

THAT VOICE IS NOT WHO WE ARE!

THE POWER OF INTERNAL DIALOGUE

**THE HEART
OF A MOTHER**

Recovery Today

ADDICTION, RECOVERY AND SOBRIETY

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TREE

A MEDITATION FOR
CONNECTION AND
WISDOM



BREAK OPEN

YOUR SHELL

WHAT IS

TOXIC

SHAME?

**AWARD WINNING
ACTOR, PRODUCER, DIRECTOR**

DANIEL BALDWIN



EMOTIONAL SOBRIETY IN RELATIONSHIPS





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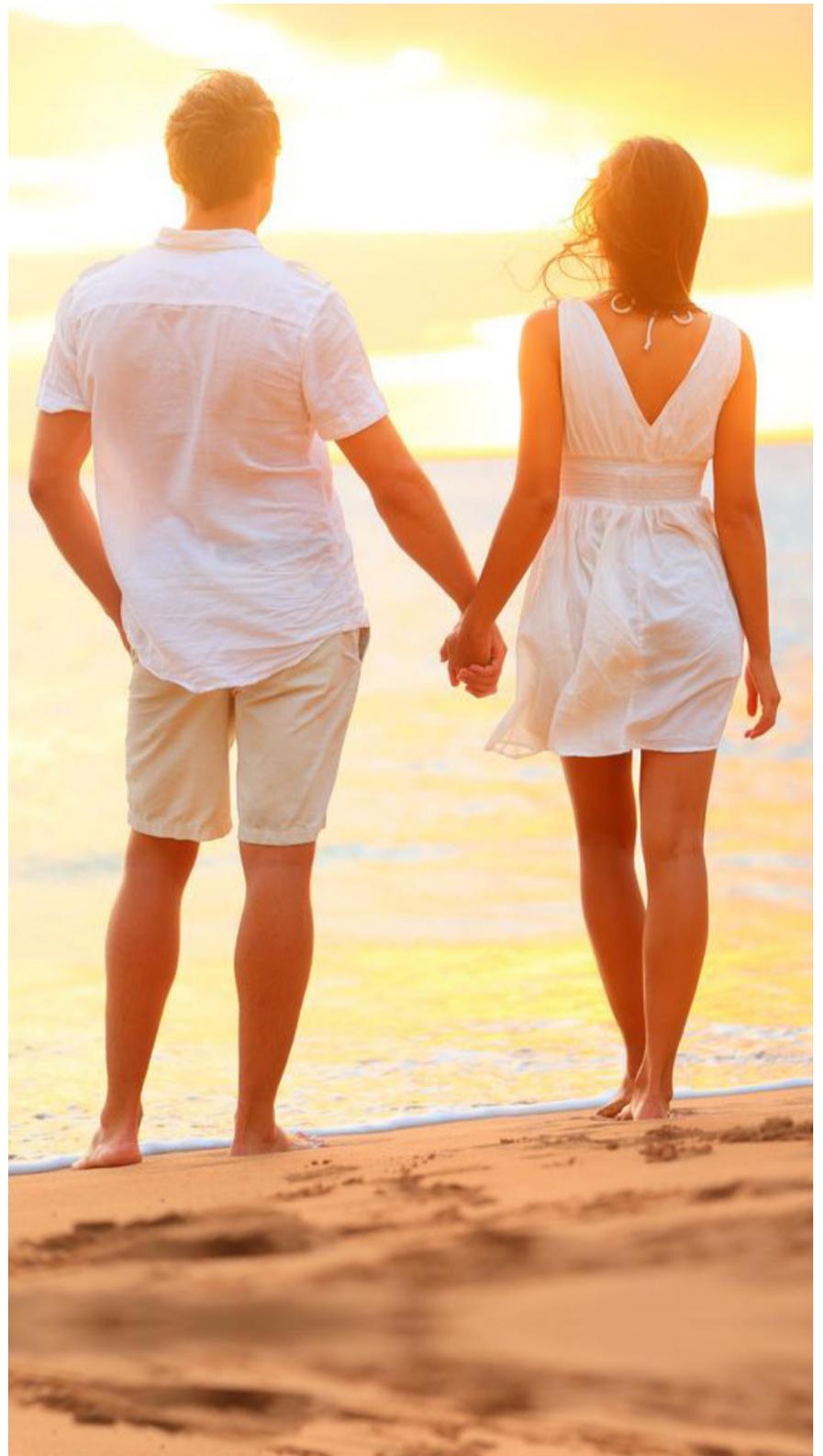
EMOTIONAL SOBRIETY IN RELATIONSHIPS

Allen Berger, Ph.D.

Earnie Larsen, author of “Stage II Recovery - Life Beyond Addiction” helped us understand that recovery unfolds in stages. The first stage is concerned with getting and staying clean and sober. We can think about this stage as breaking the bond of addiction. But as Earnie noted, getting out of a bad place is not the same as getting into a better place. Stage 2 is concerned with getting into a better place. For Earnie getting into a better place happens when we learn to have healthy relations. But what does it mean to have healthy relations? Let’s take a look at some of the insights that Bill Wilson, a pioneer in recovery, that will help us answer this question.

Bill discovered that we needed to face our “defective relationships” with others because these were at the heart of our problem. When discussing Step 8 in Twelve Steps and Twelve Traditions he pointed out the following, “Since defective relations have nearly always been the immediate causes of our woes, including our alcoholism, no field of investigation could yield more satisfying and valuable rewards than this one. Calm thoughtful reflection about relations could deepen our insights. (p.80)”

What is it that we learn from a calm and thoughtful introspection about our relations. If we are honest with ourselves we will be able to see that we are too emotionally dependent on others for our self-esteem and validation. This is referred to as “other validated self esteem.” Bill called this “absolute dependence” whereas I like to think of it as emotional dependency.



When we are emotionally dependent we make other people too important. We allow them to define us and edit our reality. We look to them to determine how we should think or feel about ourselves. We turn over to them our emotional center of gravity. The more important we make them, the more trouble we will experience in our relationship with them.

