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*the unlimited powers
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February 2009



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PUBLISHERS

Gary Seidler
Peter Vegso

ART DIRECTOR

Jeffrey Weicher

CONTRIBUTING DESIGNERS

Adam Kass
Robert Larkin

EDITORIAL ASSISTANT

Ted Goslin

SALES & MARKETING

Mark Naylor
William Brown
Trudy Peters

PRODUCTION

PRODUCTION MANAGER: Mike Briggs
DIRECTOR, PRE-PRESS SERVICES:
Larissa Hise Henoch
PRINTING: Health Communications Inc.

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Elio Zarmati

RESEARCH EDITOR

Seth Wilson

CONSULTING EDITOR

Richard Kahlenberg

ADVERTISING COORDINATOR

Cynthia Lee Neal

DIRECT MAIL

Kelly Maragni

CIRCULATION CONSULTANT

John D. Ponomarev

CONTRIBUTING WRITERS

Leo Booth, Patrick Carnes, Sheila Cluff, Sam Darcy, Kathryn Evans, Mary Faulkner, Candy Finnigan, Neal Frankle, Johnny B. Goode, Susan Hart Hellman, Divina Infusino, Richard Kahlenberg, Alexandra Katehakis, Brad Klontz, Ted Klontz, Michael Lutin, Patricia O'Gorman, Mel Pohl, Mee Tracy, Kim Weiss, Robert Weiss, William White

EDITORIAL & ADVERTISING OFFICES

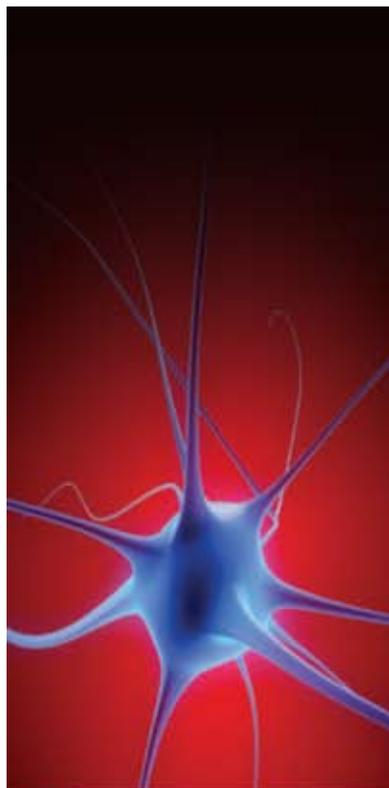
Recovery Living Magazine
3000 W. Olympic Blvd., Suite 2268
Santa Monica, CA. 90404
Tel: 310-315-4727
Fax: 310-315-4800
info@recoveryliving.com

ADVISORY BOARD

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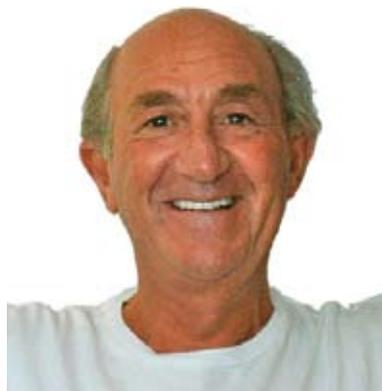
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A Word from the Publisher

Dear Reader,

Thank you for picking up **Recovery Living** magazine—your lifestyle magazine for wellness and recovery. It is meant to serve, entertain and support people in all forms of recovery, from chemical and behavioral addiction to depression, pain and grief.

Addiction is perhaps the biggest social problem in this country today. According to statistics from the Substance Abuse and Mental Health Services Administration (SAMHSA) released in 2007, close to 20 million Americans 12 or older are using illicit drugs; 17 million are heavy drinkers; and almost 7 million use prescription drugs recreationally. Those figures don't include the enormous impact of addiction on spouses, children or parents—not to mention the vast economic losses in the workplace.

The seeds for **Recovery Living** magazine were sown in the 1970s when I was a newspaper reporter whose life was all about sex, drugs and rock 'n' roll. That changed when I got a job as a press officer for a government agency called the Addiction Research Foundation of Ontario, Canada; there, my colleague, Peter Vegso, and I saw the need for a publication about and for addiction professionals and set out to create a newspaper, *US Journal of Drug & Alcohol Dependence*, and a publishing company, Health Communications, Inc.

In those days, all that was talked about was alcoholism in men; women alcoholics were an unthinkable concept and children who grew up in alcoholic homes received no help. But two major events helped the recovery movement come out of the dark ages.

The first was a press event in Washington D.C., in the late seventies, in which more than 50 well-known and widely respected figures—including astronaut "Buzz" Aldrin, actor Dick Van Dyke and Congressman Wilbur Mills—announced their recovery from alcoholism. Newsweek later called it one of the most important news stories of the 70s. The second milestone was the intervention by President Gerald Ford on his wife, her treatment and subsequent recovery—and the creation of the Betty Ford Center which legitimized addiction as a treatable illness. (See *Camp Betty*, this issue).

Today, SAMHSA estimates that, at the end of 2008, some 5 million people attended self-help groups such as Alcoholics Anonymous and Narcotics Anonymous.

The goal of **Recovery Living** magazine is to be the next milestone in the recovery process—to offer a community in which the focus is not on the doom and gloom of addiction but on the hope for recovery, a community free of shame and full of honesty, knowledge, inspiration, celebration and why not, levity and entertainment.

This magazine does not advocate any form of treatment over another. We are not a 12-Step magazine, although we recognize that the traditions of AA could be embraced by anyone as a way of life, and we don't spell out what recovery has to look like. Recovery is a personal process; there's more than one way of getting there. Our intention is to support anyone and everyone who embarks on a journey of wellness and recovery.

Hopefully yours,

Gary Seidler
Publisher



A Word from the Editor

*Imagine all the people
Sharing all the world
I hope someday you'll join us
And the world will be as one*
John Lennon

Yes, imagine! Imagine a community center where people from all over the world and from all walks of life come together and share their life experiences—their addictions, their treatment, their recovery, their spiritual awakening and their progress along the road to wellness.

Recovery Living magazine aims to be that community center. It aims to provide you with some of the tools you need to embark on or to continue upon your journey to wellness—a road-map to help you get there, and more tools to help you stay there. Imagine!

The dream was first formulated by Gary Seidler, our publisher, at Sierra Tucson, a rehab facility for people with addictions and behavioral disorders. While we were there, Gary, a world-class publisher, shared with me his vision of a magazine written by and for people in recovery. Eight years later, my phone rang, “Gary Seidler here,” he said. “Remember our conversations about a recovery magazine? Do you still like that idea?”

We met, talked, defined, refined, met again, talked some more, talked to other people, redefined, refined further—and here you are, holding our very first issue in your hands.

Welcome to the maiden journey of **Recovery Living** magazine. Have we got an issue for you!

In these pages, you will find affirmations by Reverend Leo Booth, columns by Patrick Carnes on books, Candy Finnigan on intervention, Mary Faulkner on dating, Sheila Cluff on fitness, Patricia O’Gorman on resilience, Alexandra Katehakis on erotic intelligence—and so many other writers and topics for you to discover or rediscover.

In our special section, Susan Hart Hellman explores brain balancing and harmonizing in *Brain, Heal Thyself*, and **Recovery Living** interviews both Wynonna and Naomi Judd who have experienced the brain conditioning process and talk with us about it—and about a variety of other topics.

Here, a disclaimer is appropriate. **Recovery Living** magazine does not endorse any process or any form of treatment; we merely explore and report on them. When we heard of Brain State Technologies’ process, we assigned the story to a writer with a strong background of research in neuropsychology, and we spent months reading the literature and interviewing patients. Before deciding to run the story, I went as far as undergoing four sessions of brain conditioning myself. If, during that entire time, we had uncovered any negative experiences, they would have been reflected in our coverage. The absence of negative evidence should not be construed as an endorsement but simply as an observation that the process has served many people well.

