

# Contents

---

Dedication .....	v
Acknowledgments .....	ix
Introduction .....	xi
<b>Section I: Recovery</b>	
Chapter One: The Recovery Movement .....	1
Chapter Two: Recovery .....	11
Chapter Three: The Process .....	23
Chapter Four: Your Story and Mine .....	35
<b>Section II: Relapse</b>	
Chapter Five: Recycling: The Relapse Process .....	45
Chapter Six: Common Recycling Situations .....	51
Chapter Seven: Getting Through the Cycle .....	65
<b>Section III: History and Current Events</b>	
Chapter Eight: Coming to Terms with Family of Origin .....	79
Chapter Nine: Breaking Free .....	93
Chapter Ten: Breaking Through the Shame Barrier .....	101
Chapter Eleven: From Deprived to Deserving .....	113
Chapter Twelve: Affirm Yourself .....	125
<b>Section IV: Relationships</b>	
Chapter Thirteen: Improving Our Relationships .....	141
Chapter Fourteen: Overcoming Fatal Attractions .....	151
Chapter Fifteen: Boundaries .....	165
Chapter Sixteen: Intimacy .....	181
Chapter Seventeen: Negotiating Conflicts .....	191
Chapter Eighteen: Dealing with Fear of Commitment .....	209
Chapter Nineteen: Sharing Recovery with Our Children .....	223
<b>Section V: Going Forward</b>	
Chapter Twenty: Working One (Or More) Programs .....	233
Chapter Twenty-One: Letting the Good Stuff Happen .....	239
<b>Epilogue</b> .....	247
<b>Bibliography</b> .....	249