



Climbing Mountains

inspiring stories about
substance misuse recovery
in Nottingham

edited by Paula Torres-Silva

Climbing Mountains Inspiring Stories About Substance Misuse Recovery In Nottingham

Adrian Auler



Climbing Mountains Inspiring Stories About Substance Misuse Recovery In Nottingham:

Climbing Mountains Paula Torres-Silva, 2011 *The Compact Edition of the Oxford English Dictionary* Sir James Augustus Henry Murray, 1971 Micrographic reproduction of the 13 volume Oxford English dictionary published in 1933

Climbing the Holy Mountain of Recovery Adrian Auler, 2015-12-02 This story is about the development of my heroin addiction and my recovery from it I struggled to escape from addiction for 17 years but only succeeded after an ibogaine treatment It is autobiographical but I only describe traumatic episodes that contributed to addiction and sketch the highlights and milestones in my recovery It is a memoir as it offers a thematic view of my life and is moderate in scope and a personal essay in which I offer insights about societys role in addiction My intent is that addicts and their loved ones may better understand the nature of addiction so their approaches to treatment are better informed and more compassionate At 66 I am a gentleman hipster Seeker and scholar but Im not an armchair academic who wrote this book from a library I was an addict for 22 years Now I am blessed to be alive and have 18 years clean My mission is to help addicts by educating the public and the professional community about addictions complexity and the efficacy of ibogaine for its treatment I hope my story supports a change in social and medical attitudes so that the unheard voices of addicts will be honored instead of just seeing them as social problems Addiction put my life into suspended animation when I had a third of the credits I needed for a bachelors degree 27 years later I returned to school now I have bachelors degrees in Anthropology and Psychology and a Masters degree in East West Psychology EWP I am currently a PhD candidate in EWP at the California Institute of Integral Studies in San Francisco California **Sixty Meters to Anywhere** Brendan Leonard, 2016-03-22 The author is a popular journalist and blogger and the creator of Semi rad com A full journey from confusion to clarity remorse to redemption Will appeal to those searching for adventure and purpose When Brendan Leonard finished substance abuse treatment at age 23 he was lost He knew what not to do not drink alcohol and not get arrested again But no one had told him what it was that he could do He quickly realized that he had to reinvent himself to find something other than alcohol and its social constructions to build his life around A few years later Brendan was sober and had completed a graduate degree in journalism but he still felt he was treading water searching for direction Then his brother gave him a climbing rope And along that sixty meter lifeline Brendan gradually found redemption in the crags of the American West He became a climber someone who learned to push past fear to tough it out during long grueling days in the mountains someone who supported his partners keeping them safe in dangerous situations and volatile environments someone with confidence purpose and space to breathe **Sixty Meters to Anywhere** is the painfully honest story of a life changed by climbing and the sometimes nervous sometimes nerve wracking and often awkward first years of recovery In the mountains Leonard ultimately finds a second chance **Mountain Climbers 2** Malky Feig, 2010

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