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# 12 Smart Things To Do When The Booze And Drugs Are Gone Choosing Emotional Sobriety Through Self Awareness And Right Action

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97 Things to Do Before You Finish High School

The Highlights Book of Things to Do

12 Rules for Life

The Life-Changing Magic of Tidying Up

Avoiding Relapse through Self-Awareness and Right Action

Discover, Explore, Create, and Do Great Things

The Japanese Art of Decluttering and Organizing

The Recovering Body

52 Things to Do While You Poo  
13 Things Mentally Strong People Don't Do  
An Antidote to Chaos  
Alcoholics Anonymous  
Hatchet  
How to Talk So Kids Will Listen & Listen So Kids Will Talk  
Things to Do  
Thirteen Ways to Right Your Financial Wrongs  
Getting Your Recovery Unstuck  
Nicomachean Ethics  
Things to Do While You Poo on the Loo  
Educated  
12 Essential Insights for Emotional Sobriety  
12 More Stupid Things That Mess Up Recovery  
Sober Curious  
Girlfriend of Bill  
An Irreverent, Outrageous & Funny Guide to Life After Work  
Crucial Conversations: Tools for Talking When Stakes are High, Third Edition  
Learning the Language of Addiction Counseling  
The Big Book of Search & Find

12 Smart Things to Do When the Booze and Drugs Are Gone  
Take Back Your Power, Embrace Change, Face Your Fears, and Train Your Brain for  
Happiness and Success  
12 Stupid Things That Mess Up Recovery & 12 Smart Things to Do When the Booze  
an  
Navigating Common Pitfalls on Your Sobriety Journey  
Choosing Emotional Sobriety through Self-Awareness and Right Action  
Finding Forgiveness and Self-Respect by Working Steps 8-10  
A Practical Guide for Discovering Purpose for You and Your Team  
12 Hidden Rewards of Making Amends  
The Dumb Things Smart People Do with Their Money  
Navigating Common Pitfalls on Your Sobriety Journey  
Stupid Things I Won't Do When I Get Old

*12 Smart Things To Do  
When The Booze And  
Drugs Are Gone  
Choosing Emotional  
Sobriety Through Self  
Awareness And Right  
Action*

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**MATHIAS DURHAM**

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**97 Things to Do Before You Finish  
High School** Simon and Schuster  
In times of crisis like the coronavirus  
pandemic has caused, we need all the

recovery tools we can get. Smart sobriety means working on all the stuff our substances were covering up. Learn the attitudes and behaviors that are key to attaining and sustaining emotional sobriety and developing a deeper trust in the process of life. Dr. Allen Berger draws on the teachings of Bill W. and psychotherapy pioneers to offer us twelve hallmarks of emotional sobriety. These “right actions” help us develop the confidence to be accountable for our behavior, to practice asking for what we want and need, and to cultivate a deeper trust in the process of life. Dr. Berger’s list of smart things includes understanding who you are and what’s important to you learning not to take others’ reactions personally trusting your inner compass Through practicing these

twelve things, we find release from what Bill W. described as an “absolute dependence on people or circumstances. Freed from the emotional immaturity that fueled our addictive personality and hurt ourselves and others, we can develop the tools to find strength from within and continue our successful journey of recovery.

*The Highlights Book of Things to Do*  
Hazelden Publishing

Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Basic, essential information from Alcoholics Anonymous.

As the book states, "Anyone can get sober. . .the trick is to live sober."

*12 Rules for Life* Zest Books □

Look for Freddie and his friends, surrounded by a variety of zany people and objects, in many interesting settings. Each scene includes a list of objects and characters to find.

**The Life-Changing Magic of Tidying Up** Simon and Schuster

With playful prose and vivid art, *Things to Do* brings to life the small moments and secret joys of a child's day. There are wonders everywhere. In the sky and on the ground—blooming in a flower bed, dangling from a silken thread, buzzing through the summer air—waiting ...waiting to be found. In this thoughtful and ingenious collection of poems, Elaine Magliaro, an elementary

school teacher for more than three decades and a school librarian for three years, and illustrator Catia Chien provide a luminous glimpse of the ordinary wonders all around us. Plus, this is the fixed format version, which looks almost identical to the print edition.

