

5<sup>th</sup> International Conference and Exhibition on

# Addiction Research & Therapy

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### Addiction to recovery / unlocking your potential

With the freedom of choice today we must look at all approaches for Addiction Treatment. The models include Twelve-Step programs, Smart Recovery, Motivational Therapy, Holistic Approach, Religious Approach, Rational Recovery, One-on-One Counseling Approach, and those who stop on their own, who have insight to offer. What we need to celebrate is the self-discovery of the individual, with that in mind we must look at all ways in which an individual can be relieved of lifestyle of addiction. This presentation will also include an introduction to the insight of the book *Addiction to Recovery / Unlocking your Potential* this book is a doorway that leaves an open mind to a higher more integrated way of living. With the concept that all change starts in the mind, in order to have a breakthrough in recovery, it requires a shift of awareness and consciousness in the individual- a shift in how we deal with our problems. All answers lie in the discovery of our inner freedom, with the freedom of choice and free will the individual will have many reasons to feel optimistic about their life and their future. *Addiction to Recovery* is a book of knowledge about life in recovery. Bringing the mind, body, soul and self together as one in order to have a breakthrough in recovery. In recovery the individual must heal what is broken, one must start with the inner core of their being. Our answers to many questions of life lie our soul, buried under the wounds of our past and present. They must be revealed and understood, and learn from "released and let go of for good." One must rise from the unconscious addictive thinking into conscious thinking, where recovery is given meaning and purpose, thus enhancing the individual's life. It is an essential key to happiness, inner peace, and freedom in recovery.

### Biography

David E. McCauley is the Author of *Addiction to Recovery / Unlocking your Potential*. This book has been featured on TV *Healthy Lifestyles* with Erlando. David began working in the field of substance use disorders in 1991. Working in St. Clair's Hospital detox unit while studying at Rutgers University and earning his certification in alcohol and drug counseling as well as becoming a certified social worker. He later moved on to an outpatient facility then worked with the Division of Youth and Family Services before opening his own outpatient program in 1998. In recovery since 1989 David brings an accumulation of existential realization, many resources, years of recovery, education, insights and years working in the field, with all adepts in the goal of personal transformation from addiction to recovery. An integrative approach to living in wellness of recovery by reframing the process in such a way that the right interpretation by the individual will help recovery click into place. Currently working on forthcoming book, *Recovery: What Cost so Little is Worth so Much*. This book will provide a new optimistic outlook as a guide for the unwary who have failed at recovery in the past and those coming into recovery for the first time.

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