



Being Sober: A Step-by-Step Guide to Getting To, Getting Through, and Living in Recovery

Harry Haroutunian

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****As Featured on The Dr. Oz Show in Special Addiction Episode with Steven Tyler****

The disease of addiction affects 1 out of 10 people in the United States, and is a devastating, often, fatal illness. Now, from the physician director of the renowned Betty Ford Center, comes a step-by-step plan with a realistic "one-day-at-a-time" approach to a disease that so often seems insurmountable. With a focus on reclaiming the power that comes from a life free of dependency, *Being Sober* walks readers through the many phases of addiction and recovery without judgment or the overly "cultish" language of traditional 12-step plans.

It also addresses the latest face of this disease: the "highly functioning" addict, or someone who is still able to achieve personal and professional success even as they battle a drug or alcohol problem. Dr. Haroutunian tackles this provocative issue head-on, offering new insight into why you don't have to "bottom out" to get help. Dr. Haroutunian is himself a recovering alcoholic and knows firsthand the challenges of sobriety. His background and expertise in the field of alcohol and drug treatment give him a powerful edge and perspective that is unparalleled in his field.

Using clear, straightforward language, *Being Sober* offers a proven path toward an emotional sobriety and a rewarding new life based on gratitude, dignity, and self-respect.

Including a Foreword written by Steven Tyler.

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John Loya:

Playing with family in the park, coming to see the water world or hanging out with friends is thing that usually you may have done when you have spare time, subsequently why you don't try matter that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Being Sober: A Step-by-Step Guide to Getting To, Getting Through, and Living in Recovery, you are able to enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang type is it? Oh come on its mind hangout people. What? Still don't have it, oh come on its referred to as reading friends.

Carol Jackson:

Your reading 6th sense will not betray you, why because this Being Sober: A Step-by-Step Guide to Getting To, Getting Through, and Living in Recovery e-book written by well-known writer who knows well how to make book which can be understand by anyone who have read the book. Written within good manner for you, leaking every ideas and writing skill only for eliminate your own personal hunger then you still skepticism Being Sober: A Step-by-Step Guide to Getting To, Getting Through, and Living in Recovery as good book not simply by the cover but also through the content. This is one guide that can break don't determine book by its include, so do you still needing another sixth sense to pick this specific!?! Oh come on your reading sixth sense already alerted you so why you have to listening to one more sixth sense.

Joan Morris:

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