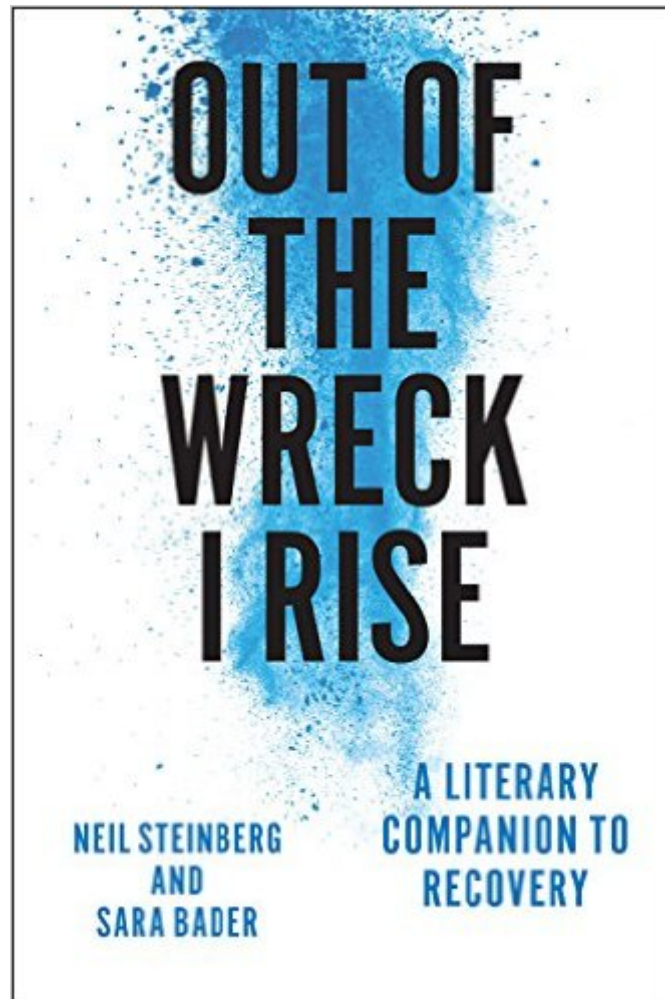


The book was found

Out Of The Wreck I Rise: A Literary Companion To Recovery



Synopsis

“There’s still time to change things.” —Siri Hustvedt, *The Blazing World*

Addiction is easy to fall into and hard to escape. It destroys the lives of individuals, and has a devastating cost to society. The National Institute of Health estimates seventeen million adults in the United States are alcoholics or have a serious problem with alcohol. This scourge affects not only those who drink or use drugs but also their families and friends, who witness the horror of addiction. Both the afflicted and those who love them are often baffled by what is happening, never mind what to do about it.

With Out of the Wreck I Rise, Neil Steinberg and Sara Bader have created a resource like no other—one that harnesses the power of literature, poetry, and creativity to illuminate what alcoholism and addiction are all about, while forging change, deepening understanding, and even saving lives. Structured to follow the arduous steps to sobriety, the book marshals the wisdom of centuries and explores essential topics, including the importance of time, navigating family and friends, Alcoholics Anonymous, relapse, and what Raymond Carver calls “gravy,” the reward that is recovery. Each chapter begins with advice and commentary followed by a wealth of quotes to inspire and heal. The result is a mosaic of observations and encouragement that draws on writers and artists spanning thousands of years—from Seneca to David Foster Wallace, William Shakespeare to Patti Smith. The ruminations of notorious drinkers like John Cheever, Charles Bukowski, and Ernest Hemingway shed light on the difficult process of becoming sober and remind the reader that while the literary alcoholic is often romanticized, recovery is the true path of the hero. Along with traditional routes to recovery—Alcoholics Anonymous, out-patient therapy, and intensive rehabilitation programs—this literary companion offers valuable support and inspiration to anyone seeking to fight their addiction or to a struggling loved one.

Book Information

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Dieting > Addiction & Recovery > Twelve-Step Programs #52 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #59 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

Customer Reviews

I found this important book to be a Bible for those who have been suffering with their addictions, and searching for a final relief and eventual recovery. It is helpful to have the chapters follow the familiar steps to sobriety, as well as to have included other essential topics, like AA. --- its perfect companion. After reading the first chapter, I soon felt less alone, since many well known writers and poets, who struggled with their own addictions, share their powerful words of wisdom. Their quotes, which are carefully researched by Sara Bader and Neil Steinberg, are a Godsend! I found myself wanting to memorize them so I could read them aloud at the moment of need! Then again, I can keep this book nearby as I would a good friend!

This book is beautiful and inspiring and helpful. While it focuses on our relationship with alcohol, it is really for everyone, even if you are not struggling with booze. If you think about it everyone is in recovery from SOMETHING. Alcohol, gambling, shopping, food, iphone,...If you are working on overcoming something, on being a better human, this is a great source of daily meditation!! am awed by the amount of work and research and heart and thoughtfulness that went into this, and that service is such a gift to many, many people, myself included. Thanks for doing this Neil and Sara!

Anything by Neil Steinberg is worth reading, including his daily blog and columns in the Chicago Sun-Times. This compilation of literary references to recovery is inspired and comprehensive. You can skim it for fun, or read from front to back -- it's perfect for the easily distracted. Congrats to Neil for harnessing his own demons and putting his personal experiences out there for the benefit of others.

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