In our feature section, Kathryn Evans, in *Walking the Spirit Road*, takes you on a journey through recovery among Native Americans; in *The Drunkard’s Club*, historian William White reports on treatment of alcoholism before A.A.; and Robert Weiss explores the dark side of Internet sex in *Understanding Sex Addiction*. With Sam Darcy, you will retrace the amazing journey of a young woman from the heart of darkness to the light of art in *Other Ways to Speak*, and Divina Infusino will show you that you can have an active night life and remain sober in *Mocktails & Rock ‘n’ Roll*.

Is there a topic in the area of addiction and behavioral disorders that we haven’t covered? Give us your feedback and we’ll remedy that. This magazine is for you and about you.

Cheers!

Elio Zarmati
Editor-in-Chief

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Confronting the Respectable Addiction

prescription drugs

by Candy Finnigan

When most people hear the phrase “drug addict,” it calls up a mental image of a crack-smoking street thug, a skid row bum, covered with scabs from injecting heroin and other illegal substances, or perhaps a prostitute, hopelessly strung out on methamphetamine. My own experience as a drug and alcohol counselor and crisis interventionist, has informed me otherwise. More often, the chemically dependent people I encounter are part of seemingly normal families—people with bright futures, respectable

pasts and once-productive lives that have been shattered by prescription drug abuse. Yesterday I got a phone call from a relative. He comes from an upper-middle class, Midwest family who has loved and nurtured him. He’s good-looking, intelligent and possesses special abilities. He’s had all the advantages anyone could ever hope for, yet he’s now addicted to prescription painkillers. I’m grateful he called for help, unlike so many who suffer in silence, but his case represents a growing and alarming trend in addiction. A recent report by the U.N. International Narcotics Control Board predicted that the scale of the problem of addiction to legal drugs would soon overtake addiction to banned substances.

Addiction may be defined as a pattern of compulsive drug use characterized by a continued craving for drugs and the need to use these drugs for psychological effects or mood alterations. Many abusers find that they need to use drugs to feel “normal.” The user exhibits drug-seeking behavior and is often preoccupied with using and obtaining the drugs of choice. These substances may be obtained through legal or illegal channels.

Many people think that prescription drugs are safer and less addictive than street drugs...If the drugs have that little Rx on the bottle and come from a pharmacy, they must be safer, right? Wrong.

Prescription drug abuse isn’t about bad drugs or bad people. It involves a complex web of factors, including misperceptions about drug abuse and the difficulty that both patients and doctors have in discussing the topic. Prescription painkillers and other medications can help people live more productive lives, freeing them from the symptoms of many common medical conditions—but that’s *only* when they’re prescribed for a particular individual to treat a specific condition.

Many people think that prescription drugs are safer and less addictive than street drugs. After all, these are drugs that moms, dads, and even kid brothers and sisters use. If the drugs have that little Rx on the bottle and come from a pharmacy, they must be safer, right? *Wrong.* According to the National Institute on Drug Abuse (NIDA), an estimated 48 million people (ages 12 and older) have used prescription drugs for non-medical reasons in their lifetimes. This represents **approximately 20 percent of the US population.** Non-medical purposes include misusing prescription drugs for recreation—to get high, to have fun, to get a lift or to calm down.

How does the medical profession fit into all this? There are plenty of responsible physicians, but my experience indicates that many doctors—who may be extremely cautious and professional in every other area of medical practice—know little about the substances they prescribe; they are thus part of the problem.

Legions of Americans are abusing or becoming addicted to prescription drugs. Maybe it’s your spouse, a relative, a friend or a casual acquaintance. Maybe it’s you. Maybe you don’t even know that the drug use has shifted from therapeutic to abusive.

Be proactive when it comes to the use of prescribed drugs. It is your job to inform yourself about the drugs you—and your spouse, your children or your elderly parents—are taking. If you suspect a loved one is abusing drugs, don’t ignore it. When it comes to deadly chemicals, confrontation is *care-frontation.* ■

Staying in the Game

by Nancy Sobel

Boring, dull and glum—that’s the great fear of what recovery can mean to adrenaline junkies like me. I believe that recovery can include an edge that stimulates our growth without putting us in mortal danger of boredom.

When people first get into recovery, the emphasis is on the basics—meetings, fellowship, steps, sponsorship, and service. This is essential to establishing a strong foundation and maintaining continuous sobriety. In the beginning, it is easy to feel that you have replaced your addiction with a new obsession for 12-Step activity. But I believe real recovery is about balanced living—finding a way to live recovery in a natural, flowing way. I am very enthusiastic about my recovery and life in general. I want to be present for every experience. Although I still occasionally struggle with moments of euphoric recall, I cherish living my life unfiltered. I wouldn’t have it any other way. Real recovery is practiced with a gentle awareness that plays as the soundtrack for all that I do.

I have a love for the outdoors and for sports and find that these activities can be a very important path for my growth if I pay attention. The type of attention that I am referring to is also known as mindfulness, and I am a big fan of mindful recreation as a key to leading a balanced life and experiencing real recovery. The practice of mindfulness comes from Buddhist thinking as one of the essential factors on the path to enlightenment. But you don’t have to be a Buddhist to practice mindfulness. Mindfulness involves conscious awareness of one’s thoughts, actions or motivations. It is about being immersed in the present moment.

In recovery, we often talk about the importance of staying in the now. We learn from our past, but we don’t get stuck in it and we don’t get lost in fantasies of the future. The concept of mindfulness is woven throughout the 12 Steps. For example, a big part of practicing Step Two, our restoration to sanity, is achieved by staying in the moment so that our minds are calm and sound. For many years, I struggled to master sitting meditation in order to connect with my Higher Power. Ultimately I found that I am able to hear my Higher Power more clearly when I combine physical activity with mindful observation of the present moment. I use my breath to help me focus, and when my mind strays, I observe my immediate environment and pay careful attention to all that is around me.

In my personal practice, I have not achieved true mindfulness which would allow me to suspend judgment, but I have given myself a lot of laughs at just how polarized my thinking can get. I try to go easy on myself and just keep returning to an openhearted observation of my thoughts, actions and motives.

Over the last five years, I have become an avid surfer, and one of my favorite places to practice mindfulness is in the ocean. The metaphors for spiritual growth in surfing are plentiful. Surfing involves dealing with a power much greater than ourselves, learning to make quick adjustments in direction and pace, finding balance and learning to stand up for yourself, to name a few. The application of these metaphors to recovery is obvious. As part of my program, I have gotten into the habit of coming home from a surf session and writing about the lessons the ocean brought me for that day. Inevitably, I have found that lesson will apply to something I’m working on within myself.

Lowering your expectations

It was all about urgency this morning. I wasn’t going to have time to surf for the next few mornings because of my work schedule and the prediction of rain, so it was get in the water today or bust. I got up feeling chipper and ready to go. When I got down to the beach, there were almost no cars in the lot—a bad sign. I made my way to the sand and joined two guys who were looking at the sea.

“Well,” I said, “Am I going in?”

One of them said, “Yeah, you are, you’re already dressed.”

In my enthusiasm, I had driven from home in my wetsuit.

There was not a soul in the water—no surfers, no swimmers, not even dolphins. It was really choppy, but I saw a section or two that might be do-able at “my spot” and I thought I just had to lower my expectations; instead of surfing, I’ll have a challenging workout by paddling to the buoy past the break. It’s still worth going in. I managed to fight the surf and paddle out, getting tossed in the roiling water once. But as I was getting out there, it got worse; there were big, scary-looking walls

that crashed out with no corner to catch. It was very windy and bumpy. The current was so strong that I was carried about 200 yards south in less than five minutes. The chop was over my head as I lay prone on my board, and I accidentally drank a lot of sea water. I managed to get out there, sat up, caught my breath and enjoyed the view. The air was really clear and the bumpiness was kind of fun.