This is what makes our relationships defective. We are too dependent on others for our safety, for our self-esteem, and for our emotional well being. We cannot have a healthy relationship on these terms because our emotional dependency creates anxiety and a desire for the possession and control of other people. We generate a set of unreasonable demands on others that we think are reasonable. “If only you would do what I want you to do, we’d have a great relationship.”



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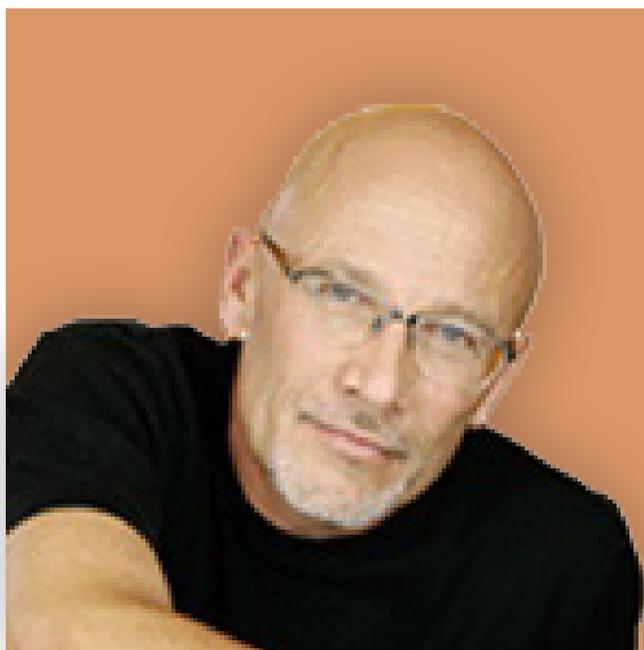
But this is not what a healthy relationship is. In a healthy relationship there is room for two. It isn't just our way or our partners way. We need to learn how to join and yet preserve our autonomy. Keeping a hold of our individuality and preserving our integrity is important if we are to have healthy relationships.

I define emotional sobriety as the experience you have when what you do determines your emotional well being. So how do you achieve this elusive emotional state?

The answer is that we have to first become aware of

our emotional dependency. This is not easy but can begin to come into view when we look at the causes of the trouble we experience in our relationships. Bill stated this "It's a spiritual axiom that every time I am upset there is something wrong with me."

What causes our troubles? The unreasonable demands or rules that we put on others to make us feel OK about ourselves. If you'd like to learn more about emotional sobriety and what you can do to achieve it then check out the book I have written on emotional sobriety, "12 Smart Things to do When the Booze and Drugs are Gone."



Allen Berger, Ph.D.

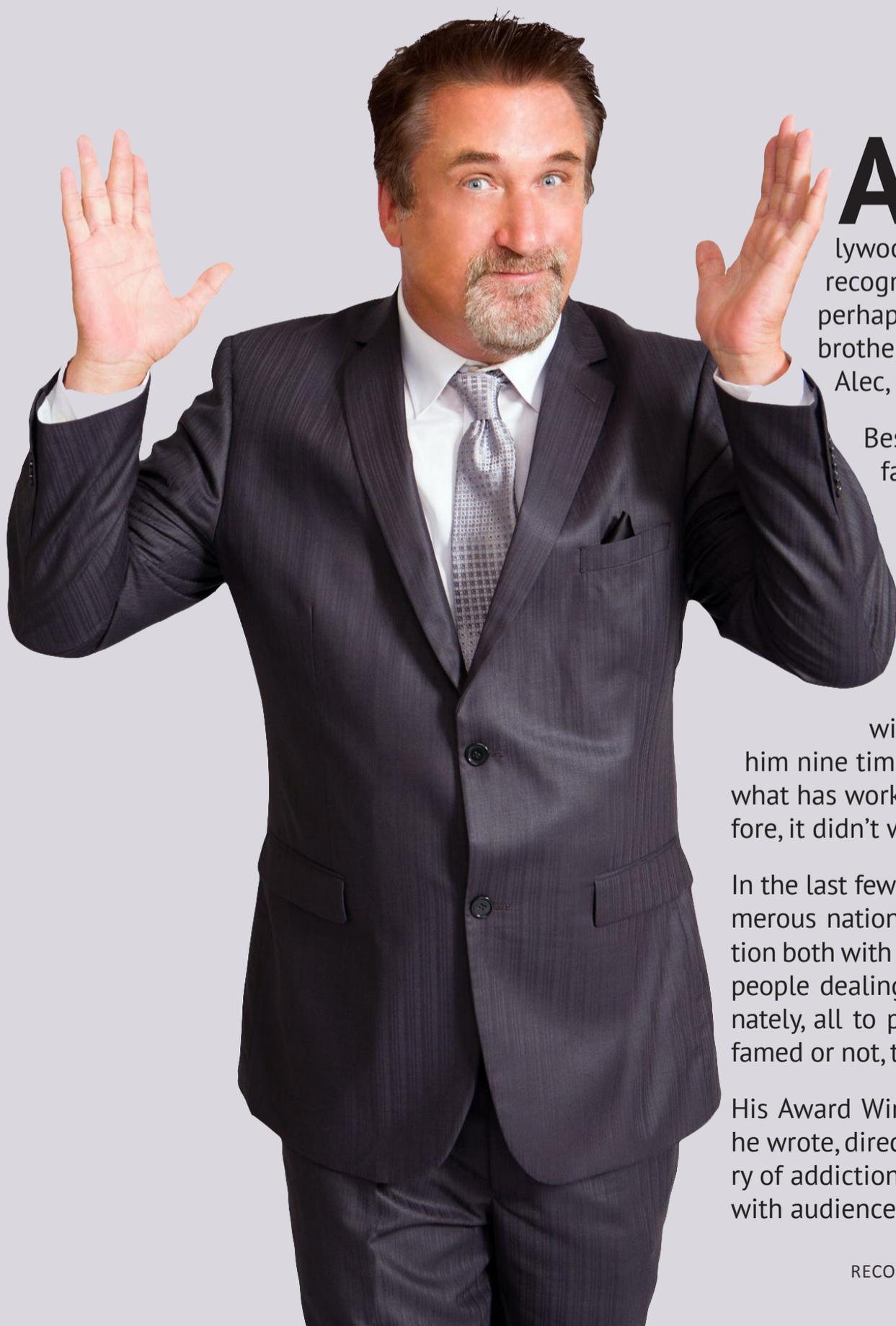
Dr. Berger is a talented psychotherapist who has written extensively about the experience of recovery, the important topic of emotional sobriety, integrating modern psychotherapy and the 12 Steps, and the psychological forces operating in the Twelve Steps. He is the author of 12 Stupid Things that Mess Up Recovery, 12 Smart Things to do When the Booze and Drugs are Gone, 12 Hidden Rewards of Making Amends, and Love - Secrets Revealed.

