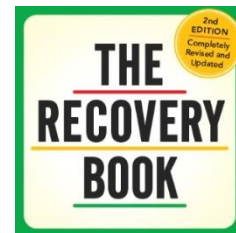
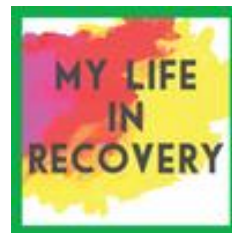


My Life in Recovery Seminars & Workshops 2019 Catalog



Presented by Al J. Mooney, M.D., and Catherine Dold, My Life in Recovery LLC

Recovery is about so much more than just getting sober. For many people, recovery means learning how to *stay* sober, while also repairing relationships, restoring health, and picking up the pieces of a career. It can all be overwhelming when you're newly sober and just trying to get through one day at a time.

My Life in Recovery is a 12-session continuing care workbook that guides readers through developing a complete, personalized plan for staying sober, avoiding relapse, and living in recovery. It is used in conjunction with *The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety*, the award-winning “Bible of recovery” by Al J. Mooney, M.D., Catherine Dold, and Howard Eisenberg.

My Life in Recovery includes reading assignments in *The Recovery Book*, homework questions, discussion topics, journaling prompts, and personal exercises. Using the workbook, participants learn about addiction and recovery, how the Recovery Zone System can help them build a strong recovery and avoid relapse, and how they can truly thrive in sobriety. Over the 12 sessions, each participant builds their own personalized and detailed My Life in Recovery Plan – a continuing care plan for life.

Dr. Mooney and Catherine Dold offer a variety of seminars and workshops, both online and in-person, to introduce people to *My Life in Recovery* and *The Recovery Book* and help them learn how to make the best use of the books and the Recovery Zone System. Most programs can be customized to meet the needs of your program or group.

- A. Introductory Webinar
- B. Book Study Groups
- C. In-Person Seminars and Workshops
- D. Video Seminars and Workshops (Live)
- E. Training for Counselors and Others
- F. Customized Events

For details on fees and registration info, or to inquire about bulk discounts on book orders, contact mylifeinrecovery2@gmail.com.

Learn more about The Recovery Zone System, the *My Life in Recovery* continuing care workbook, and *The Recovery Book* at MyLifeinRecovery.com

A. Introductory Webinar

A1. Introduction to My Life in Recovery & The Recovery Zone System

Open Video Meeting (Free)

Al J. Mooney, M.D. and Catherine Dold regularly host one-hour evening webinars introducing viewers to the *My Life in Recovery* continuing care workbook and the Recovery Zone System. These meetings help addiction professionals as well as people in recovery become familiar with the materials and learn how they can use them to help their own groups build a strong recovery. The webinar begins with a presentation by Dr. Mooney, then opens up to questions. Registered attendees get a \$2 discount code for the *My Life in Recovery* workbook.

***Please note:** All My Life in Recovery resource materials (handouts, images, blog posts, wristbands, etc.) found on our websites and social media outlets are copyrighted and must be used as is. No alterations or edits are permitted. Book study group leaders, counselors, coaches, and sponsors may make photocopies of **non-book** materials for distribution to their attendees. Unless otherwise specified, these materials may not be posted on websites or distributed to large groups either in print or electronic form.* 9-9-19

Learn more about The Recovery Zone System, the *My Life in Recovery* continuing care workbook, and *The Recovery Book* at MyLifeinRecovery.com

B. Book Study Groups

B1. My Life in Recovery – Book Study Group I – Informal (Free)

We encourage local groups of people in recovery, as well as recovery coaches, counselors, sponsors, and others to host their own Book Study Groups using *My Life in Recovery* and *The Recovery Book*.

The *My Life in Recovery* workbook includes instructions for running a book group, including a guide to using the book's various elements (page iii) and a sample leader script and class timeline (page 113).