Then another challenge presented itself. The surf seemed to have come up even higher, the

current was stronger and it was going to be difficult getting back to shore. I tried to cut diagonally north, back to the spot where the waves didn’t seem to be breaking like brick walls. I got inside of the break just as a wave rose behind me and I managed to catch the most fun ride on my belly. I let my board slip forward through my hands and rode on the back end like a boogie board. The ride went on forever and took me all the way to the shore. It was thoroughly exhilarating.

I don’t often lower my expectations. I am usually someone who prides herself on setting the bar really high. Today, I let go a bit and it was a lot of fun in a most surprising way. The work is everywhere. ■



The 1-Step Cure for Cravings

by Sheila Cluff

There are many approaches to overcoming addictions. There is no "one size fits all" solution — with 1 exception.

No matter what form of addiction you or your loved one is experiencing or has experienced, **exercise** can be used as a recovery tool. It is the one universal approach that can help everyone. Why is that? **Because a hot, sweaty workout reduces negative stress.** A biochemical change takes place in your body as a result of exertion; endorphins are produced and act as natural tranquilizers and mood elevators, which is helpful in overcoming addiction and remaining addiction-free.

Self-esteem is often at its lowest as one is recovering. Looking great and feeling strong as a result of daily workouts elevates a person's self-esteem. When you look great you feel great.

There are many excuses we can find for not using fitness as a recovery tool—here are a few:

MOTIVATION: I've been fat and unfit all my life. It's hopeless. *[The reality is that it's never too late.]*

TIME: I don't have time to run my life, recover and also work out. *[The reality is that you can make the time if you really want to.]*

COST: I'm broke. It costs money to join a gym. *[The reality is that all you need is a good pair of sneakers.]*

FOOD: Food seems to help me overcome my addiction. *[In reality, you may be exchanging one form of addition for another.]*

What is the solution? How can I put physical activity into my life?

- Share your fitness goal with those who are helping you;
- Buy a good pair of walking shoes;
- Set short-term goals—for six weeks, three times a week, walk briskly for 30 minutes;
- Reward yourself for your accomplishment at the end of the six-week period. It should be a non-caloric reward such as a massage, facial or new outfit;
- Get a buddy who shares your same fitness goals and walk together. When obligated to someone else, you are more apt to keep a commitment.

As you elevate your health level, add strength training, stretching and meditation. Vow to make physical activity the way you live your life, and not a short term fix.

Yes, just like staying addiction-free, it will take passion and commitment. Focus on how great you feel and know that this feeling can and is here to stay.

illustrations by Robert Larkin



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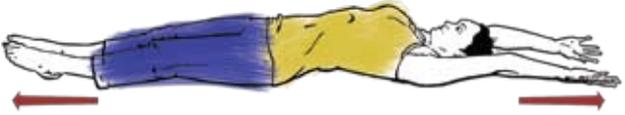
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Here are a few exercises that will help take a person's mind off any craving:

"Take ten deep breaths before you make a major decision." This is old but beneficial advice.

1 Stand or sit tall with your hands by your side. Turn your palms up toward the sky and take a slow deep breath as you bring your hands up over your head. Reverse the position of hands—palms towards the floor. Exhale as you lower your hands. Stand, knees slightly bent. Imagine the air is very heavy as you elevate your hands. Eight counts up and eight counts down. Arms fully extended; lift up then push down; repeat ten times.

2 March in place and with each step, punch the sky with your fists—keep on until you feel increased body temperature and pulse rate.

3 Place your thumbs under your skull and press in. Make circles with your thumbs. Keep making the circles bigger until thumbs touch. Reverse the circles until thumbs are back where you started. Press into skull and pretend you can lift your head off your neck. Repeat as often as you wish.

4 Bend over with knees relaxed. Think of your upper torso as a rag doll. Let your head become a weight and dangle and sway your arms. Hold for 30 seconds. Curl up slowly to avoid getting light headed.

5 Stretch out on the floor on your back. Imagine someone pulling on your hands, pulling on your feet. Stretch, stretch, stretch. As you exhale, hold for 15 seconds. Relax and breathe in. Repeat as often as you wish, at least five times.

Financial Recovery

by Neal Frankle

Tom, a 20-year AA veteran, made a complete mess of his life, and it all started after he got sober. Actually, Tom's financial and family life is in shambles. Even though he is sober and a very successful entrepreneur, money has made his life unmanageable. That in turn has ruined his relations with his family. Besides that, everything is great.

Almost as soon as Tom stopped abusing alcohol, money became his drug of choice. Instead of investing his money, he “plays” the stock market like he was playing in Vegas. He spends inordinate amounts of time watching stocks. He often makes investments in long-shots that don't pay off. And he tries to make up for these losses by making even longer-shot “bets.” Thus, the cycle continues. He digs himself deeper and deeper into a hole of financial losses and shame. Does this sound familiar?

Of course the problems don't stop with Tom. As a result of being so ashamed of himself and how he's wasting his own time and money, he is very agitated. He takes it out on his family at home. At this point, his wife doesn't see any difference between Tom the drinker and Tom the money addict.

I'm afraid that Tom is about to lose everything he has of any value. While I respect this man and his willingness to work the 12 steps in order to stay sober from alcohol, he forgot about the last sentence in the last step—“practice these principles in all our affairs.”

I wish I could say that money addiction starts and stops with investment abuse. Sadly, it does not.

Steve doesn't drink anymore. It is simply not an option. But he's single and lonely. He can't connect with a partner. He feels sorry for himself, so he takes a ride on MasterCard to forget about his problems for awhile. He runs up \$12,000 in credit card debt. For a young man who makes less than \$35,000 annually, it will be almost impossible to dig himself out of that debt. Will that spending spree really make him feel better about himself? For how long? Will the shame of his money addiction threaten his alcohol sobriety? I'm afraid it might.

And of course there is Elizabeth. She had been a stay-at-home mom, but when her alcoholic husband walked out on her and her 12-year-old son, she had to learn to take care of herself and her son. Fast. She did. In ten years she managed to support her family on her teacher's salary and she saved over a million dollars by judiciously investing her \$200,000 divorce settlement. But in the process she became a financial anorexic. She stays at home and refuses to spend any mon-

ey on herself even though she can afford it. Just like Tom and Steve, Elizabeth has no financial balance and, as a result, she is incapable of enjoying the abundance that she has created.

Money addiction is a real threat to you and I. It is all around us. If you are out of balance with your spending, debt or investments, it will wreak havoc on you and your family. Look at your own life and your relationship with money and tell me that isn't true.

Even if you can afford to take care of yourself and your family and still act out with money, you probably hide your behavior because you feel shame. And as long as you are hiding your shame, you'll never experience the grace and freedom of serenity. ■

Money Disorder Screening (MDS)

Adapted from Debtors Anonymous

1. Are your debts making your home life miserable?
2. Does the pressure of your debts distract you from your daily work?
3. Are your debts affecting your reputation?
4. Do your debts cause you to think less of yourself?
5. Have you ever given false information in order to obtain credit?
6. Have you ever made unrealistic promises to your creditors?
7. Does the pressure of your debts make you careless of the welfare of your family?
8. Do you ever fear that your employer, family or friends will learn the extent of your total indebtedness?
9. When faced with a difficult financial situation, does the prospect of borrowing give you an inordinate feeling of relief?
10. Does the pressure of your debts cause you to have difficulty sleeping?
11. Has the pressure of your debts ever caused you to consider getting drunk?
12. Have you ever borrowed money without giving adequate consideration to the rate of interest you are required to pay?
13. Do you usually expect a negative response when you are subject to a credit investigation?
14. Have you ever developed a strict regimen for paying off your debts, only to break it under pressure?
15. Do you justify your debts by telling yourself that you are superior to the “other” people, and when you get your “break” you'll be out of debt overnight?

How did you score? **If you answered yes to 8 or more of these 15 questions, you probably have a problem with compulsive debt.** If that is the case, this could be the best day of your life. You are at a turning point—one road can lead to despair, ruin, prison or even suicide; the other road could lead to solvency, healing, self-respect and personal fulfillment. It's your life.