You can learn more about Dr. Berger and his work at www.abphd.com

AWARD WINNING ACTOR, PRODUCER, DIRECTOR

DANIEL BALDWIN

“IT IS NEAR IMPOSSIBLE TO STAY SOBER ON MY OWN.”



Award Winning Actor, Director, and Producer Daniel Baldwin is recognized anywhere he goes. Unlike other Hollywood celebrities, however, Daniel is also recognized as one of the “Baldwin Brothers”; perhaps the only celebrity family, with four brothers, all having made it to the big screen... Alec, Daniel, Stephen and Billy.

Besides his onscreen achievements, and fame, however, Daniel is most passionate about sobriety and speaks frequently about it. The road to his own recovery has been quite unique, and he’s very open to share it.

Daniel didn’t go to rehab “a time or two” as we’re so used to hearing about with other celebrities, as he says, “it took him nine times” until he “finally got it”. He’ll tell you what has worked for him and why the nine times before, it didn’t work.

In the last few years, he’s been asked to appear on numerous national news outlets to comment on addiction both with celebrities in trouble, as well as ordinary people dealing with these issues which are, unfortunately, all too prevalent. His hope is to inspire others, famed or not, to take action and to change their lives.

His Award Winning motion picture, “Wisdom”, which he wrote, directed and starred in, is also a unique story of addiction and recovery and has made an impact with audiences throughout the country.



OUR EXCLUSIVE Q&A WITH DANIEL:

1. What has been your greatest lesson in sobriety/recovery?

My greatest lesson has been that it is near impossible to stay sober on my own.

2. What is it about treatment that has worked best for you?

Treatment is a deceptive subject. After going to rehab 9 times, the model that worked for me was the SOBA Recovery Center in Malibu, California. The typical stay in rehab is 30 days, but it takes at least a week or more to just clear the cobwebs. With only 3 weeks or less left, it is very unlikely that someone is going to get down to the root of what has caused them so much discomfort to cause them to excessively drink or use. At SOBA the stay is usually a minimum of 6 months, and in most cases, a year or more. I personally stayed for almost 2 years. It is imperative to trust your therapists, learn new coping skills, and practice these new ways in a protective community of your peers. It was under these conditions that I was finally able to attain long term sobriety.

3. What has worked best for you in sobriety/recovery?

For me, it has been a requirement to be in a program of action, and the 12 step program is what I have found works best.

4. You and your three brothers (Alec, William and Stephen) are quite famous. How has this impacted your path to sobriety?

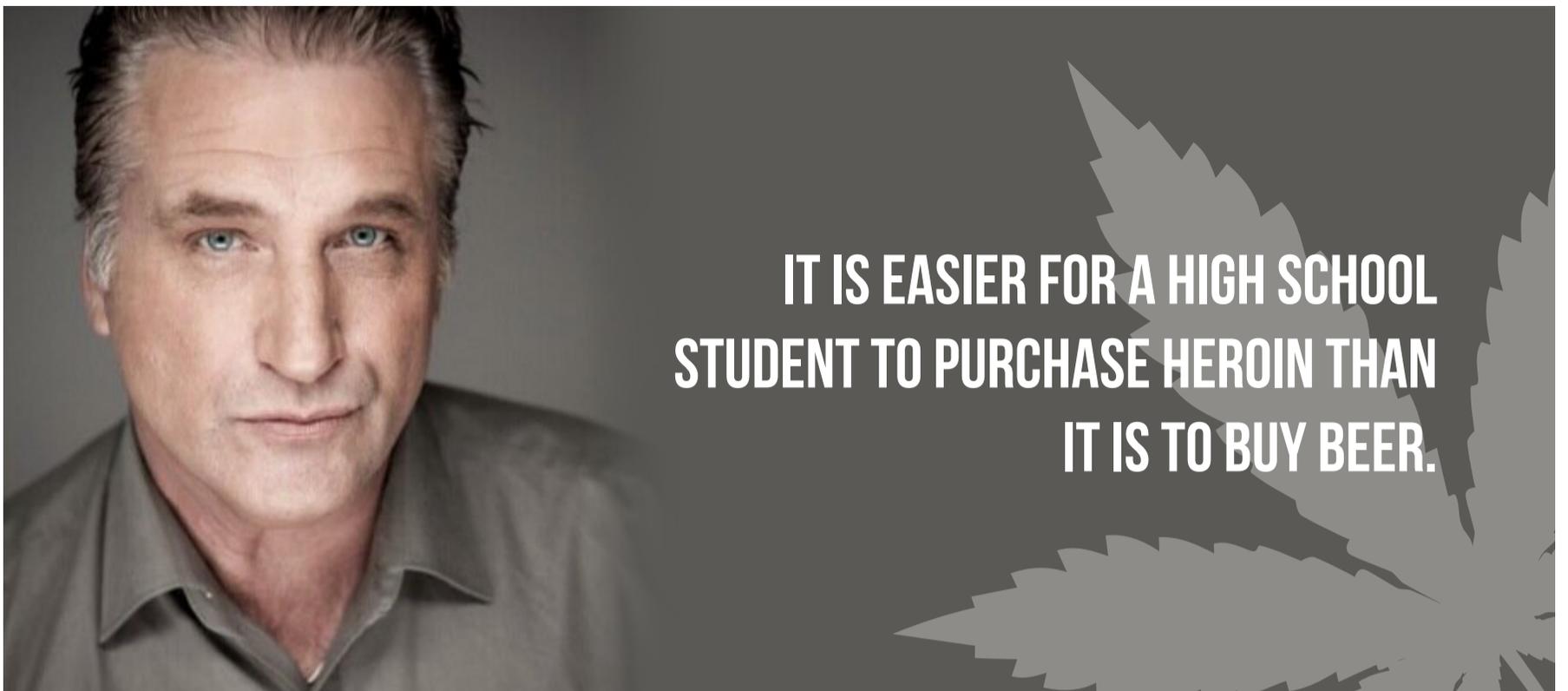
It has impacted it greatly, my sisters and mother as well. I love them all very much. I still, to this day, don't believe that I have seen my relationship fully mended with certain members. I embarrassed, worried, hurt, saddened, lied to and created an environment of mistrust between us. Today I use the guilt and shame I still feel to fuel my actions to stay sober. Being famous and in the public eye only makes me work harder at everything I do. Particularly staying sober.

