

INDEX

A

- AA. *See* Alcoholics Anonymous
- AA *Big Book* (Alcoholics Anonymous), 25–27, 46, 122, 131, 133, 182
- AA *Grapevine*, 17, 136
- Absolutist approaches, 42
- Abstinence, 92–96, 117–119
- Abuse, 38
- Acetaldehyde, 174, 175
- Activities, 91
- Addict self (A), 39–40, 42, 125; versus sober self (S), 38–39
- Addiction, 35, 38, 145; attitudes toward etiology of, 16; big picture of etiology of, 59; neurobiological roots of, 61; situational power of, 63
- Addictive personality, 60–61
- Addictive substances: and hijacking brain, 35–37; impact of, on lives, 37–38
- Addictogenic substances, 35
- Alan (case), 29–30
- Al-Anon, 138
- Alceon (personal story; Fresno, California), 49–50
- Alcohol, 36
- Alcohol dependence, 17
- Alcohol industry, 134–139, 155, 161
- Alcoholic*, 61
- Alcoholics Anonymous (AA), 9; 5 percent retention at, 23–25; 12-step approach of, 15–17; and alcohol industry, 138–139; and Augustinian paradigm, 109–111; Board of Trustees, 17; dropout rate, 24; first step of, 109; founders of, 122; majority of recoveries happen outside of, 17–18; membership surveys, 121; step six, 132–133; walking away from, 115–117
- Alcoholism, 38; gene, 168, 171; predisposition to, 180; treatment industry, 155
- Alcoholism Treatment Quarterly*, 24
- AMA. *See* American Medical Association (AMA)
- Amato, L., 19
- Amends, 157–158

American Lung Association, 5
 American Medical Association
 (AMA), 138, 139, 156
 American Psychiatric Association,
 141, 150, 156
American Scientist, 168
 Amulet, 57
 Anonymity, Alcoholics Anonymous
 doctrine of, 138
 Antabuse, 174
 Antisocial personality, 174
 Archimedes, 42
 Arkansas, 20
 A-S Chart, 67, 68
 Ashcraft, Lori, 104
 Asian Americans, 175
 Asthma, 158
 Atherosclerosis, 151
 Augustine, Saint, 10, 108, 112–114;
 and Augustinian paradigm of
 Alcoholics Anonymous, 110,
 111; and doctrine of Alcoholics
 Anonymous, 109
 Austin, Texas, 154
 Authoritarian relationships, 79
 Autism, 171

B

Barbiturates, 132
 Barth, Karl, 8
Beautiful Mind, A (movie), 108
Bekennede Kirche movement, 8
 Belladonna, 132
 Benzodiazepines, 35
 Bettye, D. (personal story; Nashville,
 Tennessee), 114
 Bible, Christian, 10, 117
 Bibliotherapy, 90
 Birmingham, Alabama, 20

Black, Hugo, 154
 Blame, 162
 Blum, Kenneth, 168
 Boalt Hall School of Law (Berkeley,
 California), 5
 Body, 91, 97
 Boettinger, Charlotte, 157
 Brain chemistry, 36
 Brain imaging devices, 79
 British Isles, 107
 Brooklyn, New York, 10
 Brooksville Congress (Brooksville,
 Florida), 12–13
 Bryer, Doctor (Kaiser Permanente),
 9, 11
 Buchman, Frank, 132
 Buddhism, 113
 Buprenorphine, 31
 Burnham, John C., 135, 139

C

California legislature, 159
 Calvin, John, 10, 113, 116
 Canadian physicians, 157
 Cancer, 158
 Cannabis, 36
 Carr, Allen, 64
 Carthage, 107
 Catholicism, 113
 Cathy K. (personal story; Nanaimo,
 B.C., Canada), 143
 Caucasians, 174–175
 Center for Mental Health Services
 (Substance Abuse and Mental
 Health Service Administration), 86
 Center for Substance Abuse
 Treatment (Substance Abuse
 and Mental Health Service
 Administration), 86