The Love Response

by Divina Infusino

illustration by Gabriella Fabbri
www.i-pix.it

Life provides human beings with two tools for survival—love and fear—according to Dr. Eva Selhub, a Harvard M.D. and a doctor at the Benson-Henry Institute at Massachusetts General Hospital, a world-renown facility for stress reduction.

Love in all its forms—love of others, self-love, love of spirit—spurs procreation and growth, the search for new horizons, setting and achieving goals, and ultimately personal contentment. Fear enables you to put up your guard when it is necessary, to fight when it is warranted, to flee from danger, to conserve, to retreat when circumstances demand it.

Both love and fear are necessary parts of existence. Both enable you to live to your full capacity. Life intends for love to be the dominant force in human existence, says Selhub.

Love lowers your blood pressure, regulates the heart rate, circulates endorphins and feel-good hormones and peptides into the body. These bio-chemical processes, which she calls the **Love Response**, support physical, mental and emotional health and create a life of happiness.

Fear, on the other hand, was meant to be a short-lived emotion, activated only when a threat loomed. Fear raises the heart rate and blood pressure, shortens the breath, pumps adrenaline and cortisol through the body so you can quickly get out of the way of danger. These bio-chemical processes, which Selhub dubs the **Fear Response**, are harmful to health if they occur too long or too often.

The problem is that the body does not distinguish between threats. Whether the danger is a lion ready to pounce or gridlock on the freeway, the body responds with the same fear-based bio-chemical processes. Given the pace and complexities of modern life, fear has become the dominant force for too many people, wrecking havoc on the physical health, the mental state and emotional well-being at every level.

This is especially important when you are living in recovery.

The Fear Response occurs when you feel that you do not have the abilities or the resources to meet a challenge, when you feel alone and unsupported.

Through her years of clinical practice with patients suffering from myriad ailments, including addictions, Dr. Selhub has developed a method for quickly getting out of the Fear Response and into the Love Response. ■



Exercises for Feeling Loved & Supported

When you feel shame

When you feel criticized

When you feel you lack a quality or resource

When you feel you need numbing

When you feel you need comfort and can't find any other place to get it

When you experience anxiety, fear, worry or any negative emotion that is uncomfortable

Inhale deeply and exhale deeply three times.

- Imagine you are in the deep center of the earth, in the heart of Mother Earth; A place that is filled with unconditional love, abundance, grace and all that you need.
- When you are in the heart of Mother Earth, inhale and exhale so that the heart of Mother Earth opens and closes
- When you inhale, you are absorbing the unconditional love, abundance, grace and resources into your breath.
- Now bring your awareness and your breath back into the base of your spine and deposit that loving energy into the base of your spine as you inhale and exhale.

Repeat these words as often as you can:

Mother Earth provides me with all that I need, I can trust that I am loved and supported.

- The loving energy flows into the base of your spine and into your hips and down your legs into your feet. It flows up your spine and into your head, down your shoulders and into your hands, and up through your torso.
- Repeat: *Mother Earth provides me with all that I need, I can trust that I am loved and supported.*
- The loving energy is rising up through the earth like a flower that grows high and blooms, so that you feel you are blooming like this flower, reaching for the sky.

Anything is possible.

Anything is possible.

In the beginning, do this exercise at least once day. The more often you repeat this exercise, the more you will be able to instantly pull up the image of the Mother Earth supporting you. Then, repeat: *Mother Earth provides me with all that I need. I can trust that I am loved and supported.*

Erotic Intelligence

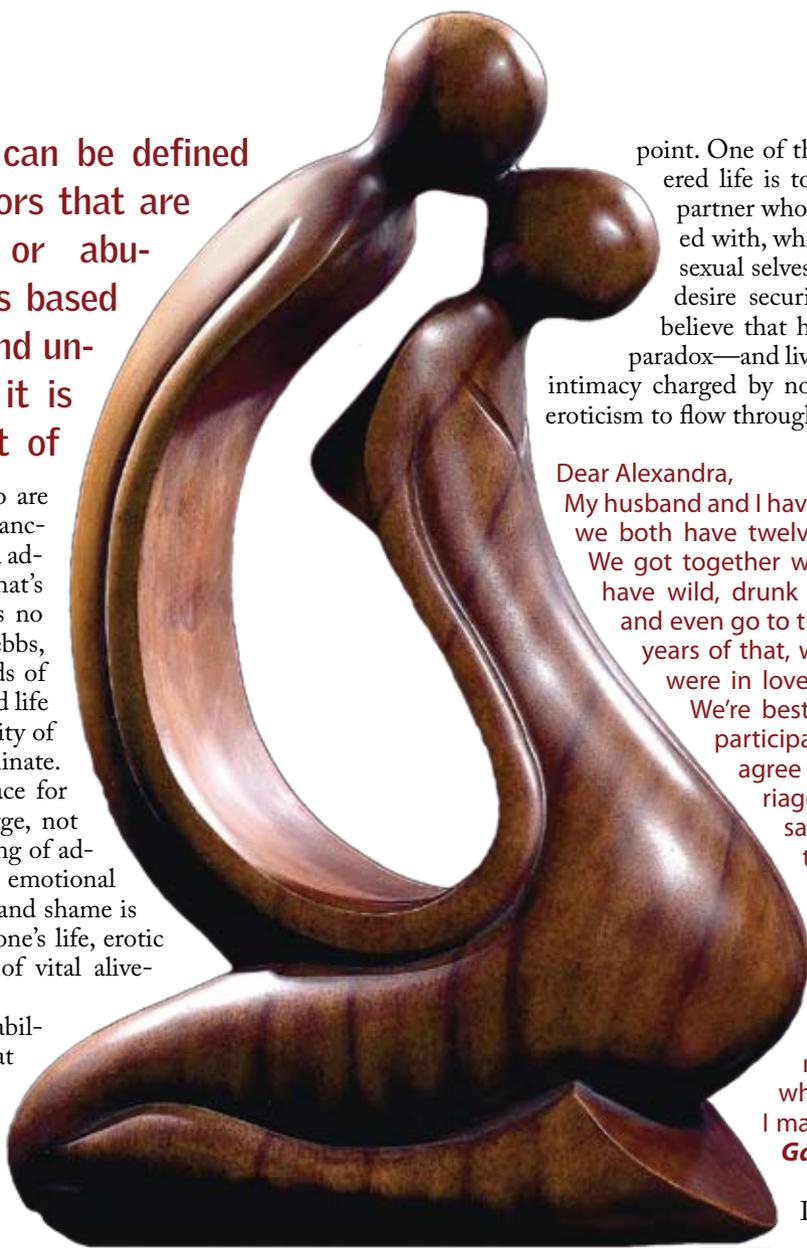
Straight talk about love and lust

by **Alexandra Katchakis**

Sexual addiction can be defined as any sexual behaviors that are secretive, shaming or abusive. Addictive sex is based in shame; it is rigid and unimaginative because it is often a re-enactment of

past trauma. People who are in recovery from chemical substances often struggle with behavioral addictions such as sex addiction. That's why recovery from addiction is no easy feat—when one addiction ebbs, another often flows. The rewards of reaching the banks of a recovered life are great because over time, clarity of mind and honest feelings dominate. This new horizon creates a space for emotional intelligence to emerge, not just the black-and-white thinking of addiction. When intellectual and emotional intelligence have been restored and shame is no longer the driving force in one's life, erotic intelligence becomes a source of vital aliveness!

Erotic intelligence is the ability to make sexual choices that affirm life in healthy and exciting ways. In healthy sexual relationships, eroticism is the deliberate seeking of pleasure for the sake of connection with oneself or others without sex or orgasm necessarily being the end



The Tender Kiss by Joe Famulari

point. One of the great challenges of living a recovered life is to experience this kind of sex with a partner whom one feels safe, secure and connected with, while revealing the depths of our erotic, sexual selves. It's part of the human condition to desire security and autonomy simultaneously. I believe that having an awareness of this inherent paradox—and living it—opens the door to a profound intimacy charged by novelty, allowing sexual potential and eroticism to flow throughout our lifetime.