B2. My Life in Recovery – Book Study Group II – Registered (Free)

Registered Book Study Groups receive:

- A set of pre-written homework/class reminder emails to send to your group each week
- A discount code for \$2 off the *My Life in Recovery* workbook
- Access to the private *My Life in Recovery* Facebook group, where you can chat with authors Al J. Mooney, M.D., and Catherine Dold, and other people in recovery

B3. My Life in Recovery – Book Study Group III – Enhanced (\$)

Enhanced Book Study Groups receive:

- All of the benefits of Registered Book Study groups
- *Plus*, two live, one-hour video meetings with Al J. Mooney, M.D., for your group members. These meetings are typically held after Session 3 and Session 8, after participants have spent some time with the material and have questions they'd like to ask of Dr. Mooney.

Learn more about The Recovery Zone System, the *My Life in Recovery* continuing care workbook, and *The Recovery Book* at MyLifeinRecovery.com

C. In-Person Seminars and Workshops

C1. My Life in Recovery / The Recovery Zone System

Half-day or Evening Seminar (\$)

This seminar gives attendees an in-depth review of the Recovery Zone System, based on the *My Life in Recovery* continuing care workbook and *The Recovery Book*. It also covers how to use *My Life in Recovery* with counseling and coaching clients, sponsees, book study groups, peer recovery groups, and others, and includes time for questions. Presented by Al J. Mooney, M.D.

C2. My Life in Recovery / The Recovery Zone System

1-2 Day Workshop (\$)

A more intensive program, this workshop gives attendees an in-depth and hands-on introduction to the Recovery Zone System, based on the *My Life in Recovery* continuing care workbook and *The Recovery Book*. It includes a presentation on the Recovery Zone System as well as breakout group discussions, case study explorations, and role-playing exercises. It also covers how to use *My Life in Recovery* with counseling and coaching clients, sponsees, book study groups, peer recovery groups, and others. Led by Al J. Mooney, M.D.

C3. Addiction and Recovery Today

Half-day or Evening Seminar (\$)

This seminar provides an overview of addiction and recovery: the current status of addiction in the U.S. and elsewhere, why addiction is truly a brain disease and how healing the brain is an integral part of recovery, treatment options, the principles of sober living, how to support a loved one, and how family members and friends can help themselves. It also introduces the Recovery Zone System, the *My Life in Recovery* continuing care program, and *The Recovery Book*. Presented by Al J. Mooney, M.D.

Learn more about The Recovery Zone System, the *My Life in Recovery* continuing care workbook, and *The Recovery Book* at MyLifeinRecovery.com

D. Video Seminars and Workshops (Live)

D1. My Life in Recovery / The Recovery Zone System

Half-day or Evening Seminar (\$)

This seminar gives attendees an in-depth review of the Recovery Zone System, based on the *My Life in Recovery* continuing care workbook and *The Recovery Book*. It also covers how to use *My Life in Recovery* with counseling and coaching clients, sponsees, book study groups, peer recovery groups, and others, and includes time for questions. Presented by Al J. Mooney, M.D.

D2. My Life in Recovery / The Recovery Zone System

12-Session Workshop (\$)

Al J. Mooney, M.D., and Catherine Dold lead live video workshops that follow the 12 sessions of the *My Life in Recovery* continuing care workbook. The groups are limited in size and can be tailored for specific audiences, such as teenagers, airline pilots, medical professionals, drug court participants, and others.

Learn more about The Recovery Zone System, the *My Life in Recovery* continuing care workbook, and *The Recovery Book* at MyLifeinRecovery.com

E. Training for Counselors and Others

E1. My Life in Recovery / The Recovery Zone System Training Workshop (\$)

This workshop introduces counselors and others to the Recovery Zone System and the *My Life in Recovery* continuing care workbook and trains them in how to use it with their own groups of people in recovery. The workshop can be conducted via live video or in person, and can be customized to meet the specific needs and interests of your organization.

F. Customized Seminars and Workshops

F1. My Life in Recovery / The Recovery Zone System Customized Events (\$)

The My Life in Recovery / Recovery Zone System seminars and workshops can be customized to meet the needs of any group. We can customize the format (a shorter series of video meetings, on-site weekend workshops, etc.) as well as the content (focusing on teenagers, women, airline pilots, medical professionals, and other groups).

Learn more about The Recovery Zone System, the *My Life in Recovery* continuing care workbook, and *The Recovery Book* at MyLifeinRecovery.com