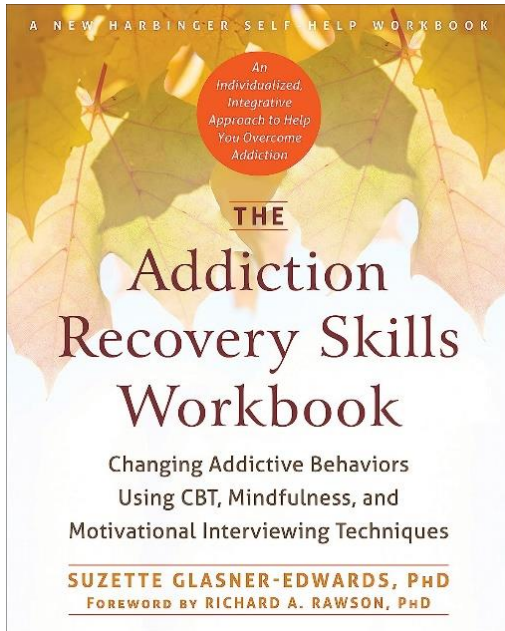




BENTLEY UNIVERSITY

AOD Recovery and Support

Recommended Recovery Literature



The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques

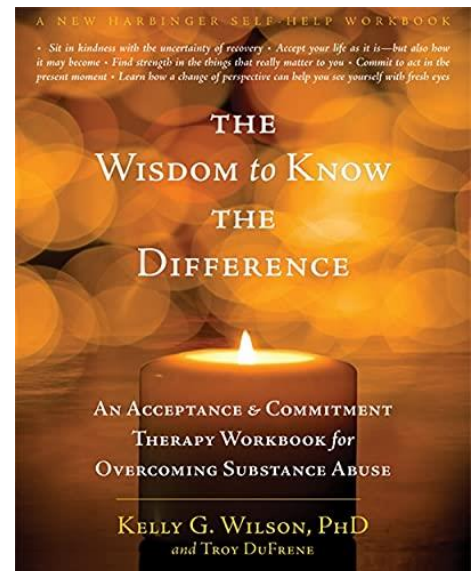
By Drs. Suzette Glasner-Edwards Ph.D. & Richard A. Rawson Ph.D., 2015

Addicts expert Dr. Suzette Glasner-Edwards combines evidence-based motivational techniques, CBT (Cognitive Behavioral Therapy) and mindfulness-based strategies to help readers create their own unique recovery plan, either on their own or in adjunct with rehab or therapy.

The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse

By Dr. Kelly Wilson Ph.D. & Troy DuFrene, 2012

“Grant me the serenity to accept the things I can’t change, the courage to change the things I can, and the wisdom to know the difference.” This addiction recovery workbook is based in Acceptance & Commitment Therapy, a powerful, evidence-based treatment for substance addiction and other issues. Focusing on what you value most, you can learn to accept what you can’t change about yourself and your past and commit to changing the things you can about your future.

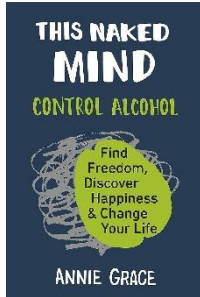


Developed by Dr. Alex Lemiszki, Psy.D. and the Bentley University Counseling Center – Updated August 2024.

If you desire professional consultation regarding your mental health, please visit the Bentley University Counseling Center at 781-891-2274 or online at <https://www.bentley.edu/university-life/student-health/counseling-center>.



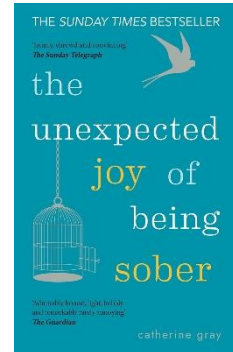
Alcohol-Specific Recovery Literature



The Naked Mind by Annie Grace: Annie Grace combines psychological and neurological science with cultural, social and industry reflections to disrupt the reader's dependence with insight and the writer's own story.

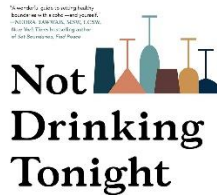
The Unexpected Joy of Being Sober by Catherine Gray: Catherine Gray's approachable writing style in *The Unexpected Joy of Being Sober* makes this alcohol book a must-read for anyone seeking to

understand their relationship with alcohol.



Not Drinking Tonight: A Guide to Creating a Sober Life You Love by Amanda E. White: Amanda E.