Dear Alexandra,

My husband and I have been married for fifteen years and we both have twelve years in Alcoholics Anonymous. We got together when we were drinking and would have wild, drunk sex, watch pornography together and even go to the occasional strip club. After three years of that, we got sober together, decided we were in love, married and had two great kids.

We're best friends, still go to meetings, and participate in our kids' activities. We both agree we have a great family life and marriage. I love him and I know he feels the same way but doesn't seem that interested in me sexually. I've checked our computer and know that he looks at porn daily. This makes me feel bad about myself because he doesn't desire me and I can't look like those women so I'll never please him. I try to stay on my side of the street but don't know what's "normal" porn use for guys. Am I making a mountain out of a molehill?

Gail in Santa Monica, CA

Dear Gail,

It sounds like you're angry and won't admit it to yourself. If your hus-

Understanding Sex Addiction

by Robert Weiss

Whether David Duchovny's recent public admission to being a sex addict serves to mark the beginning of his own healing or merely increase the ratings for his softcore cable show *Californication* remains to be seen. Either way, his very public self-disclosure has already done much to bring the problem of sexual addiction out into the open—as did a former president when he declared, “I did not have sex with that woman.”

But famous figures and their publicly-traded private lives aside, sex and love addiction *is a genuine problem* that requires discussion, if only to help the individuals and their families who struggle with this problem but are too ashamed to ask for help and are confused about how to find it.

What about Sex Addiction?

One useful way to think about sexual addiction is by comparing it to alcoholism. Though many people drink alcohol, some fairly frequently and some to excess, the actual fact that they drink or even sometimes get drunk doesn't make them alcoholics. True alcoholics actually make up a fairly small percentage of the drinking population and their problem is in great measure defined by the *loss of control* they experience over drinking and *their ongoing denial* that it is the drinking itself that lies at the root of their problems. Similarly, while most healthy adults engage in all types of sexual activity, both with others and by themselves, sex addic-

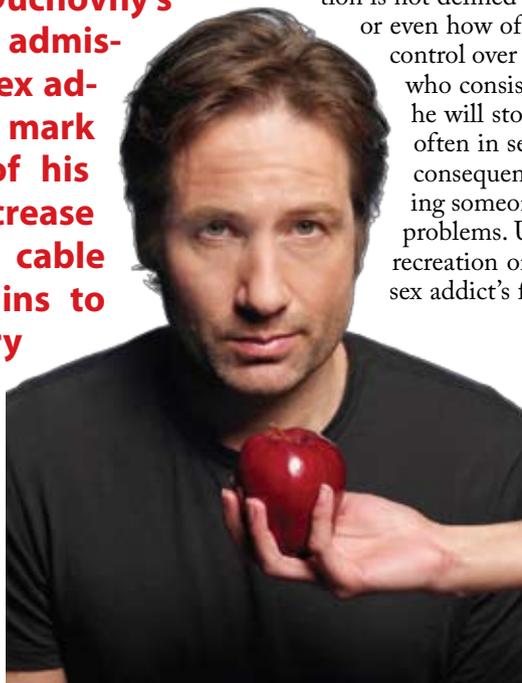
tion is not defined by the type of sex you have, who you have sex with or even how often you have it. Sex addiction *is defined* by a loss of control over the pursuit of sexual activity—for example the man who consistently breaks promises, to himself or a spouse, that he will stop a certain behavior and continues it anyway, most often in secret. Sex addicts *ignore and deny* the problems and consequences caused by their sexual behavior, usually blaming someone or something else for their own unhappiness and problems. Unlike those who enjoy sex as personal exploration, recreation or part of healthy intimacy and family building, the sex addict's focus is the *excessive pursuit* of sexual images, experiences and problematic romances, allowing it to become the priority that governs their lives.

Why They Do It

Most sex addicts can describe a numbing “rush of intensity” that the pursuit of sex and romance offers them. They will offer up descriptions like, “I felt like I was in a trance” or “spaced-out” when describing their addictive sexual or romantic experiences. This type of arousal is actually a bio-chemical state, driven by the intense fantasies and actions that lead them toward sex and physical contact. When engaged in intense fantasy, the brain of the sex addict is strongly influenced by adrenaline, dopamine, endorphins and serotonin—those powerful chemicals that make up our moods. Like the addicted gambler at the craps table, sex addicts can spend long periods of time in a trancelike state of physical and emotional stimulation. Hours are lost to sitting in front of the computer looking at porn, gazing at strippers, hanging out in restroom stalls, cruising red light district streets and clubs, or wandering back and forth in front of an affair-partner's house. Frequently their state of excitement doesn't even take a sexual form, yet they are clearly lost in a state of physical and emotional euphoria.

The Consequences

Sexually addictive behavior brings about a variety of consequences for the sex addict and for those close to them. While consequences vary from person to person, there are some common themes:





*My name is Wynonna Judd
and I'm a recovering entertainer*

The Recovery Living Interview

When Wynonna Judd walked in the conference room at Brain State Technologies, her smile lit up the room. Although she has more gold and platinum records than she can count and an impressive list of awards, Wynonna doesn't come across as a big music star but rather as a lovely and friendly woman willing to share her experience in order to help others.

Born Christina Claire Ciminella in Ashland Kentucky, she renamed herself Wynonna Judd—taking her last name from her mother's maiden name and her first name from the line “Don't forget Winona” in the pop song “Route 66”—



and gained immediate success as part of the duo, the Judds, with her mother Naomi in the early eighties. Eight years later, Naomi was diagnosed with Hepatitis C and had to leave the tour. The Judds embarked on their last tour dubbed “The Farewell Tour” and won an unprecedented eighth consecutive win for Country Duo at the CMA Awards.

In November 2003, Wynonna was arrested for a DUI and her mug shot was displayed on televisions and on the front pages all over the country. But Wynonna’s addiction was not alcohol. Her addictive issues were codependent family bonds, a difficult relationship with money, and what she called a “dependency on food.”

During their eight years on the road, mother and daughter lived in the confines of a Silver Eagle bus and had a rough time at it. In time, and with the help of much family therapy, the Judd women would learn to forge their separate identities and live peacefully on their adjoining farms in Tennessee.

In December of 2003, Wynonna’s staff informed her that, in spite of her large income from records and concerts, she was spending more than she was earning, and she was on the verge of losing her beloved 525-acre farm unless she made drastic changes in her lifestyle and spending habits. To emphasize the urgency of the intervention, they gave Wynonna a business card with a name and phone number.

The name on the card was Ted Klontz, and he ran Onsite, a healing center in Cumberland Furnace, Tennessee. In January of 2004, Wynonna attended her first Onsite workshop. Holed up in a cabin for six days, she did her genealogy, put her entire life on a whiteboard and looked at the patterns of her behavior in the mirror of her life.

In short order, Ted Klontz would become the family coach—a family that included her mother , Naomi, her sister Ashley, her children, Grace and Elijah, and the man she had considered to be her dad, Michael Ciminella, from whom she had been estranged for almost a decade.

In early 2006, Wynonna spent 42 days at the Shades of Hope rehab facility in Buffalo Gap, Texas, for an eating disorder. She had just published her memoir, *Coming Home to Myself*, in September 2005, had finished the book tour, and she was tired of struggling with her weight. “I’ve given my music career over to God. I’ve given my family over to God.” It was time for a change.

The last leg of Wynonna’s long journey of survival and redemption was Brain State Technologies in Scottsdale, Arizona. Ted Klontz found out about Lee Gerdes’ brain conditioning process and mentioned it to Wynonna and Naomi in the spring of 2008. In no time, mother and daughter were on a plane to Arizona for the first series of ten sessions of brain harmonizing.

