



## 12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action

*By Allen Berger Ph. D.*



Download



Read Online



Get Print Book

**12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action** By Allen Berger Ph. D.

The author of the classic 12 Stupid Things That Mess Up Recovery offers a fresh list of "smart" things to do to attain and sustain emotional sobriety.

The author of the recovery mainstay 12 Stupid Things That Mess Up Recovery offers a fresh list of "smart" things to do to attain and sustain emotional sobriety. Whether it's called "dry drunk" or "white knuckle sobriety," it's that stage in recovery when we realize that "putting the plug in the jug" isn't enough. The next step is taking responsibility for the emotional immaturity that fuels our addictive personality and has a tremendous impact on ourselves and others. Allen Berger, PhD, draws on the teachings of Bill W. and psychotherapy pioneers to offer twelve hallmarks of emotional sobriety that, when practiced, give people the confidence to be accountable for their behavior, ask for what they want and need, and grow and develop a deeper trust in the process of life. These smart things include: understanding who you are and what's important to you; learning not to take others' reactions personally; trusting your inner compass; taking responsibility for your reactions to problematic situations. It is in these practices that we find release from what Bill W. described as an "absolute dependency" on people or circumstances, and develop the tools to find prestige, security, and belonging within.



[Download 12 Smart Things to Do When the Booze and Drugs Are ...pdf](#)



[Read Online 12 Smart Things to Do When the Booze and Drugs A ...pdf](#)

# 12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action

*By Allen Berger Ph. D.*

## **12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action By Allen Berger Ph. D.**

The author of the classic 12 Stupid Things That Mess Up Recovery offers a fresh list of "smart" things to do to attain and sustain emotional sobriety.

The author of the recovery mainstay 12 Stupid Things That Mess Up Recovery offers a fresh list of "smart" things to do to attain and sustain emotional sobriety. Whether it's called "dry drunk" or "white knuckle sobriety," it's that stage in recovery when we realize that "putting the plug in the jug" isn't enough. The next step is taking responsibility for the emotional immaturity that fuels our addictive personality and has a tremendous impact on ourselves and others. Allen Berger, PhD, draws on the teachings of Bill W. and psychotherapy pioneers to offer twelve hallmarks of emotional sobriety that, when practiced, give people the confidence to be accountable for their behavior, ask for what they want and need, and grow and develop a deeper trust in the process of life. These smart things include: understanding who you are and what's important to you, learning not to take others' reactions personally, trusting your inner compass, taking responsibility for your reactions to problematic situations. It is in these practices that we find release from what Bill W. described as an "absolute dependency" on people or circumstances, and develop the tools to find prestige, security, and belonging within.

## **12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action By Allen Berger Ph. D. Bibliography**

- Sales Rank: #16303 in Books
- Brand: Unknown
- Published on: 2010-07-08
- Released on: 2010-07-08
- Original language: English
- Number of items: 1
- Dimensions: 7.40" h x .60" w x 5.06" l, .46 pounds
- Binding: Paperback
- 192 pages

 [Download 12 Smart Things to Do When the Booze and Drugs Are ...pdf](#)

 [Read Online 12 Smart Things to Do When the Booze and Drugs A ...pdf](#)



**Download and Read Free Online 12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action By Allen Berger Ph. D.**

---

## **Editorial Review**

### **Review**

**Berger, Allen.** 12 Smart Things To Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety Through Self-Awareness and Right Action. **Hazelden.** Sept. 2010. c.200p. bibliog. **ISBN 9781592858217.** pap. \$14.95.

**McAlister, Brian.** Full Recovery: Creating a Personal Action Plan for Life Beyond Sobriety. 2d ed. **MacSimum.** Sept. 2010. c.240p. **ISBN 9780982394816. \$22.95.** SELF-HELP

**These two titles cover similar territory—how to free oneself from emotional bondage and to achieve abundant living after putting the plug in the jug. Psychologist Berger (*12 Stupid Things That Mess Up Recovery*) draws on the studies from psychological research and the lessons of Alcoholics Anonymous (AA) founder Bill W. to offer 12 smart things to do to achieve self-mastery—the maintaining of a healthy relationship with oneself. Each chapter offers readings and instructions on such goals as pressuring oneself instead of others to change, appreciating what is, and not taking things personally. Essentially, Berger helps the reader to fill the hole once filled by addiction in a manner comfortable to those familiar with AA material. Motivational speaker and recovering alcoholic McAlister incorporates a strong reliance on God for assistance in achieving long-term success. He uses personal examples and case studies of both success and failure to help the reader explore old maladaptive habits/beliefs, find motivational activities, and develop a game plan that overcomes hurdles. He provides exercises and practical applications for career and relationship goals. All those in recovery or even actively drinking can get help from either book, but practicing Christians may prefer *Full Recovery*.**

(Brian McAlister *Library Journal*)

### **About the Author**

Allen Berger, PhD, a popular public speaker and nationally recognized expert on the science of recovery, is the author of *12 Stupid Things That Mess Up Recovery*, *12 Smart Things to Do When the Booze and Drugs Are Gone*, and *12 Hidden Rewards of Making Amends*. His pamphlet, *How to Get the Most Out of Group Therapy*, helps clients in treatment, continuing care, or Twelve Step groups, understand what happens in group meetings and how these meetings help members acquire recovery skills. Dr. Berger lives in Los Angeles, California.

## **Users Review**

### **From reader reviews:**

#### **Mark Thomas:**

Have you spare time for the day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity to get spend your time. Any person spent their particular spare time to take a wander, shopping, or went to the Mall. How about open or read a book eligible 12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action? Maybe it is to get best activity for you. You know beside you can spend your time along with your favorite's

book, you can be cleverer than before. Do you agree with it is opinion or you have other opinion?

**Lula Estes:**

Information is provisions for those to get better life, information presently can get by anyone at everywhere. The information can be a understanding or any news even a concern. What people must be consider whenever those information which is from the former life are hard to be find than now could be taking seriously which one is suitable to believe or which one the actual resource are convinced. If you obtain the unstable resource then you get it as your main information we will see huge disadvantage for you. All of those possibilities will not happen within you if you take 12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action as the daily resource information.

**Willis Newby:**

A lot of people always spent all their free time to vacation or go to the outside with them family members or their friend. Do you know? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you read you can spent 24 hours a day to reading a reserve. The book 12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action it is rather good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In the event you did not have enough space to bring this book you can buy often the e-book. You can more very easily to read this book from the smart phone. The price is not to fund but this book provides high quality.

**Sharon McMichael:**

Playing with family in the park, coming to see the coastal world or hanging out with pals is thing that usually you have done when you have spare time, in that case why you don't try issue that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love 12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action, you can enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh seriously its mind hangout fellas. What? Still don't get it, oh come on its identified as reading friends.

**Download and Read Online 12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action By Allen Berger Ph. D.  
#XPZSVLDGY80**

# **Read 12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action By Allen Berger Ph. D. for online ebook**

12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action By Allen Berger Ph. D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read 12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action By Allen Berger Ph. D. books to read online.

## **Online 12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action By Allen Berger Ph. D. ebook PDF download**

**12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action By Allen Berger Ph. D. Doc**

**12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action By Allen Berger Ph. D. Mobipocket**

**12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action By Allen Berger Ph. D. EPub**