5. What do you think is the difference for celebrities and non-celebrities in terms of addiction and recovery? Is there more scrutiny?

Being a celebrity in sobriety is no different than anyone else, but from my experience, most celebrities use their occupation as an excuse for chronically relapsing. That said, being a celebrity that gets in trouble for things they have done while not sober, is a totally different story and the tabloids and such can be brutal, compounding the consequences tremendously.

6. What inspired you to create your Award Winning movie "Wisdom"?

I had always wanted to tell this story. It is a combination of a few different men that I had met in



IT IS EASIER FOR A HIGH SCHOOL STUDENT TO PURCHASE HEROIN THAN IT IS TO BUY BEER.

early sobriety. Particularly, Bob Timmons; Bob was a great man, as well as Dallas Taylor. Both helped me greatly.

7. Do you think “Wisdom” will help the non-recovery audiences understand addiction?

I hope those who don't know much about recovery can get a little more hip by watching it, but mostly, I wanted to reach out to those who are still suffering in hopes to inspire them to get sober. Sober is cool now.

8. Do you think recovery is too much a “one size fits all”?

I think that 99% of all recovery centers are one size fits all. That was the thing that was most significantly different about SOBA. Greg Hannley, the owner and my personal sponsor, sat me down and explained to me why this time would be different. He told me that my using drugs was merely a by product of the underlining problems and feelings that made me want to numb myself. It was time to work on these issues so that I never had to use again.

9. How can we reduce the stigma of addiction in society?

The stigma is reducing itself due to the fact that the drug problem in our country is so out of control. The opiate use in America is up over 1000% in the last 10 years. It is easier for a high school student to purchase heroin than it

is to buy beer. We are in the midst of a world-wide epidemic, a true crisis, and we are losing the battle terribly.

10. Do you believe treatment centers are a reflection of who owns the rehab? What has been the greatest gift working with Greg Hannley in terms of professionally and your recovery process?

The greatest gift I have received? Well, I would have to say that getting my life back, being a father, and being able to serve GOD, and become a responsible member of society again. As far as Greg is concerned, on a personal level, I have the great honor to be able to call him my best friend. He is family to me, and I could never repay him for what he has done for me.





WHAT IS **TOXIC** SHAME?

When shame becomes toxic, it can ruin our lives. Everyone experiences shame at one time another. It's an emotion with physical symptoms like any other that comes and goes, but when it's severe, it can be extremely painful. Strong feelings of shame stimulate the sympathetic nervous system, causing a fight/flight/freeze reaction. We feel exposed and want to hide or react with rage, while feeling profoundly alienated from others and good parts of ourselves. We may not be able to think or talk clearly and be consumed with self-loathing, which is made worse because we're unable to be rid of ourselves. We all have our own specific triggers or tender points that produce feelings of shame. The intensity of our experience varies, too, depending upon our prior life experiences, cultural beliefs, personality, and the activating event.

Unlike ordinary shame, "internalized shame" hangs around and alters our self-image. It's shame that has become "toxic," a term first coined by Sylvania Tomkins in the early 60s in his scholarly examination of human affect. For some people, toxic shame can monopolize their personality, while for others, it lies beneath their conscious awareness, but can easily be triggered.

CHARACTERISTICS OF TOXIC SHAME

Toxic shame differs from ordinary shame, which passes in a day or a few hours, in the following respects:

1. It can hide in our unconscious, so that we're unaware that we have shame.
2. When we experience shame, it lasts much longer.
3. The feelings and pain associated with shame are of greater intensity.
4. An external event isn't required to trigger it. Our own thoughts can bring on feelings of shame.
5. It leads to shame spirals that cause depression and feelings of hopelessness and despair.
6. It causes chronic "shame anxiety" – the fear of experiencing shame.
7. It's accompanied by voices, images, or beliefs originating in childhood and is associated with a negative "shame story" about ourselves.
8. We needn't recall the original source of the immediate shame, which usually originated in childhood or a prior trauma.
9. It creates deep feelings of inadequacy.



SHAME-BASED BELIEFS

The fundamental belief underlying shame is that "I'm unlovable – not worthy of connection." Usually, internalized shame manifests as one of the following beliefs or a variation thereof:

- I'm stupid
- I'm unattractive (especially to a romantic partner)

- I'm a failure
- I'm a bad person
- I'm a fraud or phony
- I'm selfish
- I'm not enough (this belief can be applied to numerous areas)
- I hate myself
- I don't matter
- I'm defective, inadequate
- I shouldn't have been born
- I'm unlovable

THE CAUSE OF TOXIC SHAME

In most cases, shame becomes internalized or toxic from chronic or intense experiences of shame in childhood. Parents can unintentionally transfer their shame to their children through verbal messages or nonverbal behavior. For an example, a child might feel unloved in reaction to a parent's depression, indifference, absence, or irritability or feel inadequate due to a parent's competitiveness or over-correcting behavior. Children need to feel uniquely loved by both parents. When that connection is breached, such as when a child is scolded harshly, children feel alone and ashamed, unless the parent-child bond of love is soon repaired. However, even if shame has been internalized, it can be surmounted by later positive experiences.

