

ERICA SPIEGELMAN

# REWIRED

A BOLD NEW APPROACH TO  
ADDICTION AND RECOVERY



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## Rewired: A Bold New Approach To Addiction and Recovery



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A REVOLUTIONARY NEW METHOD OF ADDICTION RECOVERY FROM AN ADDICTION EXPERT's own struggles with alcoholism and addiction - Inspiring true success tales of individuals overcoming their addictions - Questions to activate you into finding what is missing from your own recovery - Positive affirmations and intentions to steer and motivate Rewired teaches patience and compassion, the two cornerstones of a new, humanist approach to treating addiction. Rewired addresses the whole self; just simply because addiction affects every part of one's lifestyle, so too need to its treatment. By helping us to create a healthy space to aid our own recovery, we are able to rewrite the unfavorable behaviors that bring about addiction. Remember, addicts aren't broken people that have to be fixed. With all the variables, both physical and psychological, that play into overcoming addiction, Rewired allows us to stay strong and positive once we progress in relation to recovery. Each section in Rewired contains: - Personal anecdotes from the author' Rewired is normally a new, breakthrough approach to fighting addiction and self-harmful behavior by acknowledging our personal capacity to bring ourselves back again from the brink. Centered on the concept of self-actualization, Rewired will guide you towards not only physical sobriety, but a mental, emotional, and spiritual sobriety by learning to identify key principles within yourself, including authenticity, honesty, gratitude, and understanding a dependence on solitude. Usable in conjunction with or in place of 12-step programs, Rewired allows for a far more holistic approach, assisting to create a customized treatment plan that is right for you. they just have a few crossed wires.



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Great information. I am a FRIM believer that 12-Step programs are NOT the only way to recovery. Whether you didn't have the privilege of getting proper guidance and structure in existence and or require a major or minor tune-up. A New Look At "How To Recover" A FRESH Look At "HOW EXACTLY TO Recover" I have read many addiction/recovery books through the years. My copy continues to be on my nightstand. highly recommended! I have been a counselor for 12 years with nearly all my work getting in the addiction field.. Highly recommended at minimal for a refresher and a reminder of why we choose to work in this field! A must read! Just read it. Erica eloquently delivers these presents that we all deserve from structure to self-like, boundaries, goal setting and discipline while healing the mind, body, soul and spirit. Among the best books I've continue reading the topic, and I've read many. but great insights into addiction generally Greatly directed towards alcohol addiction, but great insights into addiction generally.. This is an epidemic and an illness that is becoming a growing number of prevalent and fatal and something has to be some.so why. OmceAgain it's brief but it's better this way It's time that people all get "REWIRED" thus we too can live our lives fearlessly, successfully and mindfully..and what they can do to work at a far more positive future.... Clients loved it and purchased the publication for themselves. this is an excellent one--Spiegelman is clear and concise and her points don't .Catherine Lyon, In Recovery Magazine ColumnistThe writing flowed well for the important information shared in the book. like Erica. If you are shopping for books in this category, this is an excellent one--Spiegelman is clear and concise and her factors don't have a lot of jargon or join-the-golf club strings attached. I also was pleased to discover "mental and psychological" stability was a component and written about as "Seated In The Areas" dual diagnosis is becoming more and more the norm with many of us recovering from various kinds of addictions. I think plenty of addicts have this problem because we get very much accustomed to trying to be sure everyone thinks we have been sober and successful and ya I'm doing great and all of this bs when inside I was breaking apart. Great Book!! New way to check out my addiction and what might be behind it. Not the same old recovery bs but a straightforward quick go through with some incredible insight and wisdom. There's something to be stated for understanding how to be more authentic. Great publication and provided me a new outlook on recovery and how my genuine self make a difference that! I have been in recovery ever since and still recommend this book to people on a regular basis.. Between us, or the the addicts and alcoholics and the professionals, and the government have to come collectively and figure out how to beat this because I think it's going to take plenty of research and patience but with time I think it will become better to treat. Medications that they have out which are condemned sometimes like methadone and others are what I really believe will be the end of addiction 1 day. Once they really body it out and how exactly to relaxed those cravings with a medicine or kind of therapy of whatever but which will be the happiest day of my life because I have viewed this disease ruin my dads existence, my sisters, my brother in laws, my girlfriend of over five years and my poor mom who isn't addicted but must deal with all of us and this book was really just as good on her behalf. She's a hardcore al anon-er (12 step meetings for family or friends of afflicted ones) and is literally way stronger than anybody addicts. The addict gets his rest and escape and fix and as bad as that sounds at least we obtain that while family and friends are simply hurt and don't have that escape. It kills me what I've dome to my children and various other s\*\*\* I'm not pleased with but this publication allowed me to start to see the genuine authentic me when I'm not really in energetic addiction and is certainly a helpful tool to forgiving yourself for those who have a lot of shame or a hard time being your real personal around new people or the people you love or whoever.. I am blessed to learn Erica mainly because a therapist, former co-worker and friend. I've always respected Erica's dedication to herself, her function, customers, recovery, passions and way of living. I truly feel that "REWIRED" is certainly a publication for almost everyone at any age group. When I was in the field, all clients had the same cure and the drop-out rate was very high. It's best for caregivers.. Erica's publication gives you the exact strategy for success in existence by generously guiding you with all the tools had a