*Avoiding Relapse through Self-Awareness and Right Action* Highlights Press

"The *Recovering Body* offers simple, effective ways for addicts to heal the damage caused by substance abuse. Jennifer Matesa focuses on five areas of healing: through exercise and activity, sleep and rest, nutrition and fuel, sexuality and pleasure, and meditation and awareness"--

*Discover, Explore, Create, and Do Great Things* Sourcebooks, Inc.

FULLY REVISED, COMPREHENSIVE, AND PRACTICAL BOOK OF THE THEORY AND PRACTICE OF ADDICTION COUNSELING

Learning the Language of Addiction Counseling, Fifth Edition introduces mental health professionals and students to the field of addiction counseling and helps them acquire the knowledge and develop the skills needed to counsel individuals who are caught in the destructive cycle of addiction.

Drawing from her years of experience in working in the addiction counseling field as a counselor, trainer and educator, Geri Miller provides an engaging, balanced overview of the major theoretical foundations and clinical best practices in the field. Fully updated, the fifth edition offers a compassionate accountability, practice-oriented

counseling framework and features: A research-based clinical application approach to addiction counseling that practitioners can turn to for fundamental, practical, clinical guidelines. Revised chapters that reflect important changes in research and practice, including new assessment instruments and new and expanded treatments. Additional case studies, interactive exercises, key points and other resources that facilitate the integration of knowledge into practice. A new chapter of "Supervision and Mentoring". Revised "Personal Reflections" section at the beginning of each chapter that provide an invaluable, unique perspective on the author's view of addiction counseling. Updated and expanded Instructor Resources that

include brief video clips, PowerPoint slides, test bank questions for each chapter, and sample syllabi. From assessment and diagnosis of addiction to preparing for certification and licensure as an addiction counseling professional, this comprehensive book covers essential components required to work as a professional in the field of addiction counseling.

The Japanese Art of Decluttering and Organizing Random House

The first trauma-informed book focused solely on helping men in addiction recovery create and sustain healthy relationships.

*The Recovering Body* Harper Collins

Being in high school is about a lot more than going to high school. It's about discovering new places, new hobbies,

and new people—and opening your eyes to the world. This book is about the stuff they don't teach you in high school, like how to host a film festival, plan your first road trip, make a podcast, or write a manifesto. Want to make a time capsule? Spend a day in silence? Learn how to make beats like a DJ? Or shut down your house party before the police do? Whatever your creative, social, or academic inclinations, you'll find 97 ways on these pages to amuse, educate, and interest yourself, and your friends. Because your life doesn't stop at 3pm each day—it just gets started.

52 Things to Do While You Poo Little, Brown Books for Young Readers

"With his popular book, *12 Stupid Things That Mess Up Recovery*, Allen Berger has shown many people how to confront self-

defeating thoughts and behaviors. With this sequel, you'll gain the tools to work through twelve more hazards on the path to long-term recovery--and you'll meet others who've used these tools, too. Whether you're facing relapse, learning to overcome complacency, or working to take responsibility for your feelings and actions, this book will guide you along 'the road of happy destiny'"-- Page 4 of cover.

13 Things Mentally Strong People Don't

Do Phoenix Classics Ebooks

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

*An Antidote to Chaos* AA World Services

Fun activity book with silly things to do whilst in the bathroom including: fart

jokes word finder dingbats sudoku  
mazes dot to dot M.A.S.H game words  
games finish the doodle poop checklist  
Pocket size book to use in the bathroom  
whilst you're waiting for things to  
happen! Buy this as a white elephant  
gag gift, for a secret santa present or as  
a stocking stuffer for a teenage boy.