If not healed, toxic shame can lead to aggression, depression, eating disorders, PTSD, and addiction. It generates low self-esteem, anxiety, irrational guilt, perfectionism, and codependency, and it limits our ability to enjoy satisfying relationships and professional success.

We can heal from toxic shame and build our self-esteem. To learn more about how to and the 8 steps to heal, read **Conquering Shame and Codependency: 8 Steps to Freeing the True You.**

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Darlene Lancer

Darlene Lancer is a Licensed Marriage and Family Therapist and expert on relationships and codependency. She's the author of two books: *Conquering Shame and Codependency: 8 Steps to Freeing the True You* and *Codependency for Dummies*. Ms. Lancer has counseled individuals and couples for 27 years and coaches internationally. She's a sought after speaker at national conferences, on radio, and to professional groups and institutions. www.darlenelancer.com

BREAK OPEN YOUR SHELL

“Your pain is the breaking of the shell that encloses your understanding. Even as the stone of the fruit must break, that its heart may stand in the sun, so must you know your pain.” ~ Kahlil Gibran

A while back I read three different books, all of which seem to focus on the same thing, from three very different approaches—they are: *THE HEART OF THE SOUL*, by Gary Zukav and Linda Francis; *SELF MATTERS*, By Dr. Phil McGraw; and *HOW THEN, SHALL WE LIVE?* by Wayne Muller. (I encourage you to read them all, but not necessarily at the same time.) The common thread I have discovered is that each author is leading the reader back to his or

her Higher Power, aka, True Self. While it is a simple thing to intellectually understand, this journey back to the True Self is not easy nor is it always painless. Why? — Because it requires us to traverse over the “fallow ground” of our own past emotional pain and suffering. I say “fallow ground” somewhat tongue-in-cheek, but sometimes we look at our past trauma-dramas as something we never want to “grow through” again.

The saving grace lies in knowing we don't have to create the True Self, we simply need to reveal it because it's already there—most often It lies buried under layers and layers of memories and experiences kept alive by the very pain and sorrow these experiences created. Rather than pull away or deny that this pain is there, which is the “normal” (not natural) tendency, the deeper wisdom within beckons us to come closer to it and expose this pain to the light so that we might see the True Self more clearly. In his book, Wayne Muller writes; “Within the sorrow, there is grace. When we come close to those things that break us down, we touch those things that also break us open. And in that breaking open, we uncover our true nature.”

It is often said in recovery groups that one needs to break down before he can break through. This simply means, allow it to be okay to be present with your pain...with your sorrow...with your fears, disappointments and sadness. Embrace it all, and as they say in the East, “dance with it.” The closer we can embrace our pain and what caused it, without allowing the victim-self to lead the dance, the closer we shall be to our Higher Power, which knows only unconditional Love, because that is what it is. Of course, our True Nature, our True Self, our Higher Power,

(call it what you may) is the very Essence of God, individuated as you and me and It is waiting ever so patiently for us to break open that shell which has enclosed our understanding of just how amazingly beautiful life is in this holy instant, even with all of it's pain, sorrows and uncertainties. If you have been holding on to pain and sorrow beyond the point of what serves your opening into wholeness, may this be the day you break through the shell that has kept your pain and sorrow alive. Shed the Light on it and be at peace.

As a Mindfulness Practice re-read the quote at the top of this page by Kahlil Gibran, and then allow yourself to see any pain and sorrow you may have been avoiding dealing with as a very hard shell seed, such as a peach pit. Visualize placing that seed directly in the sunlight until it is so dry that it simply shrivels up, finally breaking open. Within that seed lies all of the information and understanding you need, not only to rise above the pain the seed represented, but also to use the experience and the pain that it yielded to actually enhance your sense of authentic power and confidence. Smile, because your authentic Self is starting to grow out of that seed.

Peace, Dennis Merritt Jones



Dennis Merritt Jones

Dennis is a columnist for the Huffington Post and for Science of Mind magazine. He is also a member of the Leadership Council for the Association for Global New Thought (AGNT), an organization whose mission is to consciously bring forth the evolving human and an awakened world through the practice of universal spiritual principles and the energy of unconditional love.

<http://www.dennismerrittjones.com/>

TREE

A MEDITATION FOR CONNECTION AND WISDOM

by Lindy Ariff, MSW

At Soba Recovery Center in Malibu, CA I offer a weekly Meditation and Inner Peace in Recovery Group. In this space we explore ideas related to our higher power and spirituality. We often focus on one specific symbol for healing and engage in meditation and discussion centered around ways we feel connected to the chosen symbol. This month I am honored to share with you the symbol: Tree. Tree is the perfect symbol for deeply rooted connection and spiritual expansiveness.

Tree is: grounded, connected, growing, unique, capable of finding nourishment from both the ground and the sky, provides shelter for life, withstands wind and forces of nature, leaves dance in the wind, wisdom of age, great spiritual connection, solid trunk, resilient, powerful, ancient, deeply rooted to the earth, expanding and connecting with a higher power.