This interview was conducted on September 10, 2008 while Wynonna was in Arizona for a weeklong ten-session refresher course of Brain State Conditioning.



WYNONNAJUDD: Hi, my name's Wynonna and I'm a recovering entertainer.

RECOVERY LIVING MAGAZINE: How did you hear about Brain State Conditioning?

WYNONNA: Ted Klontz, my life coach, called me to Onsite to show me the DVD about Brain State Conditioning, and it literally like blew the doors wide open to possibilities I had never experienced before. And I've done it all—literally. I've been on this journey to self-discovery for some time.

RLM: What kinds of therapies did you do before Onsite and Brain State?

WYNONNA: I've had countless therapists. I was always in some kind of a process, with a teacher saying, "We really love Wynonna and she's such a bright light, but we can't get her to focus." I feel like my whole life has been a process of finding out where to fit in, because there was this norm and I was always out here somewhere. My mom was always trying to find somebody to help me. I always felt like the misfit of my family.

Then, around eight years of age, a special teacher told me, "You're really unique and special," so that was a validation. And then, fast-forward to 15, when I had my first experience with a probation officer, because I stole lipstick from the Kroger in town, I had somebody, a coach if you will, look after me. And then in 1990, my mom and I did our Farewell Tour. The family was so . . . so broken that we all went into therapy together—the whole family, my mom, my pop, Ashley, myself, my husband at the time, my grandmother, everybody would at some point come in and out the door. After the Farewell Tour, my life just exploded.

My entire life was such a paradox at that time—my mom had left the road, I was starting my own career, I was an orphan but I was very successful, I was breaking all the records but I was on my bus alone. One moment, I'm affirmed on stage with ten or twenty thousand people cheering, the next moment the lights are out and I'm alone in my hotel room, trying to find balance.

RLM: What was the focus of the therapies?

WYNONNA: The focus was—what in the world? I am such in a battle between feeling affirmed on stage and feeling the light, you know, shining on me literally and figuratively, and then stepping off stage and the lights be-

ing out, and being isolated. So, I would go from a hotel room alone to 10,000-20,000 people, and it was just too much. So I was looking for balance.

My mom's book says I was born singing on perfect pitch in search of harmony and balance, and I think that's true, but I was also born into chaos, probably starting in the womb, and somewhere I got the message that I'm part of the chaos, even responsible for it, and I'm looking for affirmation that I'm OK—looking at everybody and everything else but myself. I'm seeing therapist after therapist. I try EMDR, I go to Deepak Chopra's clinic for two weeks and learn that I'm "pitakofa"—fire. I got married, had my children, then in 2003,



I get in financial trouble and my team did an intervention, saying, "What we're watching is slow suicide. What are you gonna do about it?" And they hand me a card that said Ted Klontz, and I called Ted Klontz but he didn't answer, thank God, and I leave a message, thinking I did it, that's it—and then Ted called me right back.

So I wound up at Onsite in 2003. It was supposed to be a financial workshop, sort of how to deal with money, and ended up being anything but. It was like "We have a lot of

work to do before we talk about the money," then it was, "Money is the least of your worries right now, we need to start from your personal process—" So I'm at Onsite, living in a cabin for six days, showing up to class, seeing my whole life, you know, up on the wall, flashing before me, and I'm peeling back the layers, one at a time. It was profoundly life-changing, and I see the addiction and I realize that I'm in a battle for my life, and so in 2005 I went to treatment for 42 days to an all-addictions facility that specializes in eating disorders. It's called Shades of Hope and it's in Buffalo Gap, Texas. I ended up down there and, boy-oh-boy, the whole family came. I had quite a family week. It was wild. It felt like the first time I had had my family in the same room getting along since I was a child.

I come from a long line of addiction. They had me do a genealogy and we're the typical dysfunctional family—there's work addiction, food addiction, alcoholism, gambling, all of it. I had known—and I'm in the perfect business to indulge in addiction because in there's no moderation in what I do. I have to do it with as much passion as I have, and it's always about "more." It's always all or nothing.

Then my husband and I separated, and our family went through a process of realizing that he had his work to do and I had my work to do. I had taken on the role of enabler, the role of the fix-it person, and I had to stop playing the old tapes in my head, the tapes that kept saying, "You're the problem." So now I'm back to being a single parent, raising a family and working. And we entered into a family healing process.

RLM: What is the family process?

WYNONNA: I have a theory that my family will probably disagree with—I like to refer to it as the "bait and switch." Everyone came to family week because everyone wanted to change me, I was the one that needed fixing. And everyone else got their share of reality and we all benefited. We're all spokes in a wheel and Shades of Hope represents the all-addiction part.

Well I won't speak for everyone. I'll just say that I continue to benefit from Shades. It was my first experience with codependency. It helped me realize how much of a codependent I really was and how I got my absolute happiness from other people. I was the people-pleaser of all people-pleasers in my family, and I had pretty much enabled a lot of people. In my family, I tended to be the mediator, and

tried to carry the load, physically, with weight, and emotionally. I felt very responsible for my mom and my sister. So we're all in this process, and Ted facilitates a lot of it. He does the work with us both individually and as a family. It's multi-layered.

I did this thing at Onsite that really helped me understand why I do what I do. It was "The Wall"—they hook you up to a harness and you have to climb this wall. I tried for close to an hour, huffing and puffing, and there was this professional rock climber standing right there. After about twenty tries I was just fighting mad, and Ted sat me down and said, "Did you ever think about asking for help?" I said "No! I am woman, hear me roar!" I kept trying and it didn't work, and finally the moment came when I went, "Oh, I might need to ask for help. I might need to reach out and get some advice." No one ever taught me to do that.

RLM: Where do you meet with your family?

WYNONNA: We meet usually on the farm—at one of the houses on the farm—around the supper table. Ted sits in the center, literally, and I want to say he holds court. We're all three very strong alpha females and we're pretty opinionated and passionate like any other family, and Ted has to be the one who says, "I need you to stop. Hang on just a second!" Sometimes in my family we want to be right more than we wanted to be loved. And Ted sort of holds up the mirror, and says, "I hear you saying this, let's take a look at that."

What I do is to hold on to information so that the others will come to me and ask, because I'm needed. I had a tendency to stand between my mom and sister a lot and say to my mom, "I need for you to talk to Ashley about that." And when I got fired as the person everyone came to, it got real lonely. But I got really sick of that role. In treatment, we did this exercise where I carried a tray of glasses filled with water, learning to balance it with one hand so I could do other things, and it took a whole two weeks before someone finally came up to me and said, "You don't have to carry that anymore, you know?" No, I didn't know. But I learned my lesson.

RLM: Okay, so when did you start Brain State?

WYNONNA: In May of 2008 on my birthday. I came here with my mom. It was a gift to me for my birthday, quite a great gift. I walked in here wanting to be the student, and yet wanted to really do it right, be smart, be savvy, be a champion. And the whole time we were here, Lee Gerdes kept saying that it was about not driving and not controlling. He told me to just let go, which is not something I'm good at—letting go and letting God—because

I'm recovering from perfectionism, which they say is the highest form of abuse. And I came in here really wanting to do it right, wanting to be the teacher's pet, wanting to raise my hand and figure out the answers. And here I am, realizing that I don't have to write things down and get the answers right. Are you kidding? You mean I don't have to do anything? I don't have to be smart or be successful or be perfect? I can just sit here and let my brain get balanced? Is that possible? It's too easy. I mean, what a concept! For the first time, I don't have to be smart, beautiful, talented, funny, charming. I can just show up and wait for God to walk through the room.

RLM: How long was your first session of treatments here?

WYNONNA: Ten sessions, two a day. We did an intensive, because of our schedules. I wanted the birthday surprise, and bulldog that I am, I wouldn't leave until the miracle happened—

RLM: So when did it happen?

