



Rewired: A Bold New Approach To Addiction and Recovery

By Erica Spiegelman

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A REVOLUTIONARY NEW APPROACH TO ADDICTION RECOVERY FROM AN ADDICTION EXPERT

Rewired is a new, breakthrough approach to fighting addiction and self-damaging behavior by acknowledging our personal power to bring ourselves back from the brink. Centered on the concept of self-actualization, *Rewired* will guide you towards not only physical sobriety, but a mental, emotional, and spiritual sobriety by learning to identify key principles within yourself, including authenticity, honesty, gratitude, and understanding a need for solitude.

Rewired addresses the whole self; just as addiction affects every part of one's life, so too must its treatment. By helping us to build a healthy space to support our own recovery, we can rewrite the negative behaviors that result in addiction. Usable in conjunction with or in place of 12-step programs, *Rewired* allows for a more holistic approach, helping to create a personalized treatment plan that is right for you.

Each section in *Rewired* includes:

- Personal anecdotes from the author's own struggles with alcoholism and addiction
- Inspiring true success stories of patients overcoming their addictions
- Questions to engage you into finding what is missing from your recovery
- Positive affirmations and intentions to guide and motivate

With all the variables, both physical and emotional, that play into overcoming addiction, *Rewired* enables us to stay strong and positive as we progress on the path to recovery. *Rewired* teaches patience and compassion, the two cornerstones of a new, humanist approach to curing addiction. Remember, addicts are not broken people that need to be fixed—they just have a few crossed wires.

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Editorial Review

Review

“Recovery requires a 180 degree shift in how you think about yourself, your relationships, and your problems. *Rewired* helps you develop a useful and practical perspective on what you can do to recover from [addiction]. I highly recommend this book.” —**Allen Berger, Ph.D.**, author of *12 Stupid Things That Mess Up Recovery*, *12 Smart Things to Do When the Booze and Drugs Are Gone*, and *12 Hidden Rewards of Making Amends*

“There are few people who truly understand the disease of addiction and the attainability of recovery as well as Erica Spiegelman. *Rewired* is a must read for anyone seeking the essential internal tools to make recovery a reality.” —**Robert L. Shapiro**, Attorney and Chairman, The Brent Shapiro Foundation for Alcohol and Drug Awareness

“Erica has a true gift of taking her clients to the next level so they can have the success they much deserve.” —**Ross Remien**, Director and Founder, Living Rebos Outpatient/Sober Livings

“*Rewired* provides the principles and actions to cultivate and re-enforce a healthy self. It offers the tools to plot a path and to proceed step-by-step toward maintaining positive change. [...] Erica Spiegelman has a strong and steady voice that is certain to inspire those troubled by addiction to feel confident in the path toward recovery...” —**Gayle Byock, MA/MFT**

“[Erica’s] approach is forward thinking and innovative while maintaining a down to earth, intuitive wisdom.” —**Amy Reichenbach, Psy.D.**, Licensed Psychologist

“Erica explains how to use what we already have or can attain to navigate not just addiction but all the challenges of life...One of the best recovery books I've ever read.” —**Pat O'Brien**, radio host, TV anchor, and author of *I'll Be Back Right After This*

About the Author

Erica Spiegelman is an Addiction Specialist, Counselor, Author and Speaker who has made an indelible mark in the field of addiction recovery. She has founded a multi-media health and wellness platform, providing consulting and counseling solutions for clients by providing them with tools on how to reach emotional, mental and physical freedom. She holds a Bachelors degree in Literature from the University of Arizona and a degree as a California State Certified Drug and Alcohol Counselor (CADAC-II) from University of California, Los Angeles. Erica works with several treatment centers in California, including Living Rebos Treatment Center, Klean Treatment Center, Beit T'Shuvah and Passages Malibu. She is a regular contributor to online health outlets, TV news shows, writes for Maria Shriver, and often co-hosts a weekly radio show Klean Radio on Sirius XM.

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Regardless of where you fall on the spectrum, you will learn to form healthy habits and routines, develop coping strategies, let go of stagnant, negative relationships, open up to new passions and life purposes, embrace the love that surrounds you, and experience sober life as something to celebrate, not just endure. You will learn to self-sooth in the face of all of life’s obstacles, relying on your own inner strength and fortitude rather than on a substance, person, or damaging behavior. You will learn to ground yourself in the

present moment, which is forever a source of sanity and reliability.

Each chapter in this book contains a story from my own life of addiction, as well as a case study from my practice involving one of these core principles. Using the combination of these two elements, I hope to offer an experience of identification and connection beyond the clinical. Identifying with others and their recovery experience is vital to moving out of isolation and into action. You may not see or hear yourself in every personal story, but you will surely find one or two behaviors or emotions that you can relate to. Try to find common ground in these tales, rather than dwelling on specifics that don't match. Ask yourself, if you exchanged the addiction and perhaps the order of events, would you not recognize yourself just a tiny bit?

To aid in the exploration process, each chapter comes with a brief set of questions at the end. These are designed to help deepen your understanding of the principles and personalize them for use in your own recovery. What is the point of understanding something intellectually if you can't understand it in terms of your own everyday, tactile experience? Answering these questions is also a good way to develop the habit of journaling. Journaling is like turning a spotlight on the unconscious. It brings to the surface many ideas, feelings, dreams, and regrets that we often didn't know existed. It's a type of archaeology in which we seek to uncover our authentic selves. Even if you hate writing, give it a shot; you can even jot down your thoughts in bullet points, if you prefer. However you do it, journaling shows a commitment to this process and to your long-term recovery.

