Videos

### Rachel Wurzman | How isolation fuels opioid addiction <https://www.ted.com/talks/rachel_wurzman_how_isolation_fuels_opioid_addiction>

### Michael Botticelli | Addiction is a disease. We should treat it like one <https://www.ted.com/talks/michael_botticelli_addiction_is_a_disease_we_should_treat_it_like_one>

Mark Tyndall | The harm reduction model of drug addiction treatment

<https://www.ted.com/talks/mark_tyndall_the_harm_reduction_model_of_drug_addiction_treatment>

Dr. Allen Berger | Recovery Matters Episode 1

<https://www.youtube.com/watch?v=qXyxZEjOWAY>

Raj Mehta | Addiction 101

<https://www.youtube.com/watch?v=S86t89HOYlE>

Johann Hari | Everything you think you know about addiction is wrong

<https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong>

Jan Rader | In the opioid crisis, here's what it takes to save a life

<https://www.ted.com/talks/jan_rader_in_the_opioid_crisis_here_s_what_it_takes_to_save_a_life>

Apryl Pooley | The human element of recovery from mental illness and addiction

<https://www.youtube.com/watch?v=-m_A8ST_18s>

Shawn Kingsbury | Addiction and Recovery: A How to Guide

<https://www.youtube.com/watch?v=2E6vZt_DC5I>

Dr. Kevin McCauley | The Brain and Recovery: An Update on the Neuroscience of Addiction

<https://www.youtube.com/watch?v=zYphZvRHm6Y>

Hufsa Ahmad | Relapse Is Part of Recovery

<https://www.youtube.com/watch?v=GVkL3glwL8g>

Jacki Hillios | Transcending addiction and redefining recovery

<https://www.youtube.com/watch?v=gzpTWaXshfM>

Podcasts

The Bubble Hour

<https://www.blogtalkradio.com/bubblehour>

The Addicted Mind Podcast

<https://theaddictedmind.com/>

The Sober Guy Podcast

<https://www.thatsoberguy.com/>

The ODAAT Chat Podcast

<https://odaatchat.com/>

The Addiction Podcast | Point of No Return

<https://pntnoreturnaddictionpodcast.libsyn.com/>

Books

*Chasing the Scream* byJohann Hari

*The Biology of Desire* by Marc Lewis

*Wired for Intimacy* by William M. Struthers

*Tweak: Growing Up On Methamphetamines* by Nic Sheff

*In the Realm of Hungry Ghosts* by Gabor Mate

*Blackout: Remembering the Things I Drank to Forget* by Sarah Hepola

*BACK ON TRACKmarks: From Hopeless to Dopeless* by Matt Peterson

*Rewired: A Bold New Approach To Addiction and Recovery* by Erica Spiegelman

*The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are* by Brene Brown

*Spirit Junkie* by Gabrielle Bernstein

*Terry: My Daughter’s Life-and-Death Struggle with Alcoholism* by George McGovern

*A Million Little Pieces* by James Frey

*Beautiful Boy: A Father's Journey Through His Son's* Addiction by David Sheff

*Guts* by Kristen Johnston

*The Alcohol Experiment* by Annie Grace

*Recovery 2.0* by Tommy Rosen

*Dead Set on Living* by Chris Grosso

*Hooked: Food, Free Will, and How the Food Giants Exploit Our Addictions* by Michael Moss

*Get Your Loved One Sober: Alternatives to Nagging, Pleading, and* *Threatening* by Robert J. Meyers

*The Recovery Book* by Al J. Mooney and Arlene Eisenberg

*Beyond Addiction: How Science and Kindness Help People Change* by Multiple Authors

*The Alcohol Experiment* by Annie Grace

*This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life* by Annie Grace

Articles

Why Mental Health Disorders Co-Exist With Substance Use <https://www.verywellmind.com/co-occurring-disorders-mental-health-and-addiction-4158280>

Shame: The Core of Addiction and Codependency

<https://psychcentral.com/lib/shame-the-core-of-addiction-and-codependency#1>

The Comedown, Crash, or Rebound Effect of Drugs

# How Drug After-Effects Worsen Addiction <https://www.verywellmind.com/comedown-crash-rebound-effect-after-drugs-4171269>

# How to Maintain a Social Life When You’re Quitting Drinking <https://www.verywellmind.com/how-to-go-out-when-you-re-quitting-drinking-4788307>

How Alcohol Compounds Its Damage to the Brain <https://www.verywellmind.com/alcohol-compounds-its-damage-to-the-brain-62747>

The Road to Recovery from Your Sex/Porn Addiction Goes Through Your Childhood <https://psychcentral.com/pro/the-road-to-recovery-from-your-sex-porn-addiction-goes-through-your-childhood#1>

Hitting Bottom for an Alcoholics

<https://www.verywellmind.com/hitting-bottom-63715>

A Different Way to Think About Addiction

<https://www.psychologytoday.com/us/blog/putting-psyche-back-psychotherapy/202103/different-way-think-about-addiction>

Successfully Dating a Person with an Addiction <https://www.psychologytoday.com/us/blog/minorityreport/202103/successfully-dating-person-addiction>

A Letter to My 10-Year-Old Self from a Person in Recovery <https://www.psychologytoday.com/us/blog/10000-days-sober/202103/letter-my-10-year-old-self-person-in-recovery>

Addicted to Porn? How to Get Back in Control <https://www.psychologytoday.com/us/blog/fixing-families/202102/addicted-porn-how-get-back-in-control>

Why Is Change so Hard in Recovery? <https://www.psychologytoday.com/us/blog/10000-days-sober/202102/why-is-change-so-hard-in-recovery>

Confronting “The Voice of Addiction” Inside Your Head <https://www.psychologytoday.com/us/blog/when-kids-call-the-shots/202102/confronting-the-voice-addiction-inside-your-head>

Is Addiction a Disease?

<https://psychcentral.com/blog/podcast-is-addiction-a-disease#1>

Four Phases and Steps of Gambling Addiction

<https://psychcentral.com/lib/four-phases-and-steps-of-gambling-addiction#1>