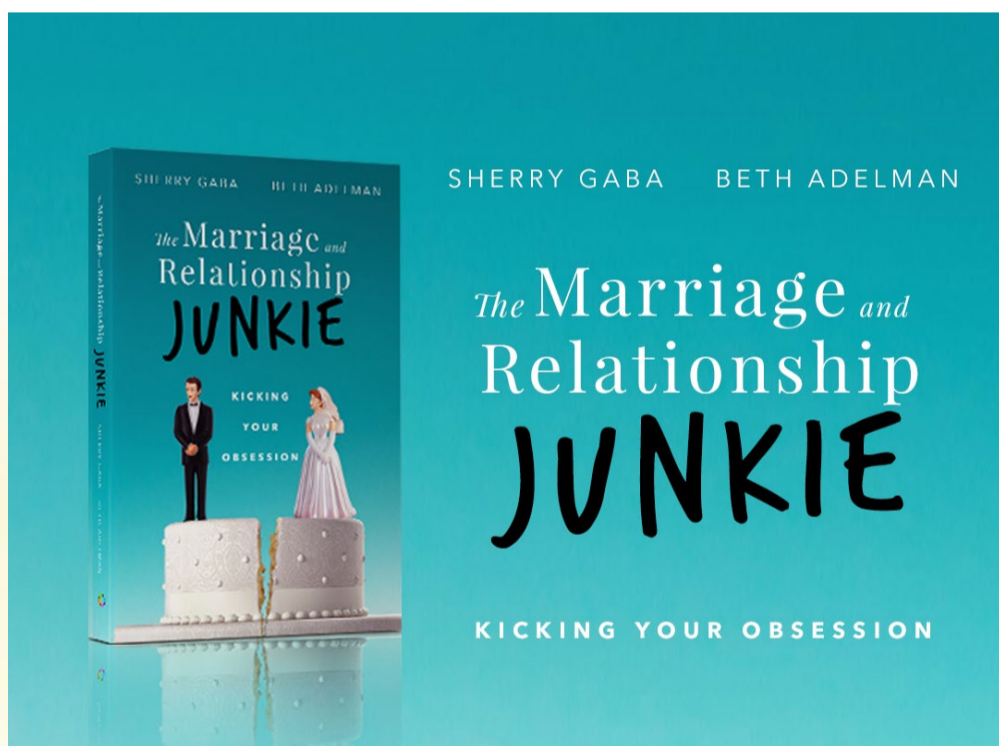
The result is an adult that is constantly seeking approval from their partner to feel validated and to attempt to see themselves as part of a “grand love relationship.” Often that partner has the same neglect or aloof behavior as the parent the little child desperately wanted to pay attention and to love her. However, by choosing the same personality trait as the mother or father, they select the least likely partner to give them the love, support, and attention they crave. This fuels a continual destructive cycle of chasing a person who treats them badly only to make the love addict pursue them even more.

According to Kim Bartholomew, an expert on developing attachment styles, people with high levels of anxiety about abandonment will be preoccupied or fearful. People that are preoccupied are most likely to enter into codependent relationships and will be

the least likely to be able to spot the pattern in the behavior they use or the people they are entering into relationships with.

They are people that will enter into relationships very quickly, but also are constantly anxious and obsessed with the relationship. They become clingy and feel extremely negative about themselves if they are not in a relationship, even if the relationship is destructive or damaging.

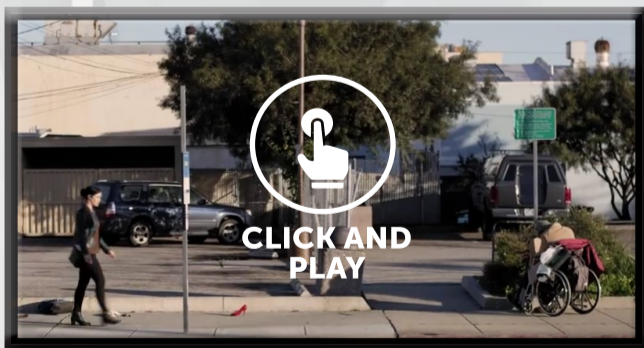
The good news for anyone with love addiction or that recognizes they are choosing partners to try to address an issue from their childhood is that it is possible to change. By recognizing the issue and working with a therapist, past issues can be put in perspective and healthy, positive personal growth can and will occur. This, in turn, will allow love addicts to make better partner choices and to be able to let go of that need for approval from the unavailable parent of their childhood.