To use this book to its full advantage, you will need to set aside time each day to read, write, and digest the concepts as you go along. This "me" time is non-negotiable. It is the chrysalis every addict needs in order to become a sober butterfly. You must fight for this time and space, even if it's just 10 minutes a day. It is the beginning of the authentic, healthy, happy, and whole new you.

Rewired is not just a self-help book. It is also somewhat of an autobiography. My path to a life of sobriety and authenticity began many years ago, when I was just 25. I was floundering in the deadly waters of alcohol addiction. I found myself spiritless, dangerously close to drowning in a sea of loneliness, desperation and depression. Addiction had deprived me of my interests, my dreams, and my desire to grow. It had stolen the very essence of my being. Instead of friends and lovers, wine had become my constant companion. Drinking made me feel safe and at ease; it helped me to function. I remember being up in bed at night, asking myself, "What happened to me? Where have I gone? What is this empty life I'm living?"

Things had reached the point where I couldn't hold a conversation without getting shaky inside. I could no longer envision a future without alcohol in the picture. I imagined my wedding day; my handsome, charming groom before me, all my friends and relatives watching. Then came the dreaded moment... *How would he ever get the ring on my finger without my hand shaking?* Everyone would see. Everyone would know I had a problem. But it went deeper than keeping up outward appearances. I wondered, for example, how I would ever be able to get through nine months of a pregnancy without drinking. I stayed up many nights, driven to despair by these thoughts. I realized that I had to either take charge of my life, or face a continuing downward spiral where the only outcome was death.

After months of soul searching, I decided to create my own recovery plan. Somehow I knew that the answers I was seeking were inside me. After all, I could remember a time when things had been different: even though I now felt lost, I could still hear a small, persistent voice inside that insisted on healing. I began writing down the basic core values and principles that I had abandoned while intoxicated. The plan was simple, yet comprehensive. It was based on cultivating a healthy mind, body, and spirit, and as I began to follow it each day, I sensed I was recovering on all levels. I found myself living on a new plane of consciousness. It felt miraculous and exciting, and I wanted nothing more than to share my discoveries with

others. This led to the desire to become a counselor, and although I had already graduated with a degree in literature, I now sought out certification from UCLA as a California State Certified Drug and Alcohol Counselor.

Today, I use my experience to motivate and inspire clients from all walks of life at one of the most innovative and renowned drug and alcohol treatment centers in the world. I also work as a consultant, public speaker, and author. I lead workshops, appear as a guest on radio and television shows, and contribute to a variety of blogs and websites, all of which I do with a deep appreciation for my sobriety. I do not take my second chance at life for granted; it is a gift for which I show gratitude on a daily basis.

I have worked with hundreds of students, businessmen and businesswomen, married folks, single folks, retired folks, and many other types of people, all with varying degrees of trauma and different needs when it comes to recovery. Many of my clients have struggled to undo years of negative self-talk and bad habits formed in abusive environments. Many lack basic nurturing skills and the ability to express or tolerate emotions. But all have found a way to let go of their addictions and embrace a new lease on life after incorporating the 10 core principles and the process of rewiring.

Through this book, this same healing blueprint is made available to you. It is my great joy to be able to assist you in creating your own personalized recovery plan for mind, body, and spirit. As you travel this proven path, you will be freed of negative, unhealthy behaviors and discover peace, wholeness, beauty inside and out, and a genuine prosperity of spirit. Once you take the first step forward, nothing can stand in your way. Let the adventure begin!

—Excerpt from the Introduction by Erica Spiegelman

Users Review

From reader reviews:

Brian Nelson:

Inside other case, little folks like to read book Rewired: A Bold New Approach To Addiction and Recovery. You can choose the best book if you love reading a book. As long as we know about how is important the book Rewired: A Bold New Approach To Addiction and Recovery. You can add information and of course you can around the world by way of a book. Absolutely right, simply because from book you can learn everything! From your country till foreign or abroad you can be known. About simple thing until wonderful thing you could know that. In this era, we can open a book or searching by internet gadget. It is called e-book. You may use it when you feel bored to go to the library. Let's study.

Ronald Ybarra:

Reading a e-book tends to be new life style with this era globalization. With studying you can get a lot of information that could give you benefit in your life. With book everyone in this world could share their idea. Publications can also inspire a lot of people. A great deal of author can inspire all their reader with their story or perhaps their experience. Not only the storyplot that share in the textbooks. But also they write about the knowledge about something that you need case in point. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors these days always try to improve their talent in writing, they also doing some investigation before they write on their book. One of them is this

Rewired: A Bold New Approach To Addiction and Recovery.

Perla Baxter:

Are you kind of active person, only have 10 or even 15 minute in your day to upgrading your mind expertise or thinking skill perhaps analytical thinking? Then you are experiencing problem with the book compared to can satisfy your short period of time to read it because all of this time you only find guide that need more time to be read. Rewired: A Bold New Approach To Addiction and Recovery can be your answer as it can be read by a person who have those short time problems.

Faye Pearson:

Is it you actually who having spare time subsequently spend it whole day through watching television programs or just telling lies on the bed? Do you need something totally new? This Rewired: A Bold New Approach To Addiction and Recovery can be the respond to, oh how comes? The new book you know. You are thus out of date, spending your spare time by reading in this fresh era is common not a geek activity. So what these guides have than the others?

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