

discovering recovery

A HEALTH AND WELLNESS COMMUNITY



Have you had enough? Have you had enough of being sick and tired of being sick and tired? As an addiction counsellor have you had enough of your clients Just Not Getting It? Well, then Bob Tyler's book Enough Already can put an end to all that.

It is an easy read that lays out exactly what is needed to get and stay sober. Having years of experience in the field of addictions, Bob presents the information from both a personal and professional perspective.

He explains the disease of alcoholism/addiction, then goes on to give you the tools of recovery. You will learn relapse prevention strategies, the 12 Steps of recovery and how to cope with uncomfortable emotions that many times lead us to drug and alcohol abuse.

And this is a get down to it publication. Sometimes in life the challenge is how to get started. Bob will help you get on the road to recovery. The book ends with a chapter called "Miracle" where Bob candidly shares his own miracle story.

Bob Tyler is a very valued member of the Discovering Recovery community.