*Alcoholics Anonymous* John Wiley & Sons

Nicomachean Ethics Aristotle - The  
Nicomachean Ethics is one of Aristotle's  
most widely read and influential works.  
Ideas central to ethics—that happiness is  
the end of human endeavor, that moral  
virtue is formed through action and  
habituation, and that good action  
requires prudence—found their most  
powerful proponent in the person  
medieval scholars simply called "the  
Philosopher." Drawing on their intimate



knowledge of Aristotle's thought, Robert C. Bartlett and Susan D. Collins have produced here an English-language translation of the Ethics that is as remarkably faithful to the original as it is graceful in its rendering. Aristotle is well known for the precision with which he chooses his words, and in this elegant translation his work has found its ideal match. Bartlett and Collins provide copious notes and a glossary providing context and further explanation for students, as well as an introduction and a substantial interpretive essay that sketch central arguments of the work and the seminal place of Aristotle's Ethics in his political philosophy as a whole. The Nicomachean Ethics has engaged the serious interest of readers across centuries and civilizations—of

peoples ancient, medieval, and modern; pagan, Christian, Muslim, and Jewish—and this new edition will take its place as the standard English-language translation.

Hatchet Ballantine Books

#1 NEW YORK TIMES, WALL STREET JOURNAL, AND BOSTON GLOBE

BESTSELLER • One of the most acclaimed books of our time: an unforgettable memoir about a young woman who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University “Extraordinary . . . an act of courage and self-invention.”—The New York Times NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW • ONE OF PRESIDENT BARACK OBAMA’S FAVORITE BOOKS OF

THE YEAR • BILL GATES'S HOLIDAY READING LIST • FINALIST: National Book Critics Circle's Award In Autobiography and John Leonard Prize For Best First Book • PEN/Jean Stein Book Award • Los Angeles Times Book Prize Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder

if she'd traveled too far, if there was still a way home. "Beautiful and propulsive . . . Despite the singularity of [Westover's] childhood, the questions her book poses are universal: How much of ourselves should we give to those we love? And how much must we betray them to grow up?"—Vogue NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • O: The Oprah Magazine • Time • NPR • Good Morning America • San Francisco Chronicle • The Guardian • The Economist • Financial Times • Newsday • New York Post • theSkimm • Refinery29 • Bloomberg • Self • Real Simple • Town & Country • Bustle • Paste • Publishers Weekly • Library Journal • LibraryReads • Book Riot • Pamela Paul, KQED • New York Public Library

How to Talk So Kids Will Listen & Listen So Kids Will Talk Simon and Schuster  
Christian psychologist and life coach Georgia Shaffer reveals how to avoid unhealthy people, build vibrant relationships, and find romance. Whether you're dating or just getting ready to, you'll discover how to steer clear of losers and find emotionally and spiritually healthy people with great relationship potential.

*Things to Do* Hazelden Publishing  
This ground-breaking guide provides twelve key points you need to know about dating a person in addiction recovery. Gain a greater understanding of your companion's recovery program and personality traits, while learning to identify red flags in order to build confidence for a successful relationship.

Being in a new relationship is hard enough, but if the person you're dating is a recovering alcoholic or addict, there may be more to consider than just mutual interests and attraction. For Karen Nagy, dating a recovering alcoholic felt, in some ways, like she was seeing someone "from another planet"-- with his own language, culture, and social behaviors. With humor, compassion, and a great respect for what it takes to recover from an addiction, this first-of-its-kind field guide offers an "inside scoop" on what people do in all those Twelve Step meetings, why they need a sponsor, what is a sponsor and why phrases like "Live and Let Live" and "Easy Does It" keep creeping into your conversations. Nagy offers twelve key points that you need to

know about dating a person in recovery. She also helps you identify the warning signs of developing your own codependent tendencies by playing into your partner's addictive thinking and behavior--and what to do about it. By gaining a greater understanding of your companion's recovery program, you can help them stay sober, learn how to deal with character flaws, and also build your confidence in the potential for a healthy, successful relationship.

### **Thirteen Ways to Right Your**

**Financial Wrongs** Simon and Schuster Perching on the porcelain can be very boring when you have nothing to do but poo. But fear no more, as excretion expert Hugh Jassburn has put together a compendium of entertaining activities and informative fun that will make you

want to stay put, even if you don't need to go. Doing a number two will never be the same again. Filled with clever mazes, trivia, searches, and puzzles all focused on the act, history, and science of pooing, *52 Things to do While You Poo* will keep you entertained for as long as you need.