- Centers for Disease Control and Prevention (Atlanta, Georgia), 146
- Centre for Drug Misuse (Glasgow University), 180
- Character, theories of, 58–59. *See also* Defects of character
- Chemical dependency, 145; great mystery of, 32; treatment programs, 65
- Choice muscles, 66–68
- Christian Science, 132
- Christianity, 107, 112, 114
- Cigarettes, 36
- Client-side perspective, 25–27
- Cloud, William, 17, 93, 115, 163
- Club drugs, 35
- Cocaine, 35–37, 60
- Cochrane Database of Systematic Reviews* (Ferri, Amato, and Davoli), 19
- COGA. *See* Collaborative Studies on Genetics of Alcoholism Project (COGA)
- Cognitive Behavioral Therapy, 110
- Collaborative Studies on Genetics of Alcoholism Project (COGA), 171
- Comfort, 102
- Communication, 56
- Conditioning, 61
- Confessions* (St. Augustine), 107
- Confidentiality, 73
- Congress, 138, 140
- Connection, 56, 81
- Conrad, Peter, 155, 156
- Convenors*, 70
- Co-occurring disorders, 86
- Coopersmith, Professor, 3
- Counseling profession, 18–20, 117, 126
- Craig W. (personal story; Port Townsend, Washington), 46
- Craving, 3, 59, 62
- Creative types, 38
- Credit, 73
- Cross-talk, 72, 79–80
- Crowe, Russell, 108
- Cue preference, 59
- Culture, 92
- Current events, 76
- D**
- Damon, Matt, 54
- Dan H. (personal story; San Francisco, California), 173
- Dark Ages, 107, 112, 126
- Davenport, Iowa, 23
- David F. (personal story; San Rafael, California), 180
- Davoli, M., 19
- Dawson, Deborah, 17
- Day One, 108
- Defects of character, 16, 58, 121, 132–133, 142, 157–158, 162
- Dependence*, 38
- Diabetes, 151, 153, 158
- Diagnostic and Statistical Manual* (DSM-IV; American Psychiatric Association), 34–35, 39, 169
- Diet, 55, 97
- Dimeff, Linda, 103–104
- Disease Concept of Alcoholism* (Jellinek), 137
- Disease label, 14
- Disease theory, 129–166; and abstinence, 151–153; cure for, 163–166; and disease treatment

- without doctors, 158–161; and drinking and public health, 146–161; and medical business, 130–146; and powerlessness, 131–133; and reduction of social stigma, 148–151; and Supreme Court, 154–155; why physicians have trouble with, 155–158
- Disorder*, 164
- Disulfiram, 174–175
- Divided self, 32–43; and addict self (A) *versus* sober self (s), 38–39; biochemical cause of, 42; as clinical reality, 33–35; hope in, 40–43; radical simplification of, 39–40
- Division of Treatment and Recovery Research (National Institute on Alcohol Abuse and Alcoholism), 25
- DNA helix, 169
- Dodes, Lance, 119, 120, 122
- Dopamine, 37
- “Drunkalogues,” 81
- Dry drunk, 111
- DSM-IV. *See Diagnostic and Statistical Manual (DSM-IV)*
- Dukakis, Kitty, 150
- E**
- Eastern Orthodox Church, 113
- Eddy, Mary Baker, 132
- Electricity, 41
- Empathy, 82
- Empathy neurons, 80–81
- Emrick, Chad D., 19
- Endorphins, 55
- Environment, immediate, 91
- Episcopalian Church, 10
- Ernest Gallo Clinic and Research Center, 157
- Ethanol, 35, 36, 61
- Ethyl alcohol, 35, 36, 61, 166
- Eugenics, 180–181
- Exercise, 55, 97
- F**
- Feedback, 72, 79–80
- Feelings, 92
- Ferri, M., 19
- Fields, Howard, 157
- Fletcher, Anne M., 93
- Ford, Betty, 150
- Freedom, rehearsing, 56–57
- Friendship House (San Francisco, California), 45
- G**
- Gal (personal story; Seattle, Washington), 100
- Gardner, Eliot, 59
- Gay movement, 156
- Genetic fatalism, 179–183; and alcoholics as people apart, 182–183; and eugenics, 180–181
- Genetics, 167–183; and autism, 171; and dangers of genetic fatalism, 179–180; and genetic trait that protects against alcoholism, 174–175; and guarded generalities, 172–173; and headline fantasies *versus* laboratory research, 168–177; and high risk of low responsiveness, 175–177; and molecular studies, 169–171; and search for alcoholism gene, 171; and studies of twins, 168–169

Germany, 17
 Gillian E. (personal story;
 San Francisco, California), 94
 Ginger S. (personal story; Mountain
 View, California), 125
 Glasgow University, 180
 Glendale, California, 21
 Glide Memorial Church
 (San Francisco, California), 124
 God, 107, 112, 127, 159; as Great
 Soul Surgeon, 132, 133
 Goldstein, Avram, 36
 Good feeling, 102–103
Good Will Hunting (movie), 54
 Gordis, Enoch, 140
 Granfield, Robert, 17, 93,
 115, 163
Grundrisse (Marx), 5