WYNONNA: I felt some subtle things and some shifts right away, but it wasn't until later, a week or two, that I started seeing changes. There were validations along the way—people have said, "Something's going on with you" or my mom says I didn't interrupt her this time or Lee says he's never seen my eyes look so clear. You get these validations and you smile and go "I didn't have to take a pill, I didn't have to get all the answers right, I didn't have to list all the things I did today!" And it's been pretty incredible. And my family said that my tone was softer and that I mirrored them without giving them advice. That's huge! It's huger than huge! I should win a Nobel Prize for that!

RLM: Has Brain State Conditioning affected your music—or you professionally—in any way?

WYNONNA: In all aspects.

RLM: How so?

WYNONNA: Are you ready? Okay. I'll give you an example of a recent experience that was huge for me. I've spent a lot of my career putting on the brakes to try to slow things down, because I tend to go at 100 miles an hour. So I had a real problem with being late, procrastination is huge for me. I have battled performer's anxiety—PTSD—the fear of being eighteen and having to show up and sing in front of 50,000 people, feeling afraid and terrified of failing or whatever. I remember my first time on stage, in front of 10,000 people. The curtain was going up, and I looked at my mother and said, "I wanna go home"—sort of, "how



could you do this to me?" And I see 10,000 people and the term "fight or flight" comes to mind, where I was just terrified. I've spent a lot of my career in that mode, wanting to show up and sing the music but feeling that the cost was too great.

And here we are at the Grand Ole Opry in Nashville, a couple of weeks ago. I showed up early, prepared, calm, and open to talking to people, which has never happened. Usually when I hit that bus door, I go straight from A to B, point B being stage. Everything from point A to point B, I am not fully present for. I don't hear people, I can't concentrate, I can't engage with anyone. I don't hear them. It's just that anxiety takes over me, and I make a bee-line for that stage, and once I'm on stage I'm great, you know, and I have a great experience, and then I go right back to my bus, then I go into a little bit of post-holiday depression. Crash-and-burn, I call it. And this time, at the Opry, I was ready before they came to get me. Usually they're standing at the bus waiting, and saying, you know, "We need to go." And I'm able to walk through all those people and be fully present and live consciously and still have enough energy to be on stage and do my show—all without medication, or going into my pre-show ritual of chanting affirmations, putting on the armor and leaning forward like I'm a linebacker, going into the Super Bowl. I'm telling you, that doesn't happen. That's huger than huge. I thought, "Oh, my gosh, this is profound."

RLM: Have you noticed other changes?

WYNONNA: I've spent a lot of my life with my brakes on—everything is too much too fast too soon, and I wanna go home. Years ago, someone said to me, "Did you know you're an introvert?" And I said, "I'm a comedian, come on! I'm the funniest gal alive!" I've been so taught to be an entertainer that I didn't realize that there was that part of me that craved to be



alone. That's why I isolate. So Brain State was kind of the cart before the horse. It actually planted this beautiful idea that I can be both people at the same time. I can be introverted and extraverted in the same environment. I don't have to fight and battle my way through. I'm now able to show up in the studio without sitting in the car for ten minutes trying to get up enough courage to come in. And it's pretty organic—I'm now off all medications.

All my life I've heard, "Be the change you want to see in the world"—and I've got all the books, I've got all the bumper stickers, I've got all the T-shirts. I've read the books, and in my mind I'm really smart and I know way too much. And yet I didn't apply it. People would say, "You're smarter than you act." What does that mean? I've spent so much of my adult life in adolescence because I just craved playing and enjoying my success, and I wasn't able to. When I went on Oprah, I got 700,000 emails from people saying "I had no idea that you were in this much pain!" Yet I've battled depression as long as I can remember.

Brain State is the final frontier, is my final sort of resting place, if you will. I noticed right away that I was making different choices. I tend to be in morbid reflection, to live in the past. I can go to the Judd Library and see what I was like when I was twelve—we have the biographies, the shows, the hairstyles and I lived in that past—or I could contemplate the future because we're planners—but I didn't know how to live in the present. And I notice now that I can actually engage and be in the present without multi-tasking, looking at my clock, thinking about tomorrow, without my static brain being full of fifty thoughts in three seconds. I've been waiting for someone to give me permission to live.

And I stopped playing the little game I play with myself called "Borrowing from Peter to pay Paul." I usually say yes to everybody. Ask my manager. She's like, "Wynonna, I don't know that it's necessary to do a hundred ben-

efits this year." But I say yes because I love the light-up on the face, I feel I can't give back enough. I'd book two and three things at the same time and then I'd end up making people mad. Now, I say, "Wait a minute, I don't know if I can."

Also, as a mom, I just don't feel the need to overtake and control my children like I did, but I would tend to drive them the way my mother drove me when we were on a bus for ten years, whether it's their hair or their clothes or their friends. Since Brain State, I actually don't need to do as much. It's huge and it's breaking the cycle.

RLM: You've been battling your weight issue and contemplated gastric bypass surgery.

WYNONNA: Yes, I was desperate. I've been suffering in silence until the Oprah shows a couple of years ago. That opened up a whole new door to Wynonna's journey, and people were living vicariously through me and watching me so they don't have to look at their stuff. I feel like I have a key to the door now, a key I didn't have before.

Since Brain State, I don't crave sugar like I did. I use sugar for two things—when I'm hungry and when I'm not. Not anymore. Usually, I have to have my mini-bar ejected, and I didn't this time. That's huge. I haven't ordered dessert with my meals. That's huuuuuge. I'm not so consumed by it like the heroin addict is.

RLM: Are you in a 12-Step program right now?

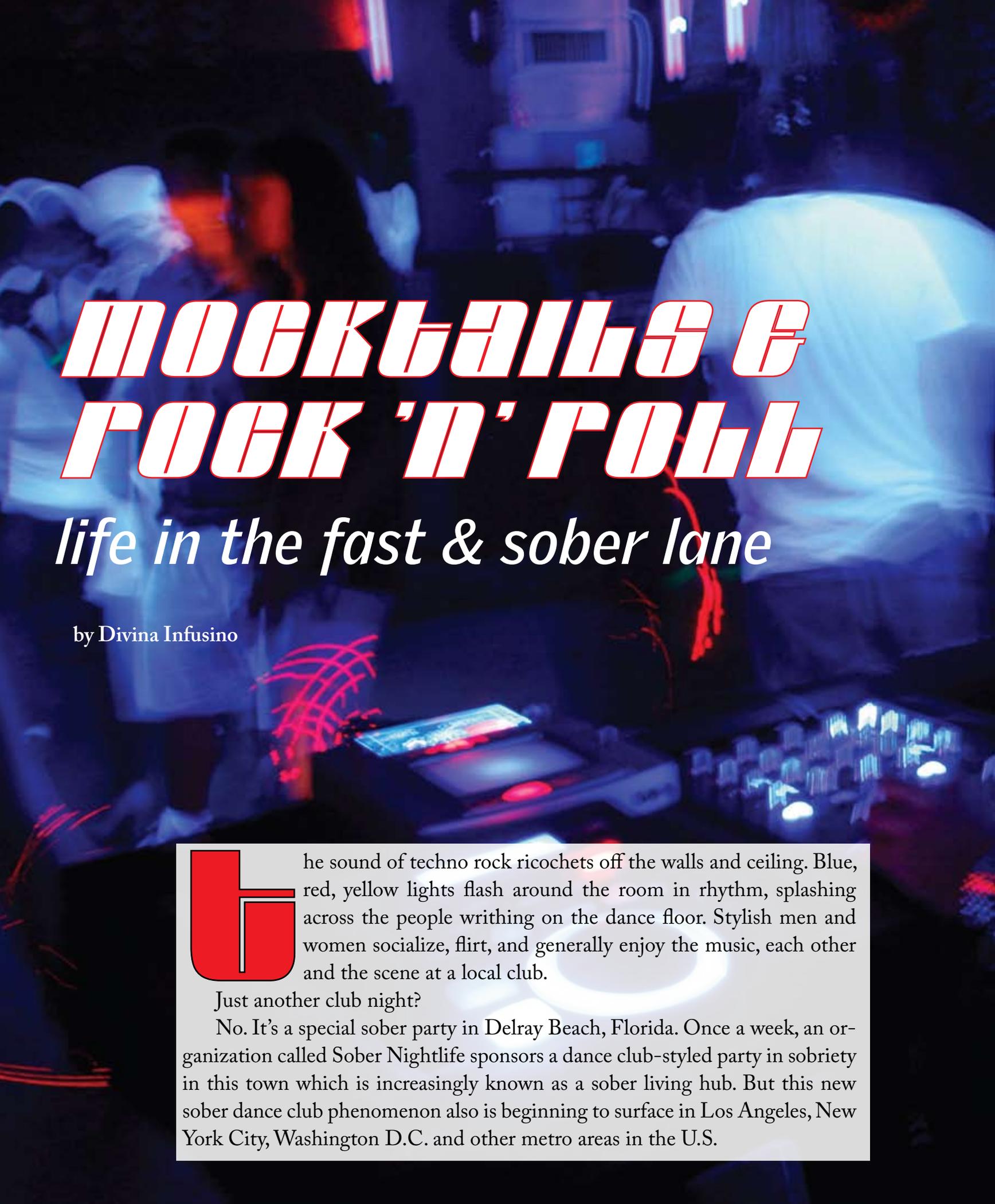
WYNONNA: I would say I'm in a process. One of the traditions of

