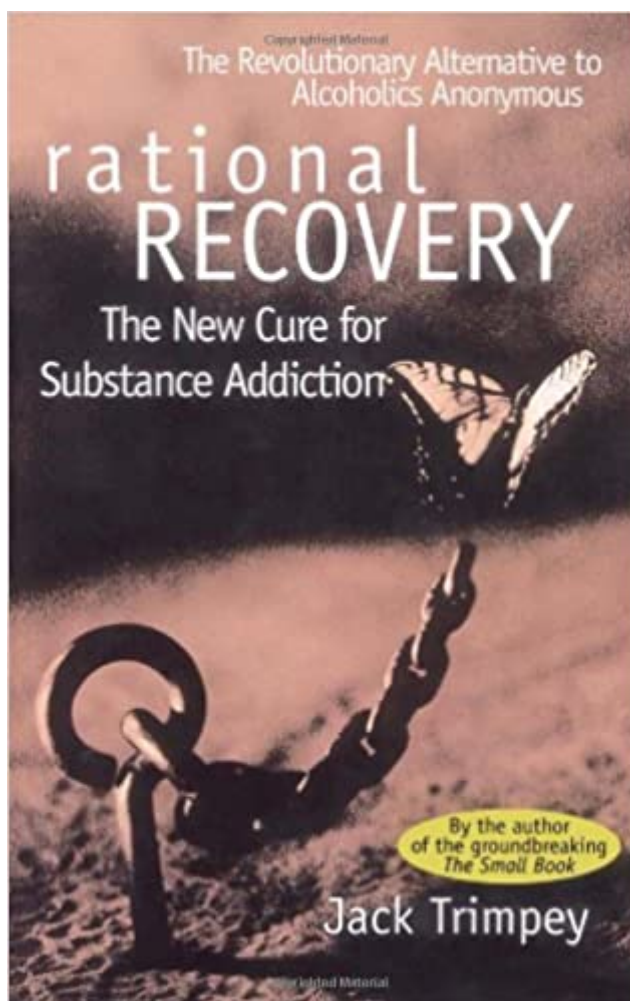


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Rational Recovery: The New Cure For Substance Addiction



Synopsis

Social worker Jack Trimpey's major breakthrough in recovering from substance addiction is an unprecedented process that is fully explained in *Rational Recovery*, your first step towards freedom. For those who are looking to make an extreme change in their lives, *Rational Recovery* is a proven recovery process and accessible instructional guide for all who are dealing with substance addiction. If you have been discouraged by traditional approaches to addiction recovery, then *Rational Recovery* will show how you can defeat addiction and remain sober for the rest of your life.

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Customer Reviews

Former social worker Trimpey, who drank heavily for 20 years, was not favorably impressed with the Alcoholics Anonymous meetings he attended because of their group orientation and what he took to be the religious precepts in AA's Big Book. Several years later Trimpey quit drinking completely, not by admitting that he was "powerless over alcohol," as per AA, but by taking responsibility for his actions and control of his behavior. He then wrote *The Small Book* (Delacorte, 1992). His technique requires participants to give up what he terms AA's dependent thinking, relinquish the idea that they have an incurable disease, and seize control. Addictive behavior is not limited to alcohol, so drug dependence is included, as well as a separate chapter on gambling. Trimpey's program may work well for readers ready to assume full personal responsibility for their recovery. The practical instructions outlined can be used independently of group meetings or with *Rational Recovery* groups that now meet throughout the United States. A desirable purchase for public libraries, this is

an essential purchase for specialized health and recovery collections. Catherine T. Charvat, John Marshall Lib., Alexandria, Va. Copyright 1996 Reed Business Information, Inc.

More than a philosophy or therapy - and not dependent on spiritual beliefs or psychology - Rational Recovery offers an unprecedented approach to alcoholism, problem drinking, and drug addiction known as the Addictive Voice Recognition Technique, or AVRT. Now, for the first time, the keys to this proven recovery process are available in a practical, user-friendly instructional guide. AVRT is an aggressive self-recovery program that shows you exactly how to take control of your addictive behavior now - and how to recover totally through planned abstinence. Rational Recovery refutes the concept of alcoholism as a disease and brings new hope to those who have been discouraged by traditional approaches to addiction. You will learn that within each substance abuser hides a "Beast" that craves its addiction. By following the simple logic of AVRT and putting into practice what you learn, you can defeat your Beast and remain sober - effortlessly - for the rest of your life.

Having looked at various alternatives to AA, I looked into this. As a believer in rational approaches to psychological issues that don't require learned helplessness or a belief in a sky god cult, this appealed to me. If you like CBT or EBT approaches, this will work in a similar way. It makes sense PERIOD. The writing is poor, but the author is a social worker and not a professional writer so I guess that is to be expected. If he updates this he should get a pro to work with him. If you drink due to anxiety or depression, I'd suggest ordering "Feeling Good" by David Burns at the same time. This book covers cognitive techniques to conquer depression and anxiety. You can do these techniques on your own. Using the two books at the same time is an incredibly powerful approach which I can attest to from my own personal experience. Highly recommended.