*Getting Your Recovery Unstuck* McGraw Hill Professional

The Highlights Book of Things to Do is the essential book of pure creativity and inspiration. Kids ages seven and up will find hundreds of ways to build, play, experiment, craft, cook, dream, think, and become outstanding citizens of the world. This highly visual, hands-on activity book shows kids some of the best ways to do great things--from practicing the lost arts of knot-tying,

building campfires, connecting circuits, playing jump rope, drawing maps, and writing letters, to learning how to empower themselves socially, emotionally, and in their communities. The final chapter, Do Great Things, inspires kids become caring individuals, confident problem solvers, and thoughtful people who can change the world. Full List of Chapters: Things to Do Inside Things to Do Outside Science Experiments to Do Things to Build Things to Do with Your Brain Things to Do in the Kitchen Things to Draw Things to Write Things to Do with Color Things to Do with Paper More Things to Do with Recycled Materials Do Great Things National Parenting Seal of Approval Winner, National Parenting Product Award (NAPPA) Winner, Mom's Choice

Award, Gold  
Nicomachean Ethics Simon and Schuster  
The stick is a universal toy. Totally natural, all-purpose, free, it offers limitless opportunities for outdoor play and adventure and it provides a starting point for an active imagination and the raw material for transformation into almost anything! As New York's Strong National Museum of Play pointed out when they selected a stick for inclusion in their National Toy Hall of Fame, 'It can be a Wild West horse, a medieval knight's sword, a boat on a stream, or a slingshot with a rubber band . . .' In this book Fiona Danks and Jo Schofield offer masses of suggestions for things to do with a stick, in the way of adventures and bushcraft, creative and imaginative play, games, woodcraft and

conservation, music and more.

*Things to Do While You Poo on the Loo*

Simon and Schuster

AS SEEN IN THE NETFLIX DOCUMENTARY  
THE SOCIAL DILEMMA A WIRED "ALL-  
TIME FAVORITE BOOK" A FINANCIAL  
TIMES BEST BOOK "THE CONSCIENCE OF  
SILICON VALLEY"- GQ "Profound . . .

Lanier shows the tactical value of  
appealing to the conscience of the  
individual. In the face of his earnest  
argument, I felt a piercing shame about  
my own presence on Facebook. I heeded  
his plea and deleted my account." -  
Franklin Foer, The New York Times Book  
Review "Mixes prophetic wisdom with a  
simple practicality . . . Essential  
reading." - The New York Times  
(Summer Reading Preview) You might  
have trouble imagining life without your

social media accounts, but virtual reality  
pioneer Jaron Lanier insists that we're  
better off without them. In *Ten  
Arguments for Deleting Your Social  
Media Accounts Right Now*, Lanier, who  
participates in no social media, offers  
powerful and personal reasons for all of  
us to leave these dangerous online  
platforms. Lanier's reasons for freeing  
ourselves from social media's poisonous  
grip include its tendency to bring out the  
worst in us, to make politics terrifying, to  
trick us with illusions of popularity and  
success, to twist our relationship with  
the truth, to disconnect us from other  
people even as we are more  
"connected" than ever, to rob us of our  
free will with relentless targeted ads.  
How can we remain autonomous in a  
world where we are under continual

surveillance and are constantly being prodded by algorithms run by some of the richest corporations in history that have no way of making money other than being paid to manipulate our behavior? How could the benefits of social media possibly outweigh the catastrophic losses to our personal dignity, happiness, and freedom? Lanier remains a tech optimist, so while demonstrating the evil that rules social media business models today, he also envisions a humanistic setting for social networking that can direct us toward a richer and fuller way of living and connecting with our world.

Central Recovery Press, LLC  
Concise advice on hunting down the personal culprits that sabotage sobriety and personal happiness. To grow in

recovery, we must grow up emotionally. This means getting honest with ourselves and facing up to the self-defeating thoughts and actions that put our sobriety at risk. Although there are as many ways to mess up recovery as there are alcoholics and addicts, some general themes exist, which include confusing self-concern with selfishness not making amends using the program to try to become perfect not getting help for relationship troubles believing that life should be easy In simple, down-to-earth language, Allen Berger explores the twelve most commonly confronted beliefs and attitudes that can sabotage recovery. He then provides tools for working through these problems in daily life. This useful guide offers fresh perspectives on how

the process of change begins with basic self-awareness and a commitment to working a daily program.