

# HIP SOBRIETY RESOURCE GUIDE.



# PURPOSE.

The purpose of this resource is to provide those struggling with addiction a guide to some of the tools and resources I have found helpful as a starting point to recovery. It is in no way meant to be a guide on “how to recover” - it is simply a compilation of resources. This is also not for individuals who are in “acute addiction” or who need medical attention or detox. This is designed for individuals who are either already in some mode of recovery or sober, or individuals who identify as abusing or chemical dependent. and looking for resources on how to get sober. For those who are in acute addiction and need medical attention, please immediately seek medical help from your doctor or an appropriate rehabilitation program. I recommend Elisa Hallerman at [Recovery Management Agency](#) for individuals navigating acute addiction or [Integral Recovery coaching](#). There is - of course - always AA meetings. I *do* recommend that you at least try it out. I encourage anyone struggling deeply with addiction to take advantage of this free resource. If you're interested in learning more about the 12 Steps of Alcoholics Anonymous google AA alongside the name of your local city. Listings will come up and all meetings will welcome you.

# RESOURCES.

## ALTERNATIVE RECOVERY PROGRAMS.

1. [Hip Sobriety School](#). I run a school a few times a year, an eight week program that helps individuals learn how to build a solid, holistic recovery program, and develop community. Refer here for more information.
2. [Integral Recovery](#). I recommend this method over all others I have encountered - it is the closest related to what I provide and what the foundation of my offerings are built upon. They offer [virtual coaching](#) and a [weekly fellowship meeting](#).
3. [The Yoga of 12-Step Recovery \(Y12SR\)](#). *From Tommy Rosen's [Recovery 2.0 Resource Guide](#). This is a 12-Step Based Program: Nikki Myers' Yoga of 12- Step Recovery combines the practice of yoga with the 12-Steps. Y12SR offers an integrated approach to recovery, which includes universal 12-Step meetings (meaning all addictions are welcome in the same meeting) followed by a yoga practice. This format of meeting is catching on like wildfire. There are over 100 Y12SR meetings currently that regularly meet across the U.S. I believe we will soon see Y12SR meetings everywhere across the country. Nikki offers 2 regular trainings—the Intensive and the Leadership Training—to teach people how to use the 12 Steps, yoga and meditation together in the treatment of addictions of all kinds. This is an outstanding resource. If it calls to you take advantage of it right away.*

4. **Refuge Recovery.** From Tommy Rosen's *Recovery 2.0 Resource Guide*. This is a 12-Step Based Program. "Noah Levine's Refuge Recovery offers a non-theistic, Buddhist approach to Recovery. "Refuge Recovery is a community of people who are using the practices of mindfulness, compassion, forgiveness and generosity to heal the pain and suffering that addiction has caused in our lives and the lives of our loved ones. The path of practice that we follow is called the Four Truths of Refuge Recovery." Noah offers something powerful and community-based that works and is growing. This is a much-needed resource for atheists and agnostics as well as anyone who simply prefers to follow the teachings of Buddha as their path of recovery. There are regular Refuge Recovery meetings in Los Angeles, which are very well attended by a growing community of people who are split 50-50 between people who also practice the 12-Steps and those whose recovery path is based solely on Buddhist practice and meditation. Also check out Against The Stream, which is the Buddhist teaching that Noah and other teachers are doing."
5. **SMART Recovery.** From Tommy Rosen's *Recovery 2.0 Resource Guide*. "While I have no direct experience with SMART Recovery, I feel compelled to include it here because it offers a popular alternative to the 12-Step path. The fact that it stresses self-reliance and self-empowerment, makes it markedly different from the 12-Step approach. I have heard good things, though about their program, so in the spirit of "there is no one way," SMART recovery appears to have provided a solution for some people."
6. **She Recovers Retreats.** Dawn Nickel who founded and runs She Recovers along with her daughter Taryn put together a few retreats each year. They are not recovery programs, per se, but they are a great place to start if you are interested in starting somewhere.

## BOOKS.

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1. **This Naked Mind by Annie Grace.** If you are still drinking or still feel that you can't imagine a life without alcohol, or are stuck in the place where you believe it is a disadvantage to drink, start with this book. Not only does the book reverse the social conditioning we have around alcohol, but it also pairs it with the latest research available on how addiction works, physiologically and psychologically. Read it, and read it again. Just be careful to observe that if you don't walk away not wanting to drink (the book on some level promises this) it doesn't mean it isn't working. Breaking addiction is not a one and done but this is a fantastic place to start.
2. **The EasyWay To Control Alcohol by Allen Carr.** Note, until Annie Grace's book came out, this was my number one recommended book to reverse the social conditioning around alcohol. I recommend Annie's book as well as this book. This is a GREAT book that I recommend to anyone who is considering giving up alcohol or just contemplating their relationship with it. His book is a breath of fresh air. It will inspire you to look at society's relationship with alcohol in a whole different light, and give you a different approach to quitting alcohol - one that doesn't involve using will power but rather involves using our ability to decide not to. When I put this book down, I was excited to try

life without alcohol, and empowered around it as a choice. It completely flipped the way I saw myself, other drinkers, and addiction in general and was the foundation for my success in recovery. I recommend you pick it up and read it over the next forty days as you are practicing your other 40 day sets. If you feel up to it, mark the 40th day as the day you will give up alcohol and aim to read the book by then.