need to thrive. It's mostly of the that actually helped! These uber important areas of life all advantage our relationship with personal and others, career, health, well-being, love, abundance & most significantly the Divine.. It's period that people all get "REWIRED" so we as well can live our lives fearlessly, effectively and mindfully.. I came across this book to end up being educational and inspiring... ~Michele Lanfrank Customers loved it and purchased the publication for themselves I take advantage of this books in several adult co-occurring clients referred involuntarily by the justice system. Each week, we covered a chapter and discussed it.and for those who are battling the disease. I can see the benefits of this approach which was brilliantly written. "Rewired" is an in-depth appear at not merely our addiction you can be in recovery for, but I like the way the author tackles the issues of the "damaging negative thinking, self-destructive habits, and addiction behaviors" that are self-damaging to our well-being and feeling whole again. I also liked that it may be used with or without another treatment and support option, like a 12-Step plan, or NOT. As a former Licensed DRUG ABUSE Counselor, I came across this authors approach to recovery compelling..Erica has always amazed me with her power to live a fabulous life atlanta divorce attorneys way without any dread and now I understand why. I am today three years clean and provide a whole lot of credit to the book .I have lived in recovery from gambling addiction with alcoholic beverages abuse nearly a decade now, and I can tell you this reserve is vert different than your usual find.. Even though subject matter is rather specific, I think a lot of people would reap the benefits of reading what Spiegelman must say about developing and maintaining the best sense of self worth. Great book and recommend this one! Five Stars Great book, fast delivery! This spells it out as far as how the addict behaves. I bought it for my porn addiction, and while there was some overlap, a number of points I sensed couldn't translate. inspirational I am new in recovery and with that, I am working on the principles. extremely great read, inspirational and I have gotten good pointers out of it Amazing book I read and re-read this publication while trying to get clean and sober. It had been an immense help for conquering my addictions.. One Star This was very strange to me, I didn't get it. Three Stars Ok I have already been in recovery ever since and still recommend this reserve to people at all times This book literally changed my whole perception. I've tried all aspects of recovery and 3 years ago I browse this book and something clicked. I read it three times. I need a whole lot of different outlooks and perspectives when it comes to trying to treat my addiction or must i just say keep it away really as nothing at all as proved helpful for me yet and it's not because I don't try or want to buy. This book is crucial read for element abusers, addicts, and family members. It is a must read Dangerous For someone ALREADY sober and of very clear mind that is a good to good book. For somebody who is recently sober or considering obtaining sober that is a horrible publication that will most likely do more harm than good.



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