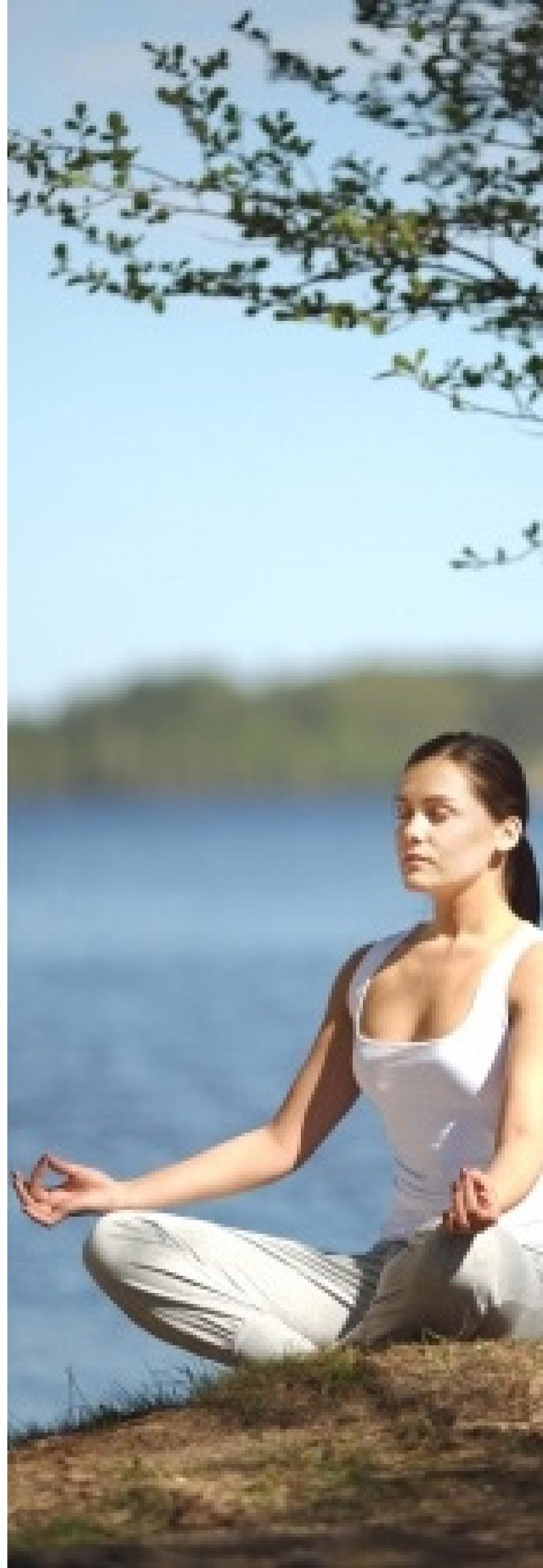
Then we allowed our eyes rest closed and noticed what tree forms in our minds. For many it was a favorite tree from their childhood. For some, they noticed a majestic pine tree surrounded by a forest, sounds of the wind flowing through the trees, and others it was strong sturdy redwoods, or that favorite tree you used to climb when you were young and filled with adventure.

When you think of tree, what tree comes to your mind? What does tree represent to you?

As with every meditation finding a comfortable space and time to dedicate to yourself and your own healing is very important, even if it is just for a few minutes. Find your space, perhaps on a yoga mat, before bed, in your favorite chair...A place that you can spend a few moments in meditation and contemplation

BEGIN

Find yourself a comfortable seat, light a candle, take a few deep breaths, and begin melting into your space as you listen to this meditation.





AUDIO STREAM
CLICK HERE TO DOWNLOAD

Tree Meditation for Inner Peace:

Let's all take our deep breath in. And exhale. And then one more deep breath in. And this time as you exhale already beginning to see tree.

Noticing tree, texture, the bark, vibrance of the leaves. We're noticing the sunlight, lighting up in space.

Trunk – resilient, surviving, sturdy, and powerful. I'm noticing tree and all that surrounds tree. Strong, but also deeply connected. Rooted into the earth, reaching up towards the heavens.

As you notice Tree, noticing her many branches interconnected.

Noticing tree. Wind gently rustling the leaves. Tree standing tall, strong, sturdy. Knowing the strength that resides within.

Tree. Wisdom of having seen many things. Perhaps ancient.

Becoming aware of your roots. Knowing exactly how to seek out nourishment, strength, winding its way through the earth. Trunk solid, always continuing to grow. Fully present. Deeply alive.

Each tree – unique, strong, aware of its own inner beauty. Peace. Perfectly balanced.

Connected to earth, heavens. Sunlight shining, lit up from that light.

Already connecting with tree. Tall, sturdy. Leaves dancing and free. Pure and clear.

And as we inhale, inhaling all that tree space, peace and connectedness. And exhaling. Tree. And then once again, inhaling, tree, wisdom, nourishment, light, deeply grounded. And exhaling, tree. And then one more inhale, tree. Nourished roots growing, nourish from the sun, light, and from the ground below. And exhale, tree. And then holding that image of tree, again scanning mind and body, allowing all that tree healing connection, space and peace to take effect.

It's all just happening. Then slowly coming back up into body, back into the space where refreshed and renewed, take a deep breath in. As you exhale, eyes open, and you're back in this physical space.



Lindy Ariff, MSW, CHT. Lindy clinical hypnotherapist providing intuitive counseling that promotes healing and transformation through her clients strengthening their self identity, developing positive thoughts and feelings, and developing more beneficial habits and behavior patterns. Lindy specializes in healing trauma through Rapid Resolution Therapy (RRT) and clinical hypnotherapy. www.LindyAriff.com



THE HEART OF A MOTHER

BY **ROSE BARBOUR**

With her broken heart
She prays each night
Hoping for the day
That her child will see the light.

Feeling alone in the darkness
Her heart can hardly bear
The thought of her child
Sleeping on the street somewhere.

There is no rest for the weary
As one crisis follows another
The pain runs deep
In the heart of a mother.

Not much help to be had
Only stigma and shame
As she suffers in silence
In this deadly game.

The strain on her family
And relationships, too
But, she loves her child
What is she supposed to do?

It takes a strong mother
To love one with addiction
Why she was chosen
I believe, is God's recognition.

He knew she could handle it
He knew the depths of her love
He knew he could trust her
With His child from above.