3. **[Integral Recovery](#) by John Dupuy.** This is another foundational read. I find John's approach to be the most holistic approach out there and aside from some minor differences (he starts with abstinence, promotes a different type of meditation (BEM for him, Kundalini and vipassana for me), and uses weightlifting as the primary workout recommendation vs. vinyasa yoga which is what I recommend), is very closely tied to my approach in Hip Sobriety. It's foundational to my methodology and goes much farther in depth on many different subjects. The book is more resource and reference and supplement - I go back to my copy again and again.
4. **[May Cause Miracles](#) by Gabby Bernstein.** This is a 40 day fear cleanse that i recommend all my clients do. It's 40 days of daily affirmations, journaling exercises, meditations, and other practices to help you address the fears that you are carrying around. I have done it over three times (though not usually the full way through - I dabble around the first two or three weeks worth of work), and the practices I have learned from it have been foundational in my sobriety. I still use the **[guided meditations](#)** on a near weekly basis.
5. **[Awakening Joy](#) by James Baraz** (Accessing Joy/Vipassana Meditation). James has been one of the most influential people on my path - in January 2012 I attended one of his retreats at Esalen and it forever changed my life. You can read his book (I highly recommend it in order to really access joy in your life) a bit at a time. I constantly go back to it for inspiration.
6. **[The Diet Cure](#) by Julia Ross.** (Amino Acid Therapy). This is a do-it-yourself amino acid reboot. You can also book an appointment with a provider that will help you navigate this. You can also go to the **[Mood Cure](#)** website and take this evaluation to see where your deficiency is. I do recommend looking for a naturopath or Nutritional Consultant or even an MD familiar with Amino Acid therapy to help you manage the process, or looking at the Mood Cure website linked above for a coach.
7. **[Clean](#) by David Sheff.** One of my FAVORITE resources. It's just a good book full of stats on addiction in America and a broad view.
8. **[Sacred Therapies](#) by David Shannahoff-Khalsa.** This is the Kundalini workbook that is paired with the DSM. If you are working with any deeper issues (personality disorder, etc.), this is a great resources.
9. **[Meditation As Medicine](#) by Dharma Singh Khalsa, MD.** A great book on understanding how meditation, breath work, chanting/sound, and yoga postures can heal us.

10. **Drink** by Ann Dowsett Johnston. One of my favorite books on the growing epidemic of women and addiction, written as a beautiful memoir of Ann's experience with addiction.

## YOGA & MEDITATION.

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1. **YogaGlo.com** is my go to for at home yoga. It is an online yoga library that has a ton of Kundalini yoga sets and meditations by Kia Miller, and also Vinyasa yoga which I recommend to anyone that is going through any mode of recovery. My teacher is Stephanie Snyder but there are many more great teachers. It also features restorative yoga, other meditations, hatha, and various other practices that will be helpful on your path. Try these classes: **Restorative Yoga For Mind, Body, & Spirit**, **Twisting Vinyasa Flow**, **Come Home To Yourself Kundalini**, **Morning Vinyasa (Level 1)**, **Shiva Bom To Transform (Kundalin)**, and **Prepare The Mind & Body for Deep Rest (Vinyasa)**.
2. **Dharma Punx**. This is my favorite meditation group. Donation based, every Friday night, from 7:30pm to 9pm in various cities. This is a great place to further your meditation practice and meet other like-minded individuals. They also have a 12-Step program (that is still tied into the AA methodology of 12 steps) called **Refuge Recovery** that has regular weekly meetings in various cities.
3. **How To Meditate. 6 Tips For Beginners**. My guide from my blog on how to get started.
4. **Hip Sobriety Meditation Resource Guide**. My 12 favorite meditation practices.
5. **Deepak and Oprah 21-Day Challenges**. I was introduced to these 21 day guided meditation experiences - a joint collaboration of Oprah and Deepak Chopra - last winter by a coworker. **The Desire and Destiny** 21-day challenge, which normally sold for around \$50, was being offered for free for a three week period. I was in the middle of Kundalini teacher training so it felt like a little bit of spiritual overkill, but when Oprah comes knocking with free meditations you don't say no. These are incredibly well done series - they provide a great message and a guided meditation with mantra to repeat. Highly recommended to sign up for free.
6. **Gabby Bernstein's May Cause Miracles Meditation Album**. These guided meditations are literally responsible for breaking me in to a daily meditation practice. I purchased this album along with Gabby's book **May Cause Miracles** (for more on how MCM shaped my recovery read **How I Overcame 43 Fears** and my piece on **How To Do Your Own Fear Cleanse + How Fear Cleansing Aids Recovery**). This was January 2013, and I was struggling pretty deeply with my path, and not in a consistent meditation practice by any means. The meditations were quick, accessible, and effective, and rather than dreading that time on the pillow, I actually craved it for the first time. I started to run to THESE meditations when I felt like I was losing my shit, and it's how meditation became my number one coping mechanism. I use them to this day - more than once or twice a

