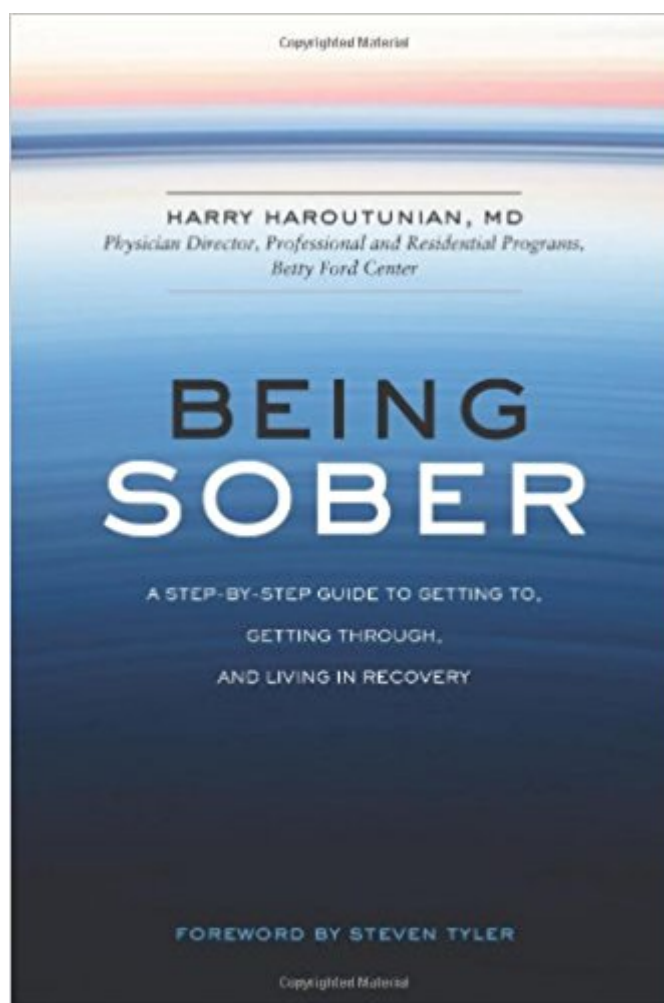


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# Being Sober: A Step-by-Step Guide To Getting To, Getting Through, And Living In Recovery



## Synopsis

**\*\*As Featured on The Dr. Oz Show in Special Addiction Episode with Steven Tyler\*\***The disease of addiction affects 1 out of 10 people in the United States, and is a devastatingâ often, fatalâ illness. Now, from the physician director of the renowned Betty Ford Center, comes a step-by-step plan with a realistic "one-day-at-a-time" approach to a disease that so often seems insurmountable. With a focus on reclaiming the power that comes from a life free of dependency, *Being Sober* walks readers through the many phases of addiction and recovery without judgment or the overly "cultish" language of traditional 12-step plans. It also addresses the latest face of this disease: the "highly functioning" addict, or someone who is still able to achieve personal and professional success even as they battle a drug or alcohol problem. Dr. Haroutunian tackles this provocative issue head-on, offering new insight into why you don't have to "bottom out" to get help. Dr. Haroutunian is himself a recovering alcoholic and knows firsthand the challenges of sobriety. His background and expertise in the field of alcohol and drug treatment give him a powerful edge and perspective that is unparalleled in his field. Using clear, straightforward language, *Being Sober* offers a proven path toward an emotional sobriety and a rewarding new life based on gratitude, dignity, and self-respect. Including a Foreword written by Steven Tyler.

## Book Information

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Average Customer Review: 4.6 out of 5 stars 91 customer reviews

Best Sellers Rank: #126,101 in Books (See Top 100 in Books) #142 in Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #217 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #414 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

## Customer Reviews

â œBEING SOBER: A Step-by-Step Guide to Getting To, Getting Through, and Living in Recovery by Harry Haroutunian. The physician director of professional and residential programs at the Betty

Ford Center shares his accumulated wisdom to help people deal with drug and alcohol abuse. The book includes a foreword by Steven Tyler, and the trade paper edition was released in September. • Publisher's Weekly

Harry Haroutunian, MD, is the physician director of the Betty Ford Center and has overseen its extended care, professional, and clinical evaluation programs for the past six years. He is board certified in both addiction and family medicine and is an internationally known speaker and authority on addiction. He lives in Rancho Mirage, CA.

I saw Steven Tyler from Aerosmith on Dr Oz and decided to watch the interview. They talked about his struggle for sobriety. They brought out the Dr that heads to Betty Ford clinic who is struggles with alcoholism. He wrote the book and since my son is suffering (along with his family) with heroin addiction and backed out twice going into rehab, I thought it couldn't hurt. I didn't read the book but I sent it to him in co jail. He called a day after he received it and started reading the forward written by Tyler. "Thanks Mom, I really get it now". He is now in a 90 day rehab program and has about 90 day of sobriety under his belt. I recommend this book for parents that are despite to get their kids off drugs.

I purchased this book because Steven Tyler of Aerosmith, wrote the forward in the book and Dr. Harry Haroutunian is the doctor that helps to keep him clean and sober. It is a good read for anyone suffering from addiction, depression and a few other areas. Harry is a great guy.

A great little book. Takes the 12 steps and makes them so simple that even a child could understand it. A must read for beginners in recovery.

If you're worried about your drinking, or you're worried about a loved one's drinking, Dr. Haroutunian's book will give you a pretty good overview of the AA fellowship. His explanation of the physiology involving dopamine is helpful as well. As a recovering alcoholic myself, I now know the value of reading info from other recovering alcoholics. Non-alcoholics just don't get us. Dr. Haroutunian meets that criteria.

I work at rehab and this book is very informative for me. I am enjoying hearing what he has to say. It was also recommended by Steven Tyler.

There are so many excellent reviews that I can hardly add to them. This book has been an EXCELLENT resource for me to understand the dark world of alcoholism as I try to help a loved-one continue to remain sober and recover. We read it together and it has brought new insight that I would not have gained otherwise.

Great information

I purchased this book for my brother who is incarcerated and has been sober for some time now. My brother was addicted to crystal methamphetamine and heroin and thought he could benefit from the book. I found out recently that it's perhaps the best book his yet to read and stated he will treasure the book forever! Thank you!

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