H

Habit, 164; different styles of
 breaking, 64–66; power
 of, 61–68
 Han Chinese, 174
 Harlan, John, 154
 Harvard University, 34, 103, 119;
 Medical School, 17
 Hawaii, 20
 Healthy striving, pole of, 42
 Heart disease, 151, 158
 Hebb, D. O., 77
 Hebb's Law, 77–79
 Heilig, Markus, 157
 Helena, Montana, 21
 Heraclitus, 7
 Herman, Judith, 103
 Heroin, 35, 60, 63, 145, 152
 Hester, Reid, 86, 161
 High blood pressure, 152

Higher power, 10, 16, 115, 118
 Hinduism, 113
 Hippo, 107
 History, 92
 Hitting bottom, 52
 HIV/AIDS, 149–150
 Homosexuality, 150, 156
Hooked (Shavelson), 33, 45, 48
 Horgan, Constance, 19
 Horizontal synergy, 79, 80
How Was Your Week convenor's
 handbook, 80
 "How was your week?" format, 71,
 74–76
 "How Well Does AA Work?"
 (McIntire), 24
 Hughes Act (1970), 140, 141
 Humor, 53–54
 Huntington's disease, 170
 Hypertension, 151, 153, 158

I

Illness, 131, 137
 Independent sobrietists, 18
 Indigenous people
 (North America), 174
 Individualized approach, 85–86
 Informed eclecticism, 86
 Inner conflict, 40–43, 108. *See also*
 Divided self
 Inner strengths, 165
 Insanity clause, 121, 134,
 157–158, 164
 Insurance companies, 137–138, 140,
 144, 148
 Internet, 66
 Investment, 102
 Islam, 113
 Italian neuroscientists, 80

J

- J. Jones (personal story; Hayward, California), 182
 James G. (personal story; Nashville, Tennessee), 148
 Japanese, 174, 175
 Jekyll and Hyde inner split, 32–33, 35, 108. *See also*
 Divided self
 Jellinek, Elvin Morton, 137
 Jews, 174
 Jim R. (personal story; Oakland, California), 71
 John B. (personal story; San Francisco, California), 78
 John D. (personal story; Benicia, California), 133
 Johnson, Lyndon, 139
 Jonesboro, Arkansas, 21
Journal of the American Medical Association, 133
 Judaism, 113
 Jung, C. G., 141

K

- Kaiser Permanente
 Alcohol and Drug Abuse Program, 9, 12, 63, 125, 133, 158, 178
 Kansas City, Kansas, 10
 Kasl, Charlotte, 124
 Keller, Helen, 57
 Ketcham, Katherine, 115
 Kevin (personal story), 167
 Kilpatrick, Jean, 122, 124
 Koob, George, 34
 Koreans, 174
 Kurtz, Ernest, 138, 142, 143, 146

L

- La Crosse, Wisconsin, 21
 Labeling, 14, 40, 74, 137, 149, 150, 163, 188
 Lecturing, 71
 Licensed Beverage
 Industries, Inc., 135
 LifeRing meeting, 70–76; dynamic of, 76–83; feedback and cross-talk in, 79–80; and horizontal synergy, 79; and “How was your week?” format, 74–76; key points about, 71–73; and labels, 74; and mirror neurons, 80–81; and neurobiological dimension of sober self-empowerment, 77–79; and reinforcing sober selves, 70–73; spiritual dimension of, 81–83
 LifeRing Secular Recovery:
 founding of, 12–13; invitation to, 188–190; meeting format, 14–15; philosophy, 13–15; similarities and differences with 12-step, 15–17; voices from field on, 20–23
 LifeRing Service Center (Oakland, California), 190
 Lifestyle, 92
 Lincoln, Abraham, 186, 187
 Luther, Martin, 10

M

- Malady, 131, 137
 Manchester, New Hampshire, 22
 Manichean teaching, 107, 112
 Mann, Marty, 134–137, 141, 148–150, 155
Many Roads One Journey
 (Kasl), 124
 Marijuana Anonymous, 15