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week. Sometimes just hearing the words and not meditating snaps me into the right mindset. BEST \$10 INVESTMENT EVER.

7. **iAwake**. This is a more scientific approach to meditation and utilizes a technology known as Brain Entrainment. I'll let you go to the site to explore for the more definitive science behind it, but what I know it as and use it as is meditation for dummies. Essentially, the meditations produce a specific sound current that tricks the brain quickly into deeper meditative states. What takes a vipassana practitioner years to achieve through simple mindfulness meditation is achieved immediately - so that novice meditators can access those slower brainwave states and reap the benefits from meditation. I have all of them (I'm friends with the owners) and I incorporate them into my practice when I'm on the go - meaning, when I'm on a plane, a train, in a car, or even at work - or I use them when I want to get deep in a meditation and quickly. I recommend the **Gammaburst** to improve concentration (I use it while working), **Harmonic Resonance** for achieving different states quickly, **Anahata** for opening the heart, and the **Heartwave** (MY FAVORITE - for just feeling).
8. **The Awakening Joy Course** by James Baraz. My first introduction to meditation was in January 2012 at Esalen, and was an Awakening Joy retreat. This changed my life. I had never properly meditated, and upon arrival at Esalen was in one of the worst places I had ever been. I was deeply addicted to food, pot, alcohol, and work at this point, was unable to be alone with myself for any measure of time. Being with James that weekend was my first glimpse at seeing there was another way. It was where I learned to meditate and what set me on a quest to happiness. I went on to take the Awakening Joy Course in 2012, and though I was a terrible student, the work and principles James teaches would prove to be the foundation of my sobriety. It can be taken live in Berkeley, or you can participate online. You can also pick up his book **Awakening Joy** which is in of itself a gem - I have read it through 3 times and plan to pick it up again in the coming year.

## OTHER EDUCATIONAL RESOURCES.

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1. **Pleasure Unwoven DVD**. This is the most thorough explanation of how drug and alcohol (and really all addiction) works on the brain. I have watched it over five times. If you want to have a better understanding of how addiction works physiologically this is the best resource I have found. It will give you a deep understanding how addiction manifests and progresses and what work must be done to bring us back from it.
2. **Recovery 2.0 Conference Archives**. Tommy Rosen puts on this conference once or twice a year where he interviews different experts in the field of addiction and related fields to bring together the best information for paths to recovery. Yoga teachers, spiritual teachers, nutritionists, botanists, doctors, advocates, relationship experts, therapists, and much more. It's a GREAT resource - I buy the videos every year for my own library.

3. [Gabor Mate's TEDx Talk](#). One of my favorite thought leaders in the addiction space.

## ARTICLES.

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1. **Meditation.** [Harvard Unveils MRI Study Proving Meditation Literally Rebuilds The Brain's Gray Matter In 8 Weeks](#)
2. **Meditation.** [Yoga reduces stress; now it's known why.](#)
3. **Meditation.** [20 Scientific Reasons To Start Meditating.](#)
4. **Addiction Resources.** This is a great resource article by Gabby Bernstein on [How To Break An Addiction](#).

## RELATIONSHIP STUFF.

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1. [The Littlest Angel](#). This is a great little story of how to look at relationships (they are all here to teach us something...everyone relationship an assignment.
2. **Debbie Ford's** [The Dark Side of The Light Chasers](#). (Relationships). This is a great book to begin exploring your own relationship with your "shadow" parts - the parts of you that you have disowned. It's a bit advanced but it's also something I wish I had read much earlier on in my path. It's a great book for exploring your difficult relationships with others.
3. [Calling In The One](#) digital course.

## ENERGY WORK

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1. **EFT.** Book on tapping by Nick Ortner, [The Tapping Solution](#).
2. **EFT.** [Tapping world summit](#). A free event to learn to tapping!
3. **Somatic.** Try this class with Stephanie Snyder [Restorative Yoga For Mind, Body, & Spirit](#) to release emotional blocks.

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