Sherry Gaba, LCSW is a Radio Host, Certified Transformation Coach and author of the award winning book *The Law of Sobriety: Attracting Positive Energy for a Powerful Recovery and Ecourse*. You can take her quiz to find out if you are co-dependent or sign up for a 30 minute strategy session with Sherry. Check out Sherry's new book *The Marriage and Relationship Junkie: Kicking Your Obsession*.

Join Sherry's online recovery community at www.wakeuprecovery.com combining the law of attraction with recovery and how to learn how to get more publicity for your recovery business.

Binge-worthy New Series *Cleaner Daze* offers a Raw Real Look at Addiction



Cleaner Daze
Episode 1

Sherry Gaba, LCSW, and Editor of Recovery Today Magazine had the opportunity to sit down with Tess Sweet, the creator of *Cleaner Daze*, in the Recovery Today Studios as she shared her passion project which takes a Raw and Real Look at Addiction. This series is a short digital darkly comedic series which is definitely binge worthy. *Cleaner Daze* follows a newbie rehab counselor as she struggles to find her way wrangling a mis-

fit bunch of teenage drug addicts, while secretly battling her own addiction. Written by a drug addict and set in rehab, *Cleaner Daze* is a raw, real look at addiction and the gritty magic of recovery. Many of the cast are non-actors with histories of addiction. Several don't have headshots; they have mugshots. Show creator Tess Sweet feels strongly about offering opportunities to fellow addicts in re-

INTERVIEW WITH CLEANER DAZE CREATOR, TESS SWEET

Article and Interview by Sherry Gaba,
Editor of Recovery Today Magazine



covery. The show lives in Santa Cruz, California - a small touristy beach with a big drug problem. It's Surf City USA but it has a dark side, an underbelly of drug addiction, homelessness, and broken dreams. Director/Creator Tess Sweet is not afraid to dive into that world. In fact, she's not afraid of much. After a low bottom fall out and a near fatal heroin overdose in 1999, Tess started over from zero. Now, with 16 years clean and an MFA in film directing from UCLA, Tess

has the street-cred and personal hell-and-back life experience to write with honesty about a world she knows. *Cleaner Daze* is produced by Loud and Clean, a non-profit organization dedicated to "out loud" creative works which honor personal stories over statistics, spread a message of hope, and promote creativity as a vehicle for recovery.

Binge watch season one #everywhere on cleanerdaze.com, cleanerdaze/youtube, or Facebook @[cleanerdazeseries](https://www.facebook.com/cleanerdazeseries).



After a low bottom fall out and a near fatal heroin overdose in 1999, Tess started over from zero. Now, with 16 years clean and an MFA in film directing from UCLA, Tess has the street-cred and personal hell-and-back life experience to write with honesty about a world she knows.



Tess Sweet is an award winning writer/director, a recovering drug addict, and a lover of dark comedy. In 2011, Tess graduated with an MFA from UCLA's prestigious film and television directing program. After graduating from UCLA, Tess moved to Santa Cruz where she started a visual storytelling program for At-risk youth. Tess currently works in the bay area as a freelance director and editor, serves as President of Loud and Clean, and is currently developing her award winning web series, *Cleaner Daze*, for television.

CAN ESSENTIAL OILS PLAY A ROLE IN RECOVERY?



I was terrified. I couldn't keep drinking the way I was, but going through life without anesthesia was equally scary. I didn't want to suffer through the detox process and I didn't know if I had the courage to tackle all that was paralyzing me. I was sick; physically mentally, morally and spiritually. I was an alcoholic. I was overcome with fears and anxiety's daily. But through grace, I had had enough and I found the right rehab program for me.

I packed my notebook, basic hygiene supplies, a diffuser and some oils and I headed off to rehab. I

"stacked the decks" to ensure my success. I was pleased to find that there was room for "alternative" ways in achieving detox and starting my life as a sober person. I was willing to surrender my nail polish and hair-spray, if I could keep my lavender and clary sage! Now, understand that I get that there is no substitute to meetings, a program and a wonderful sponsor. But I was ready to fully live again and wanted to thrive, not survive. I wanted my health back, I wanted peace in my mind and heart and I did not want to trade the alcohol for a handful of pills. That just didn't feel like real

progress for me. So I did it my way. As an advanced practice nurse- I had dabbled in oils with some of my patients-but had not harnessed them as a primary source for driving personal wellness. And when I did use oils in this way, amazing things happened!