This is an amazing book. I would recommend it to any with any addiction (or bad habits) or anyone who has such a person in their life. It is based on proven SCIENTIFIC research and offers a method by which any person can learn to take back their life from addiction, without groups or 12 steps. This book is about self-empowerment and freeing yourself from addictive behavior forever!

I am the daughter of a man who drank the first 60 years of his life. I quip, "with the assistance of AA telling him he was sick", he drank his whole life. He retired, saw an ad that read, "AA not working, try us." He went. the guy handed him a book. Dad read the book. it took him a few months to completely stop drinking, it took him a year to not think about alcohol, ever. That's right, he's a

person who doesn't drink or even think about alcohol for the last 20 years. This book is also good for family and friend of those who drink or are addicted to drugs. There is material just for us as well. It took away the sick/fear and victim mentality and crappy burdens I carried by being the daughter of someone who drank. Buy it. Now. Save your life or the life of someone you know, or don't know. Buy it and leave it somewhere. Donate it to a library. Help people. From what I understand, this book supersedes The Small Book.

Forget AA, forget rehab. If you are of rational mind, this will help you with your issues LOGICALLY. The crux is you must be committed to quitting. If you are not committed, if you have no desire to quit, nothing is going to help you. But if you really want it this book and its principles will help you get there, even if you use it as a supplement to AA, therapy, or similar treatment. If you'd like a preview, go to rational.org. It's all spelled out for you there. I'm buying this book because I want more depth on the principles. Some things that claim to help us actually enslave us further. I believe AA and therapy tend to make us addicted to AA and therapy. The "one day at a time" thing also enslaves us. It all keeps us in a recessive position in our own lives, lives we should be controlling and making decisions about. I can't buy it. The focus of the book is liberation from all of it and growing/strengthening a mindset that enables you to rejoice in the freedom from your addiction instead of wallowing in the pitiful view that you are somehow being deprived and are somehow helpless. It is not deprivation if something is GOOD for you! It's the other side of the same coin. It's finally accepting the wisdom you've earned on your journey, it's finally growing up and accepting responsibility for your actions and their consequences, and it's realizing that CHOOSING to quit because you want to is the most empowering feeling you've had in so long. Once you make that decision and commit to it, walking away from misery becomes easier than you'd ever thought it would be. This book will help you do that. Good luck to you. You're the only one who can change you. Accept it, and embrace the rest of your life with mad love.

I'm finally sober after 37 years of hard drinking! The number of therapists and psychiatrists I've seen, exceed the number of my fingers, and the number of hospitalizations are about the same. I tried AA, NA, men's addiction discussion groups, religious groups, dual diagnosis groups, ECT treatments, sponsors, did my 12 steps, tons of different medications; guess what, I continued to "relapse".....because, as Trimpe explains, all these so called treatment programs tell us that we are "sick" and will never REALLY recover, and most likely continue to relapse. By all accounts, my blood alcohol levels were so high on more than one occasion, I should have died. "Hitting the

bottom", what ever that is, sure didn't mean anything; I once "saw" little people behind my house and called the sheriff (who brought 5 or 6 squad cars), and I went out wielding a pistol in case they needed help. Fortunately, I knew several of the officers and did not get shot, although I remember pistols being lowered on me! While some of the above groups DO help some people, I'd read and knew as much as most of the therapists and groups.....and was told by a recovering therapist, that I "intellectualized" too much.....well, I just couldn't un-know, what I knew, or get dumb. This book is simply logical and rational! For years, I blamed 2 alcoholic parents, sexual abuse at age 3, and one recovering "therapist" asked what role I had in it. At 3 I was hardly sexy, but was a sex object, to someone very close in the household.....there were a thousand reasons to justify my choice to drink; which was that I was an "alcoholic, suffered from the disease", so I just as well accept my fate, and have a drink! I always made sure I had a 1/2 gallon, and usually I carried it to bed, would wake up at some point, drink, go to sleep, and before my feet hit the floor, I would reach over, find the bottle and have several drinks, straight from the bottle, as I was getting my day together. That always had predictable results! So, for anyone who has tried everything, and made every excuse known to mankind, AND are serious, and don't want to die as both of my parents did, this book may help. Being totally honest, it is necessary to rethink everything we've been programmed to believe about alcohol (and I obviously am including any drugs). My collection of "recovery" books, if stacked, would double my height. I can't undo the past, but do have the CHOICE to try to make the rest of my life better than it has been in years. Fortunately, I am blessed; my body escaped the ravages of the years of self abuse. I am reasonably intelligent, worked in HR for a Fortune 100 Corp. in their world HQ, so I never did end up under a bridge, or shelter, by the grace of God. I have issues and problems, just like anyone else.....I just don't drink over them. I'm not a holier than thou, and have friends who are still struggling. They have my support, but don't cram anything down them.....it's all a personal choice, one of 2 choices, and it's almost that simple. If this sounds familiar, it is worth the read, and recommend being sober. If you have not gone as far as I did, be patient; enough alcohol/drugs, will do it to you, and I would not want to wish it on anyone. I would say "good luck", but luck has nothing to do with it; you do! Bob McAdams

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