White's *Not Drinking Tonight* is a comprehensive guide to creating a fulfilling, sober life. This book offers practical advice, personal anecdotes, and actionable steps to help readers navigate social situations, cope with cravings, and embrace a life without alcohol.



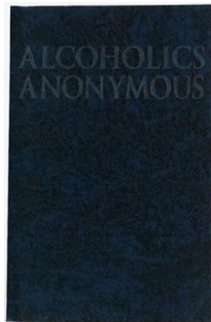
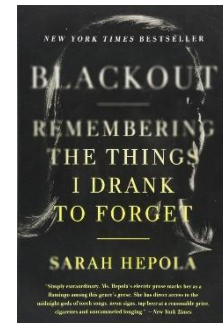
A Guide to Creating a Sober Life You Love

Amanda E. White, LPC
@therapyspace

The Sober Diaries by Clare Pooley: Clare Pooley's *The Sober Diaries* is a captivating and informative book that chronicles her own experience with alcohol addiction. Pooley's light-hearted and authentic voice creates

a welcoming atmosphere, making this book a beacon of hope for anyone looking to change their relationship with alcohol.

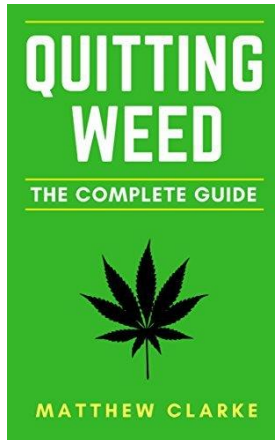
Blackout: Remembering the Things I Drank to Forget by Sarah Hepola: Sarah Hepola's *Blackout* takes readers on a thrilling ride through the world of a party girl. With sincerity and vulnerability, Hepola rarely addresses topics such as childhood drinking and the impact of alcohol on friendship. This book offers a fresh perspective on the journey to sobriety.



The Big Book – Alcoholics Anonymous: Alcoholics Anonymous (also known as the Big Book in recovery circles) sets forth cornerstone concepts of recovery from alcoholism and tells the stories of men and women who have overcome the disease.



Cannabis-Specific Recovery Literature



Quitting Weed: The Complete Guide

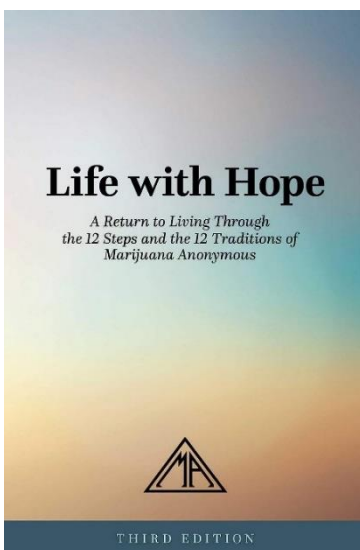
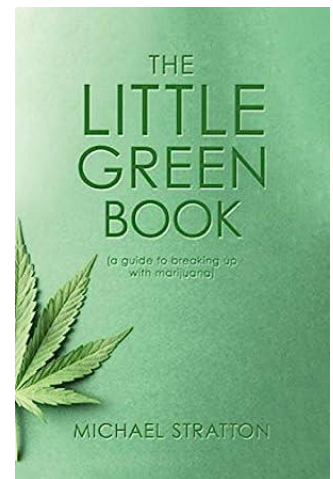
By Matthew Clarke, 2018

Author Matthew Clarke writes from his personal experience, exploring the science and psychology of addiction in simple language and smaller, accessible passages. He offers a pathway and strategies towards change and recovery inspired by his own personal journey.

The Little Green Book

By Michael Stratton, 2020

Author Michael Stratton is a psychotherapist who loved marijuana. Eventually it became a problem – he quit using and then learned how to help others quit. He also learned and then taught evidence-based techniques to other therapists in how to effectively work with those who are beginning to wonder about their relationship with Cannabis.



Life with Hope: A Return to Living Through the 12 Steps and 12 Traditions of Marijuana Anonymous

By Marijuana Anonymous, 2020

Similar to The Big Book of Alcoholics Anonymous, Life with Hope thoroughly explains the 12 Steps and 12 Traditions as they relate to marijuana addicts and those with cannabis use disorder. This is an essential resource for anyone seeking recovery through Marijuana Anonymous (MA). The 12-Step method is the gold standard, proven effective time and time again, for Substance Abuse Recovery methods and communities.