What are essential oils? They are the highly concentrated extracts from plants, trees, flowers, fruits, herbs and grasses. When distilled properly- your end product is a concentrated, pure, 100% all natural liquid that can be used in many ways. Diffusers help get these

substances in the air, so that you can achieve benefits through the aerosolization of oils in your environment. Don't have a diffuser- no problem. You can also put a few drops in your hands and inhale or apply to your body.

When we inhale oils, we activate the limbic part of the brain. This primitive part of the brain is highly integrated into the recovery process. The limbic system is where we store memories, joy, happiness, sadness, trauma, sex drive, hungry and cravings. Starting to see how this could help in recovery? When we smell a substance, we start a very primitive but highly effective (and involuntary) cascade in the body that can help address habits or behaviors- driven by information that has been stored (sometimes for years) deep in the limbic system. Every day we are exposed to aromas that provoke unconscious thoughts. Think of how you feel when you smell a cologne that reminds you of someone. Or perhaps you have had the pure joy of smelling freshly baked bread, or maybe even a turkey dinner. These aromas have a powerful impact and response and it all happens involuntary.

How do we harness the limbic system to guide us in our recovery? Selecting the right oil for the right reason can be very helpful. There are oils that help with depression, anxiety, fear, provoke joy and even help to reduce cravings. Using 100% pure, natural substances can also be extremely helpful in the detoxification process and help restore our major organs systems back to a balanced state. Diffusing also helps to create a calming en-

vironment and who doesn't need less stress in their life?

You can also apply oils to your skin. When this happens- these molecules are circulated throughout the body and can then be found in every cell in about 30 minutes. This helps address some of the common challenges we face daily in our sobriety; Sleeplessness, anxiety, cravings headaches, stomach upset, lack of focus or energy and so much more.

Ingestion of pure oils offers several benefits to the sober life. Not only do oils help us to achieve and maintain wellness, but also offers a very high flavored, dense nutrient means to create healthy beverages that can continue to support us on our journey. A few drops of lemon oil in water is delicious and helps to flush the body. Peppermint oil in water is great for boosting mental clarity. A word of caution; Ingestion of oils should only be done with high-end pharmaceutical grade oils.

There are many great resources and educators out there to support you in your journey to learn more about oils as you integrate them into your daily routine. Despite being used by society's world-wide for thousands of years- few traditional clinicians fully understand the value of essential oils. Because they are not FDA regulated you need to do a little work to find credible resources. But the search is worth the benefits! If you are looking to reduce toxins and practice self-care as part of your journey, or perhaps you are averse to taking prescription medications, then you may want to explore essential oils as an option for you in your sober life.



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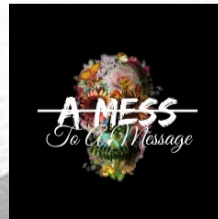


Kay Cooney RN, APRN, GCNS is an advanced practice nurse who resides in West Wareham Ma. A graduate of the prestigious Practice Change Fellowship positioned her for excellence in geriatrics and end-of-life care. After a successful 20+ year career in hospice leadership, she now focuses on essential oil education and wellness with a special focus on addiction recovery. Interested in learning more? You can join her followers, have a few laughs and get your LEARN ON @ <https://www.facebook.com/groups/LakeviewYoungLiving/> or email kay.cooney@aol.com

EXCLUSIVE INTERVIEW

EARLE VAN INTERVENTIONS

Hope on Deck
Mess to a Message



INTERVIEW WITH EARLE VAN



Interview by Producer
of Recovery Today Magazine,
Rob Hannley

In a spiraling world of addiction, I have dedicated my life and sobriety to helping other addicts achieve sobriety. In this packet we provide you with the introduction to our team, what we do, and services we can provide to you or others in your workplace or personal life who are struggling with drug or alcohol addiction. I look to spread the word of addiction and recovery and share my story to spread awareness.

I have made a difference in my personal life and I know it is possible to recover from addiction. I offer services nationwide and hope to make my efforts become world renowned. Feel free to contact us with any questions you may have, bookings, and of course for help in recovery.

As an addict in recovery myself, I have decided to turn my addiction to drugs into an addiction to help other addicts. After being an active addict for twelve years,

multiple attempts at sobriety and suicide I overdosed on the bathroom floor, aspirated, and woke up in the hospital thirty-six hours later. I suffered through so much emotional pain I made myself numb by getting high and my life had almost ended this time. After realizing what I had done to myself and my family, I finally went away for ninety-day treatment. I have been where these addicts have been, I have hit my rock bottom and my goal is to help save addicts because I was saved.