- Mark H. (personal story; San Francisco, California), 64
- Marlatt, Alan, 103–104
- Marshall, Thurgood, 154
- Marx, Karl, 5
- Mary B. (personal story; San Rafael, California), 178
- M.B. (personal story; Union City, California), 153
- McCarthy, Thomas F., 135
- McIntire, D., 24–25
- McKeganey, Neil, 180
- Meanness, 82
- Medical business, 130–146; conquers Alcoholics Anonymous, 141–144
- Medical detoxification, 65
- Medicalization, 141, 155
- Meeting format, 14–15
- Mendelian inheritance, 170
- Mercadante, Linda, 114, 129
- Methadone, 152
- Methamphetamine, 35–37, 48
- Methodist Theological School (Ohio), 114
- Metro Public Health (Nashville, Tennessee), 21
- Miami, Florida, 22
- Michael W. (personal story; Victoria, B.C., Canada), 119
- Midanik, Lorraine, 147
- Mike T. (personal story), 146
- Milam, Kenneth, 61, 143
- Miller, William R., 86, 161
- Mirror neurons, 80–81
- Molecular studies, 169–171
- Moral inventory, 120, 121, 142, 157–158, 162
- Morphine, 35
- Motivational Interviewing, 26, 38, 110
- Multiple personality disorder, 40
- N**
- Naimi, Tim, 146
- Narcissism, 82, 142
- Narcotics Anonymous, 15
- Nash, John, 108
- National Council for Education on Alcoholism (NCEA/NCADD), 136, 140, 155–156
- National Institute of Alcohol Abuse and Alcoholism (NIAAA), 17, 25, 140, 157, 171
- National Institute on Drug Abuse (NIDA), 85–86
- Nazism, 180
- NCEA/NCADD. *See* National Council for Education on Alcoholism (NCEA/NCADD)
- Negative emotions, 120–121
- Negative judgments, 47
- Nematodes, 59
- Neuroimaging studies, 68
- New alcoholism movement, 161–162
- New Deal, 122
- New Jersey, 21
- New Mexico, 146
- Nicolaus, Fritz, 8
- Nicotine, 35, 36, 60, 63, 144, 166
- NIDA. *See* National Institute on Drug Abuse (NIDA)
- Niemöller, Martin, 8
- O**
- Oakland, California, 5, 9, 75, 158, 190
- Old Testament, 112
- Opiates, 35, 36, 145

Opium, 58
 Opponent process, 34
 Original sin, 112–114, 126
 Orofino, Idaho, 23
 Oxford Group, 109, 117, 131–133
 Oxycontin, 35

P

Palestine, 107
 Paralysis of volition, 66–68
 Paraphernalia, 56, 65
 Pavlov's dog, 61, 62
 Peer-based relationships, 79
 Pelagius, 107, 108, 112–114
 People, 91
 Personal recovery program (PRP), 14;
 and abstinence, 93–96; building,
 72–106; challenges and rewards
 of, 99–106; nine work areas for,
 90–93; reason for, 85–96; on your
 own, 96–99
 Personality conflicts, 142
 Pharmacological tools, 15
 Physicians, 155–158; Canadian, 157
Pinocchio (movie), 40
 Pittsburgh, Pennsylvania, 22
 Popes, 114
 Portability, 102
 Positive attitude, 53, 73
 Powell, Leroy, 154
 Powerlessness, 49, 107–127, 157;
 choice or, 108–114; feelings of,
 leading people to drink, 119–121;
 and first drink, 117–119; how
 doctrine of, drives out newcomers,
 115–121; and problems of
 zero-power doctrine, 109–112; for
 women and minorities, 122–127
 Preaching, 71
 Present, focus on, 71–72

Priming dose, 96
 Professional help, self-help and,
 103–106
 Prohibition, 134, 161
 Protestant doctrine, 10, 113
 PRP. *See* Personal recovery program
 Psychoactive medications, 15
 Public funding, 137–138
 Public health, 146–161

R

Racial superiority, 180
 Raleigh, North Carolina, 23
 RCPA. *See* Research Council on
 Problems of Alcohol (RCPA)
 Receptors, 36
 Recovery, 38; as liberation, 185–188
Recovery by Choice, 67; workbook,
 89–90
 Reframing, 55
 Relapse, 47, 103–104, 120, 152;
 behavior, 59
 Research Council on Problems of
 Alcohol (RCPA), 134, 135
 Resilience, 102
 Resources for recovery, 237–238
 Responsibility, 73
 Righteousness, islands of, 113–114
 Robert Wood Johnson Foundation, 19
 Rockefeller, John D., 161–162
 Roman Empire, 112
 Roosevelt, F. D., 122
 Rush, Benjamin, 149

S

Sacramento, California, 21
 Salvation, 61
 Sam (personal story; Seattle,
 Washington), 142
 San Diego, California, 22, 23

