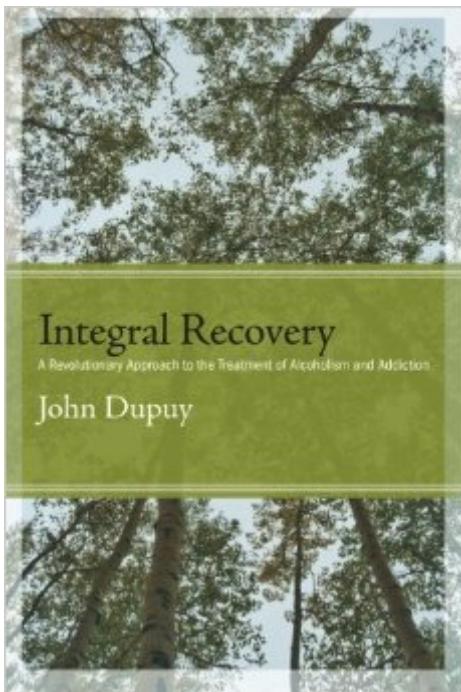


The book was found

Integral Recovery: A Revolutionary Approach To The Treatment Of Alcoholism And Addiction (SUNY Series In Integral Theory)



Synopsis

This book is for everyone who is suffering from the disease of addiction or who cares about someone who is: for addicts, their families and friends, and their health care providers. It is for those who are currently in recovery and looking for a way to shift their recovery into a higher gear--from just surviving and muddling through to becoming the absolute best version of themselves, from mere recovery to Integral Recovery. Integral Recovery is the groundbreaking application of Integral Theory to addiction. It brings alcohol and drug treatment into the twenty-first century by combining the best of the treatment modalities of the past with the latest knowledge, techniques, and neurotechnologies in order to ensure a more holistic and lasting recovery. In addition to providing an illuminating and inspiring map to the path of recovery, Integral Recovery teaches life-changing practices that initiate the addict on a journey of healing, transformation, and awakening, offering the possibility of a lifetime of health, joy, and sobriety.

Book Information

Series: SUNY series in Integral Theory

Paperback: 312 pages

Publisher: Excelsior Editions; 61703rd edition (May 1, 2013)

Language: English

ISBN-10: 1438446144

ISBN-13: 978-1438446141

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ See all reviewsÂ (26 customer reviews)

Best Sellers Rank: #136,566 in Books (See Top 100 in Books) #129 inÂ Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Neurology #141 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #265 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism

Customer Reviews

Usually this form of discourse illustrates how others feel threatened by AA because they feel it's too cult-ish, Christian-like, or dis-empowering. And in many ways, it is all of those things. But it's also true that AA has helped millions around the world (it's not for everyone though). I really appreciate how John references and honors AA throughout the book, and has a pleasant way of offering his alternative perspectives. There is a lot of discussion about welcoming and working with our darkness

in Integral approach and is something I believe in and talk about online myself. I recent wrote this post:"When we shine light on our inner demons it's not so much that the demons go away so much as they cease to be demons. Instead, we see other things that look like manifestations of a scared little boy/girl who learned to adapt to its surroundings. Fear within us. Yes, it is darker energy, but it's OK. We feel and sense this darkness within us unconsciously and develop shame around it. Just let it be. There's nothing to be ashamed of. There's nothing to fix. Nothing to eliminate. We simply become aware that it's there through the vehicle of mindfulness and bow to it. This darker side of us, that was born out of pain, doesn't need self-help... it needs self-love."I have never been able to quite wrap my mind around the concept of "shadow work" the Integral approach offers, however I appreciate the alternative current and believe in the mindfulness aspects they prescribe. I am still very much a student to this mind-play and will continue to try to stay open to Integral's seemingly over complicated systems. That being said, Ken Wilber is truly a visionary.

Let's be clear, "Integral Recovery - A Revolutionary Approach to the Treatment of Alcoholism and Addiction" is nothing short of that: revolutionary. And I mean not just for addicts and treatment providers. This book has the potential to inspire you to completely change your lifestyle and set you on the life-long path to mastery. His adapted version of Integral Life Practice, called Integral Recovery Practice, is an ingenious blueprint for loosening the deadly grip of the disease of addiction, recovering one's dignity as human being, and eventually discovering that the limit of our potential for growth and continuing evolution is literally infinite.John Dupuy unpacks , what is probably the single greatest gift that "our beloved addicts"(as he affectionately calls his clients) can reveal to the world: the utter urgency of the choice between death or passionate practice. This is dead-on (pun intended). The good news for the average reader is: you don't have to suffer from a terminal, progressive disease like addiction to embark upon the path of fierce and serious practice to unlock your full potential in service of the whole. No, like John and his team you are invited to cross the isolating addict /non-addict divide and simply join the community of integral practitioners beyond that.By founding his work on the groundbreaking Integral Theory work of Ken Wilber, John Dupuy arrives at the first truly holistic addiction treatment, that touches all the important bases, fully honoring (among others) traditional AA approaches, cutting-edge brain (and meditation) science, post-modern therapeutic techniques, work with the family and systemic factors, etc., etc.

[Download to continue reading...](#)

Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery,

recovery, clean Book 4) Integral Recovery: A Revolutionary Approach to the Treatment of Alcoholism and Addiction (SUNY series in Integral Theory) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Healing the Addicted Brain: The Revolutionary, Science-Based Alcoholism and Addiction Recovery Program Integral Theory in Action: Applied, Theoretical, and Constructive Perspectives on the AQAL Model (SUNY series in Integral Theory) Integral Leadership: The Next Half-Step (SUNY series in Integral Theory) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety The Ultimate Gambling Addiction Help Guide: How To Overcome A Gambling Addiction And Problem Gambling Once And For All (gambling addiction cure, problems, ... craps, baccarat, poker, blackjack) Twelve Jewish Steps to Recovery 2/E: A Personal Guide to Turning From Alcoholism and Other Addictions_Drugs, Food, Gambling, Sex... (The Jewsih Lights Twelve Steps Series) Religious Therapeutics: Body and Health in Yoga, Ayurveda, and Tantra (SUNY Series in Religious Studies) (Sunny Series, Religious Studies) The Enlightened Will Shine: Symbolization and Theurgy in the Later Strata of the Zohar (SUNY Series in Judaica) (Sunny Series in Judaica, Hermeneutics, Mysticism and Religion) Ritual, Politics, and the City in Fatimid Cairo (Sunny Series in Medieval Middle East History) (Sunny Series, Medieval Middle East History) Tradition and Fantasy in the Tales of Reb Nahman of Bratslav (SUNY Series in Judaica) (Sunny Series, Judaica: Hermeneutics, Mysticism & Religion) Dark Night, Early Dawn: Steps to a Deep Ecology of Mind (Sunny Series in Transpersonal and Humanistic Psychology) (Sunny Series, Transpersonal & Humanistic Psychology) The Conservative Movement in Judaism: Dilemmas and Opportunities (Sunny Series in American Jewish Society in the 1990s) (Sunny Series, American Jewish Society in the 1990s)

[Dmca](#)