I have taken my sobriety and essentially made it my new addiction. Not only have I stood in the addict's shoes, but I now see what it's like to be on the other side of addiction. I want to spread awareness, educate and help addicts re-

cover from this disease. I have a huge following on social media and thousands of views on my live videos. I collect donations and travel all over the country to do outreach work to spread the word of addiction and that treatment and recovery are both possible. As an interventionist I want to educate the disease of addiction to these families suffering. I feel as though it is critical in recovery for the family to be as equally responsible for their actions in the recovery process as well as completely understand what their loved one is going through. We do recover.

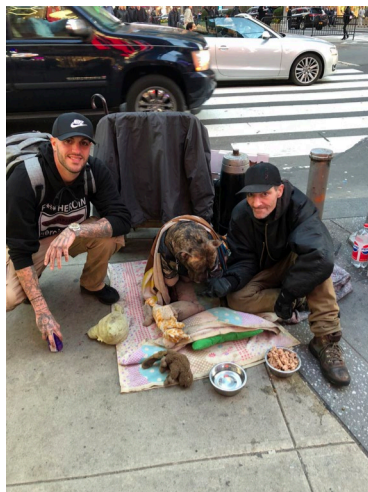
NON-PROFIT/ OUTREACH:

Hope On Deck:

A cause founded by Earle Van himself after deciding to quit his fulltime job at a family business to change the world of addiction. We have traveled all over the country and served multiple cities and homeless addicts, spreading the word that we do recover and sobriety is possible. A van was donated to us by a church that we use to travel and hand out donations. We have multiple drop off sites and volunteers who collect and help distribute donations.



ADDICTION WILL KILL YOU. IF IT DOESN'T IT WILL MAKE YOU WISH IT WOULD!" -Earle Van

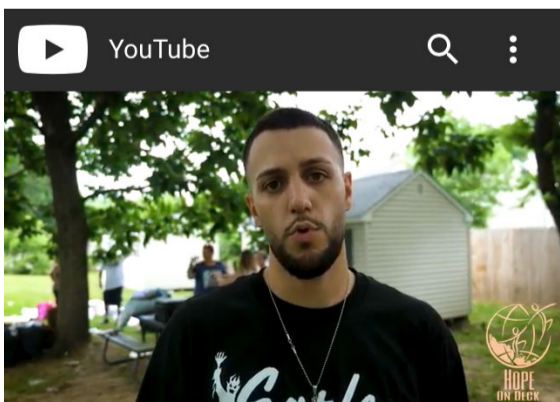


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YOU CAN BE OR DO ANYTHING YOU WANT IF YOU REACH OUT TO SOMEONE, TAKE SOME SUGGESTIONS, AND KEEP AN OPEN MIND. ADDICTION IS NOT YOUR ENDING.” -Earle Van

MESS TO A MESSAGE:

Mess to a Message is my message to the world. Explaining how I have turned my life from the mess of being a drug addict and at the lowest points in my life to being able to stand before crowds of people and have a message. Hoping to motivate others to save the lives of themselves or other addicts. I have spoken in multiple rehab/treatment centers, detox centers, meetings, symposiums and universities.



Hope On Deck: A Day In The Life Of Earle Van
Sirius Cinema 177 views



SERVICES PROVIDED:

- Interventions
- Motivational Speaking
- Treatment Travel Transport
- Treatment Escort
- Intervention Follow-up
- Donation drop-offs
- Outreach work

CERTIFICATIONS:

- Certified Interventionist

ACCOMPLISHMENTS:

- Building a Non-profit organization
- Large social media following
- Meetings with state governors
- Meetings with hospital CEO's
- Speaking Events and Symposiums

GOALS:

- To change the stigma of addiction
- Educate families on addiction and recovery
- Help addicts achieve sobriety
- To spread awareness



Contact info:

Earle Van Interventions:
earlevaninterventions@gmail.com

Mess to a Message (Motivational Speaking):
earlevanmesstoamessage@gmail.com

Hope On Deck: earlevanhopeondeck@gmail.com

Press: earlevanpress@gmail.com
Phone: (302) 469-6629

Stay connected

[f](#) Earle Van [@](#) Earle_Van <#> Infamousearle90
www.hopeondeck.wixsite.com

A background graphic consisting of a network of black dots connected by thin grey lines, forming a complex web-like structure. The dots are arranged in a somewhat circular pattern, with lines connecting them to form various sized triangles and polygons.

FROM “THE NETWORK” SPOTLIGHT

Recovery Today Network

The most complete and comprehensive professionals services network for Treatment Centers, Therapists and Recovery/ Life Coaches.