- San Francisco, California, 33, 45
- Sandy (personal story), 31
- Sarah (personal story), 167, 179
- Schizophrenia, 40
- Schuckit, Marc, 175–177
- Schweitzer, Albert, 29, 42
- Science and Health with Key to the Scriptures* (Eddy), 132
- Scripps Institute (San Diego, California), 34
- Seattle, Washington, 21
- Secularity, 14
- Self, innate selfishness of, 111
- Self-efficacy, 96, 102, 104, 112, 117, 165
- Self-empowerment, 95–96
- Self-help, 14, 101, 110; and professional help, 103–106
- Self-knowledge, 102
- Self-mediation, 58
- Self-responsibility, 117
- Self-treatment, 89
- Senay, Edward, 34, 42
- Sexual problems, 142
- Shame, 72
- Shavelson, Lonny, 33, 45, 48, 62
- Shawn B. (personal story; New York City), 115
- Shelley, Percy Bysshe, 50
- Shortcomings, 157–158
- “S-icide,” 118–119
- Silkworth, William, 131, 132, 137
- Situational strength, 51
- Sleep, 55–56
- Sober capital, 51
- Sober self (S), 39–40, 125, 185–186, 188; addicted self *versus*, 38–39; and defects in character, 58–61; and developing choice muscles, 66–68; motivating self to start, 53–58; and neurobiological dimension of sober self-empowerment, 77–79; and power of habit, 61–68; and power of self-conditioning, 62–64; preparing, for action, 45–68; reinforcing, 46–53
- Sobriety, 14, 15; as adventure, 57
- Sobriety Priority T-Chart, 67
- Social networks, 66
- Solution-Focused Therapy, 26, 110
- Sontag, Susan, 149
- Speechifying, 71
- Spiritual awakening, 157–158
- Spiritual disease, 132, 157
- Spiritual experience, 132
- Spirituality, 81–83
- Sproul, R. C., 114
- Stevenson, Robert Louis, 32–33
- Stewart, Pablo, 48
- S-to-S communications, 70, 76
- Strange Case of Dr. Jekyll and Mr. Hyde, The* (Stevenson), 32–33
- Strength-based approaches, 26, 110, 165
- Strengths, making talisman of, 57
- Stress, 63, 120, 169
- Structure, 90
- Substance abuse, 145
- Substance Abuse: A Comprehensive Textbook* (Horgan), 87
- Substance Abuse and Mental Health Service Administration (SAMHSA), 86
- Substance Abuse Factbook*, 19

Substance dependence:
 definition of, 39; physiological
 dimension of, 58–59; symptoms
 of, 169

Support, 73

Support groups, 66, 92

Surrender, 159

Survival instinct, 56

S.W. (personal story; San Francisco,
 California), 123

T

Taiwan, 174

Taylor, Elizabeth, 150

Television, 54–55

THC, 35

Thomas Aquinas, Saint, 10

Three “S” philosophy, 13–14

Tiana (personal story), 179–180

Tiebout, Doctor, 137, 141, 151

Time, 91

Tobacco, 144–146

Toxic visual stimuli, 54–55

Traditional recovery protocol, 47

Treatment, 92

Triggers, 63

Trish M. (personal story; Pacifica,
 California), 87

Troy B. (personal story;
 San Francisco, California), 158

Tuberculosis, 149

12-step approach, 15–17, 25,
 93, 118; and Augustinian
 doctrine of Alcoholics
 Anonymous, 109; and
 gauntlet of negative emotions,
 120–121; and zero-power
 doctrine, 109–112

Twins, studies of, 168–169

U

Under the Influence (Milam), 143

unhooked.com, 13

University of California, 22

University of California,
 Berkeley, 147

University of Chicago, 34

University of New Mexico,
 86, 93, 161

University of Washington, 103–104

U.S. Supreme Court, 154–155, 157

V

Vaillant, George, 17, 19, 34, 104

Vallejo, California, 133

Vermont, 21

Vertical synergy, 79

Vesicles, 36

Vicodin, 35

Vietnam veterans, 63

Visualization, 53

Volitional anatomy, 66–67

W

Wake-up call, 50–53

Warren, Earl, 154

Warrensburg, Missouri, 22

Washington, George, 149

Washington Temperance Society
 (Springfield, Illinois), 186

Wesleyan University, 3

White, William L., 26–27, 33,
 87, 133, 134, 138, 139,
 142–143, 146

Willenbring, Mark, 25

Williams, Cecil, 124

Williams, Robin, 54

Wilson, Bill, 18, 109, 122, 129–133,
 136, 141, 142, 151, 182

Wing, Nell, 139
Wisconsin, 3
Withdrawal, 52; medical assistance
during, 65
Women for Sobriety, 122, 124
Wrongs, 157–158, 162

Y

Yale University, 135
Yolanda (personal story), 30–31

Z

Zero-power doctrine, 109–112, 115