This nightmare may have made her
Question her faith
But, I have no doubt that in Heaven
For her, God has a special place.

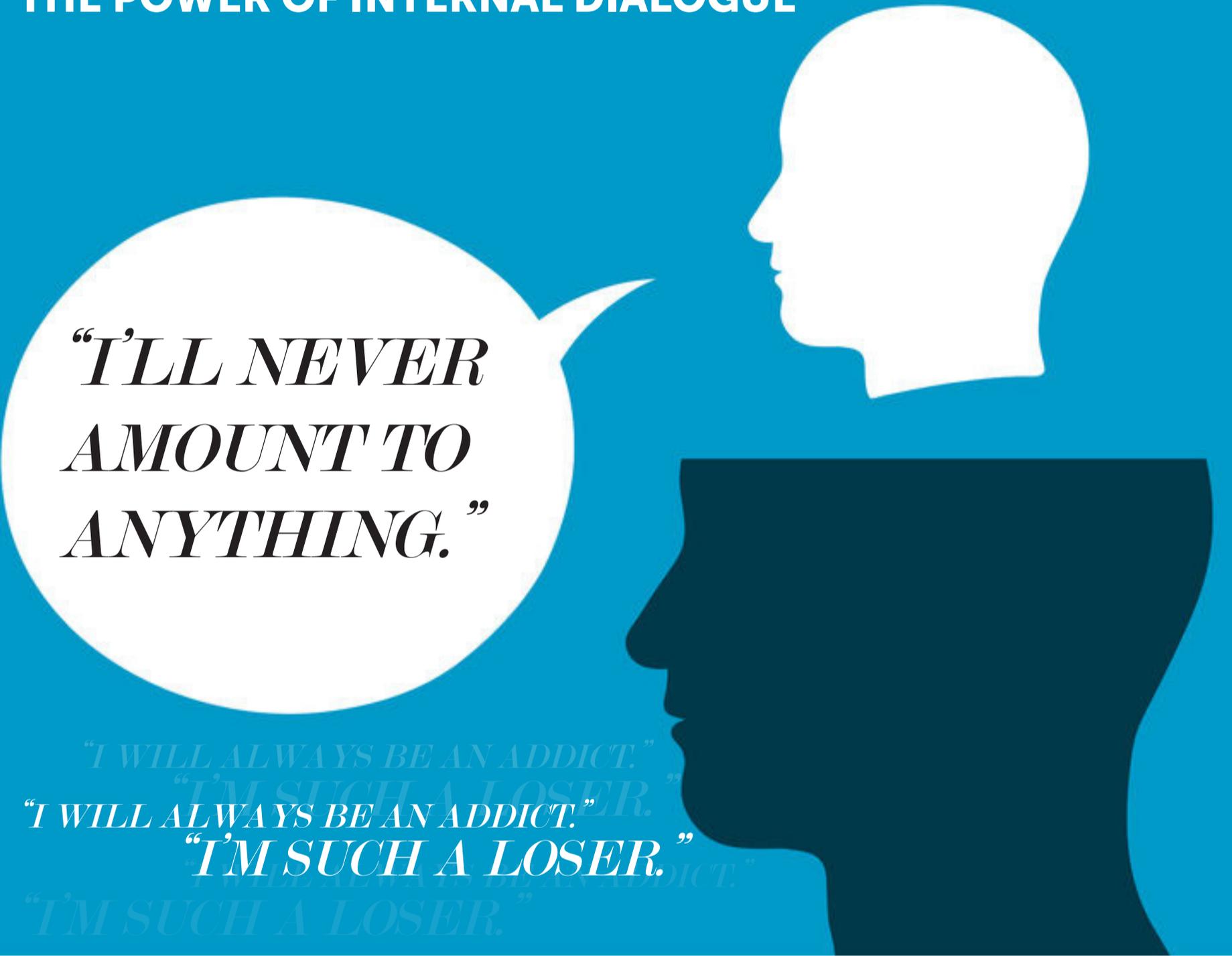


Rose Barbour

Rose Barbour is a proud mother of a son in long-term recovery. She is also a blogger, addictions advocate, SMART Recovery facilitator, Co-Founder/Chair of a parent support group and a member of the government's Mental Health and Addictions Advisory Council in the Province of Prince Edward Island, Canada. She is often invited to speak to groups, big and small, where she shares her family's experience with addiction in order to help others feel less alone, to give them hope, and to reduce the stigma and shame often experienced by families. In addition, she is a contributing member of several Facebook groups, including United We C.A.N. (Change Addiction Now) <http://shadowsinpei.blogspot.ca/>

THAT VOICE IS NOT WHO WE ARE!

THE POWER OF INTERNAL DIALOGUE



*“I’LL NEVER
AMOUNT TO
ANYTHING.”*

“I WILL ALWAYS BE AN ADDICT.”
“I’M SUCH A LOSER.”
“I WILL ALWAYS BE AN ADDICT.”
“I’M SUCH A LOSER.”