Connecting our worldwide audience battling the disease of addiction for themselves and those they love, with thousands of treatment centers, therapists, and sober coaches we've invited to “the Network” in the addiction recovery field. The intuitive search and detailed listings make it fast and easy to find the help you're seeking. There is Hope. Always.

COACHING SPOTLIGHT

Cori Jenab
Call Now 650-575-8470

Snapshot Info:
(For More Information Visit
Her Profile Here)



**“ONCE YOU MAKE A DECISION, THE UNIVERSE
CONSPIRES TO MAKE IT HAPPEN.”** -Ralph Waldo Emerson

Hello! My name is Cori Jenab. Many years ago I discovered that my purpose in life is to help others heal and grow.

I began my career in the addiction treatment field in 2009 as a substance abuse counselor. Since then, **I have worked to assist people struggling with addiction in a wide spectrum of settings. I have worked with many ages, demographics, mental health issues and behaviors in the last 9.5 years.**

In addition to coaching clients with a history of substance abuse, I specialize in working with codependency, sex

and love addiction, and other process addictions. I absolutely love providing support and education to family members as well and believe in the importance of families working together as a whole.

My coaching style is completely dependent on the individual I am working with. There are principles that I ensure with each of my clients, however. These principles are: kindness, compassion, honesty, and patience. Each person's journey in recovery is unique and personal. Each will go at his or her own pace. With that in mind, I offer my support, knowledge and insight along the way.

During coaching sessions, I provide a mixture of counseling and psychoeducation. I utilize counseling techniques such as CBT and motivational interviewing. In addition to these techniques, I have a strong appreciation for psychotherapy and will attempt to understand your earlier years and history as a means of working through current issues.

Lastly, I am of the belief that spirituality plays a vital role in long term, sustainable recovery. I will aid you on your path to self-exploration, self-discovery, and self-awareness. To me, these three concepts comprise the definition of spiritual growth.

THERAPIST SPOTLIGHT

Tamera Anderson-Hanna
Call Now 786.457.1023

Snapshot Info:
(For More Information Visit
Her Profile Here)

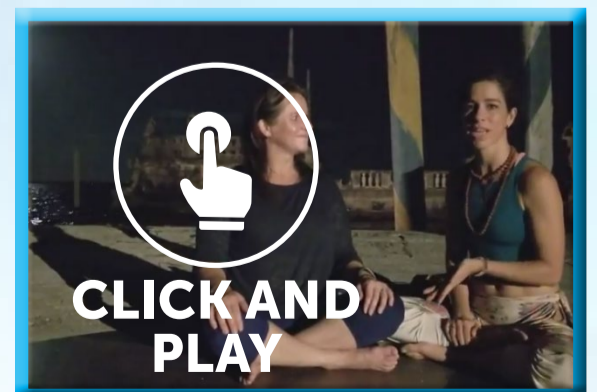
Tamera Anderson-Hanna, LMHC, CAP, CRC, RYT incorporates principles of counseling and stress management into yoga, themes, and workshops to help clients better manage and cope with life while finding balance and an overall state of wellness.

Tamera has over 20 years of experience working in addiction and mental health counseling. Her 200 hour yoga training was completed with Terri Cooper, Founder of Connection Coalition and Owner of 305 Yoga. Private teacher training was done with Jennifer Pansa and she trained with Joe Barnett in Yin Yoga and Nikki Myers in Yoga for 12 Step Recovery Y12SR. Tamera is registered with Yoga Alliance and in 2017 she received a scholarship by Lululemon to train with Tari Prinster in Yoga 4 Cancer. You can find Tamera

at the Miami Alper JCC as a substitute teacher. She has started Miami Cancer Meetup for cancer survivors and family which she offers at her private location in Miami along with Y12SR for men & women. She welcomes Panthers4Recovery FIU and all others.

Tamera is a freelance writer for Cure Magazine and offers Corporate and Personal/Private Yoga and Life Coaching. She has worked privately with clients, large conferences, and local businesses. Her experience includes being the sole contracted

yoga teacher for the 2015, 2016, & 2017 Florida Behavioral Health Conference in Orlando. She was also a featured speaker in 2015 and 2017 for the conference which attracts close to 1,300 professionals.