12-Steps programs is not to broadcast it. No media, no radio. But talking to you as a friend, I could share my story. Food and money continue to be part of my journey. They're interchangeable; they're one and the same. I've lived that typical American life—"Make a lot, spend a lot, make a lot, spend a lot"—it's the debtor/spender thing. Now the word I just keep hearing is "balance, balance, balance."

About the money, I still remember the day my people came to see me and said, "You continue to do this and you'll end up like that other guy from Memphis, Tennessee—the guy named Elvis." It was time. And with the food, I've caught myself saying, "I'm hungry, I haven't eaten," when I just ate an hour ago. I was in such denial, I didn't realize what I was doing. I wasn't living consciously.

Bottom line is Brain State has allowed me to live consciously. What is that line? "Everything's not okay but I'm okay with everything." I went from zero to sixty in three seconds. And now I can gear up and gear down. Before, between zero to sixty, there was no in-between. Now I'm learning to live in the in-between, in the balance. That's just not the Judd way! But I like living consciously in-between zero and sixty. Brain State has taught me, "Just in case you're wondering, there is a Higher Power, and you're not it." But, hey, other than that, there's not a whole lot going on. ■





MOCKTAILS & ROCK 'N' ROLL

life in the fast & sober lane

by Divina Infusino

Lhe sound of techno rock ricochets off the walls and ceiling. Blue, red, yellow lights flash around the room in rhythm, splashing across the people writhing on the dance floor. Stylish men and women socialize, flirt, and generally enjoy the music, each other and the scene at a local club.

Just another club night?

No. It's a special sober party in Delray Beach, Florida. Once a week, an organization called Sober Nightlife sponsors a dance club-styled party in sobriety in this town which is increasingly known as a sober living hub. But this new sober dance club phenomenon also is beginning to surface in Los Angeles, New York City, Washington D.C. and other metro areas in the U.S.



Jonah Yolman



Sober Nightlife



Sober College



Madeleine Farfan, Rick Macrory & Brian Brekke



Dr. Gabrielle Pelici & Brian Brekke

Night & the City

Sober Nightlife and its site, sobernightlife.com, collaborate with different clubs and lounges to create events catering to the sober community. Sober Nightlife hosts regular club gatherings in various cities in Florida, West Palm Beach, and Miami and a themed party once a month that draws three to four hundred people of varying ages. Moreover, Sober Nightlife's founder Jonah Yolman has created a licensing deal so similar events can occur successfully throughout the U.S.

"We create a way for people to have fun without substances," Yolman says. "There was no entertainment scene for sober people. The 12-Step programs have been sponsoring social events for years. Usually they happen in one big empty room with a disco light, and they are not a lot of fun. People would walk in and walk out right away. We take over a regular club for the night. The event has all the atmosphere and excitement of any dance club, but we create a safe and sober environment."

Sober club events, with the alcohol wiped from the premises and replaced with energy drinks and non-alcoholic beverages, are just one part of a trend that rapidly is gaining ground in the recovery community.

Sober travel, sober cruises, sober music festivals, sober myspace-styled sites, sober radio shows, sober recreational and career-related programs—even sober celebrity events—are growing in number, putting the emphasis on "yes" to life's possibilities and human potential rather than only "no" to substances. In many ways, the new sober leisure activities deliberately and consciously create an environment and communication network that substitutes community as a means of feeling good and embracing life rather than relying on drugs or alcohol.

This philosophy underpins Sober College, a residential center aimed at young adults from the ages of 17-26 that addresses not only the classic 12-Step program, but life skills such as emotional growth, physical fitness and career. Addressing the whole person and encouraging participants to make improvements in all areas of life drastically increases the ability to stay sober, says Brian Brekke, the president of Sober College, located in Woodland Hills, CA, a suburb of Los Angeles.

"Our program is about giving opportunities rather than simply restricting behavior," Brekke says. "Being in drug and alcohol recovery means that you cannot consume or use anymore. But you can still be whatever you want and do anything you always wanted to do. We help people achieve their goals."

Per the name, Sober College places a huge premium on education. Its signature courses are college level, but specifically related to recovery and therapeutic areas. Sober College offers an English course where students write their autobiographies. "This helps students with their therapeutic recovery but at the same time moves them forward in life because they are earning college credit," says Brekke.

But Sober College also hosts large community events, as many as seventy a year, including performance arts and rock 'n' roll shows, athletic and sports activities.

"We find someone's passion and design a program around it," Brekke says. "We truly believe in thinking outside the box, being part of society and teaching new fun behaviors. Because if getting sober isn't fun, who wants to do that?"

coming unglued

surviving an addict

by Kim Weiss



If I had to write something tonight
it would only be to help me fall asleep
to quell the demon in my stomach
The **demon** in my **stomach**
is **you**



I swallowed you whole
and when the **toxins**
of your existence
began to **poison me**

I refused to spit you out
I've lived with your poison
inside me as if it was my destiny
to quake with shivers that shake me from sleep
to live with permanent indigestion

I don't hate you

I rather convinced myself that I love you
and even in your extended absence

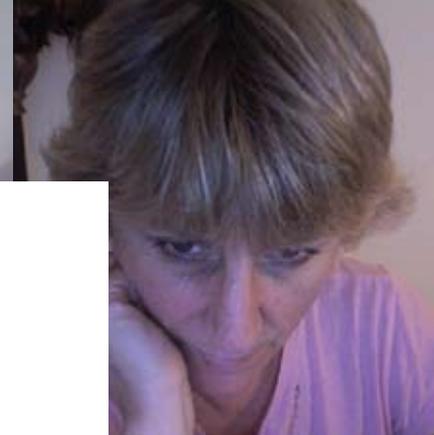
I have protected you

in **my belly**

as a **pregnant woman**
shields her infant-filled bump



Tonight while I experience again
the withdrawal
of no contact with you
as you binge your way
into your self-centered numbness
your false sense of confidence



I finally wonder
what the hell I am doing
in a ridiculously pathetic state
of nerves, anger and sadness
(that I pretend I didn't choose)

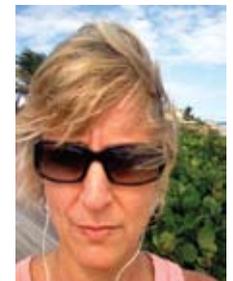
Heal yourself

without running back for a hug
sucking on my light
stealing my vitality



Leave me

to heal the hole in my heart
that I helped you drill



It's a big **shiny moon** outside
and it occurs to me
i **imagined** you
as **more**
than you imagined for yourself

How great would it be if your soul mate were also in recovery?



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