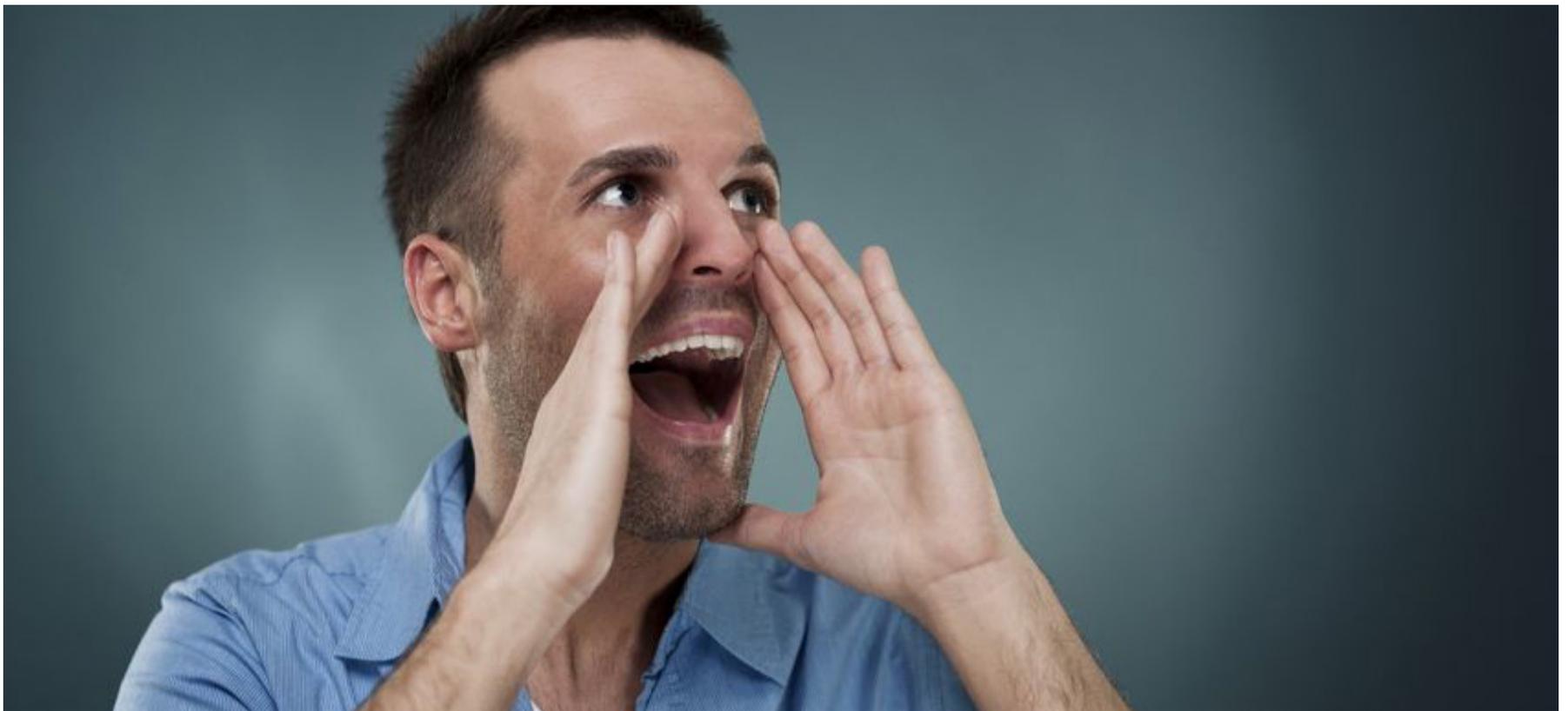
If you are attempting to recover from any sort of addiction, food, sex, drugs etc, then thoughts like these have undoubtedly flooded your mind at one point or another. However, what you may not realize is that these thoughts have the power to steer your life. Our internal dialogue is the starting point of every action we take. If we wish to recover from destructive habits, we have to pay atten-

tion to what we say to ourselves. In fact, slowing down and observing our thoughts is often enough to change our lives altogether.

While some “recovery” programs label negative self-talk as nothing more than “the mind of an addict” or even “thoughts of the Devil”, what it really boils down to is simply the inner voice. Inside each one of us is a voice that represents our

darker side, one that is constantly begging us to act out. Whether it entices us to pick up a cigarette, reach for the bottle, or consume more food than we ought to, that voice has the power to control our life if we let it.

But all is not lost. That voice is not who we are! Or at the very least, not all of who we are. That simple truth can transform our lives and



give us the strength to separate our addictions from our inner-self. Once we identify that internal dialogue, we can track its power over our daily life, and the actions that we take because of it. Instead of giving that voice energy and seeing it as the “end-all, be-all” of our capabilities, we can learn to cut-off its energy supply and refocus our thoughts towards more positive areas.

All of these thoughts can be summed up by the term NST. NST stands for negative self talk. In my book “It’s The Landing that Counts”, NST is discussed at length in regards to the recovery process. I explain how NST creeps into every aspect of the life of the addict. It can show up in how they view themselves, their career, and even their relationships. Often times,

that dialogue stems from previous life experiences and thoughts and ideas fed to them from people who were unhappy with their own lives. However, it is important to realize that NST ultimately comes from our own mind, and our thoughts alone do not represent reality.

As I highlighted in the outset of this article, NST comes in many different forms, all of which put us down and make us feel small. For addicts, NST usually berates and causes guilt over things that may or may not have been done. Often times, addicts will say “I don’t deserve to be better” or “I could have quit before now if I wasn’t such a complete failure” thus perpetuating the myth that they cannot recover from unhealthy habits. Self-loathing and

regret hold them back and create a false self-image and low self-esteem.

So what is the solution? Fortunately, just as easily as our minds were programmed to focus and give energy to NST, we can re-program it into giving energy to positive self-talk. Repetition can work wonders in creating a better internal representation of ourselves and give us the strength to create a healthier lifestyle. By simply observing our negative thoughts and understanding the power they have over our lives, we can regain a healthy routine that will lead us down the path to recovery.

Give more energy to positive self-talk by paying attention to your own NST. Becoming aware is the first step to changing the dialogue.



THAT VOICE IS NOT WHO WE ARE!
Warren Broad

Warren Broad is a clinical hypnotherapist, honours addictions coach, therapist, counsellor, and life coach who helps people make positive changes in their lives. Clients who have gone through his programs are now living lives free of strife, turmoil, and difficulty.

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Nationally recognized addiction expert, Greg Hannley is the Publisher of “Recovery Today Magazine”. He is also the Chief Executive Officer of SOBA Recovery Center, and Executive Producer of the acclaimed film with Daniel Baldwin, “The Wisdom to Know the Difference”. Greg has appeared on CNN’s Larry King Live, Fox News, Fox and Friends, San Antonio Living, and other national media outlets. His vision is to provide a safe, sober environment for those suffering from the disease of addiction and to evangelize a simple, powerful message; there is hope.

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