TREATMENT CENTER SPOTLIGHT

Iris Healing Retreat
Call Now 866-766-7895
Location Woodland Hills, California

Snapshot Info:
(For More Information Visit
Her Profile Here)



“AN INTEGRATIVE APPROACH TO TREATMENT”

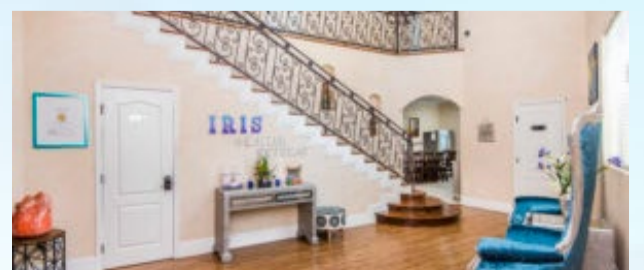
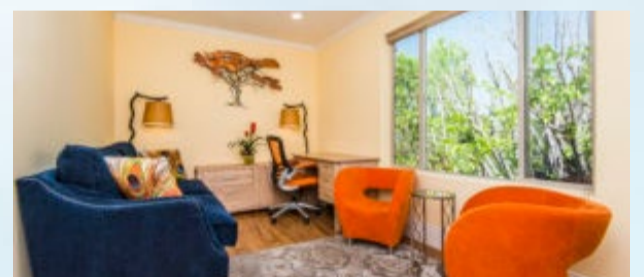
Iris Healing Retreat is nestled in the beautiful residential neighborhood of Woodland Hills, California- a tranquil environment for healing. We are a co-ed, holistic detox, residential and outpatient dual-diagnosis treatment center.

Our doctoral-level clinical team has created a truly unique, trauma informed program that focuses on recovery, trauma resolution, spiritual growth and personal development.

Our core values include modeling and teaching empathy, creating healthy lifestyles, and cultivating meaningful connections. Our multi-faceted ap-

proach assists our clients in discovering their true spiritual selves.

Our vision is a world in which each and every individual experiences a happy, healthy, and fulfilled life.



ARE YOU A...

TREATMENT CENTER? THERAPIST? COACH?

DO YOU WANT REFERRALS?

.....

JOIN US NOW

.....



[Click Here To Register](#)

As the #1 Addiction, Sobriety and Recovery Magazine worldwide, with tens of thousands of passionate subscribers all over the world sharing our content, attending our events, seeking therapists, counselors, treatment centers, and coaches, for themselves and those they love, there is no source more trusted than Recovery Today and Recovery Today Network. Join “the Network” today and connect with those seeking, sometimes desperately, professional help they can trust.

As a member of Recovery Today Network, you will also receive:

- Recovery Today Magazine
Therapist Spotlight
Consideration
- Magazine Advertising Options
at dramatically reduced rates
*Based On Availability
- Magazine Article Contribution
Options
- Optional, Member Only Access
to Professional, Fully Managed
Facebook Brand Awareness
Campaigns at Discounted Rates.
- Special Access and Invitation
to the Recovery Today Tele-
summit Series for Addiction
Treatment Professionals, full
of valuable and actionable
content.

We offer two options for Network members. Monthly or Annual (at a heavily discounted rate of more than 45% the monthly cost). Welcome to the Network where we're thrilled to help you save valuable lives and families around the world.



Greg Hannley

Publisher

Nationally recognized addiction expert, Greg Hannley is the Publisher of "Recovery Today Magazine". He is also the Chief Executive Officer of SOBA Recovery Center, and Executive Producer of the acclaimed film with Daniel Baldwin, "The Wisdom to Know the Difference". Greg has appeared on CNN's Larry King Live, Fox News, Fox and Friends, San Antonio Living, and other national media outlets. His vision is to provide a safe, sober environment for those suffering from the disease of addiction and to evangelize a simple, powerful message; there is hope.

Rob Hannley, Producer

Sherry Gaba, LCSW Editor

IN THE NEWS



SOBA Living was featured on News 4 San Antonio this month. Watch it here.

Soba Recovery Center is one of the Largest Privately Held Drug and Alcohol Treatment Center in the United States. Their show, "Soba Living", airs monthly on San Antonio's popular Daytime shows "Daytime at Nine" and "San Antonio Living".

Actor / Director Daniel Baldwin, former Miss USA, Tara Conner and Soba CEO, Greg Hannley, talk about trending topics in the world of addiction, recovery and sobriety this month on News 4, San Antonio Living. You'll love this!

DAYTIME AT NINE



Order Now



800-595-3803

CLICK HERE FOR SOBA MALIBU'S WEBSITE

For Drug or Alcohol Addiction Recovery Help for You or Someone you Love, call 800-595-3803