

The Best Addiction Recovery Resources



While recovery is primarily about getting sober and removing drugs from your life, it also involves learning a new world with a new language. Recovery has its own terminology in the same way that drug use does. You'll start to hear terms like recovery, sobriety, sobriety toolkit, relapse, rehab, treatment, intensive outpatient, and more. And as you're navigating this new life, you'll want to understand the road you're on. At Evolve Indy, we're here to help you by providing addiction recovery resources that will help you acclimate to your new world in sobriety.

Addiction Recovery Resources Explained

One of the best parts of getting sober right now is the sheer number of addiction recovery resources available. As we break down the stigma around addiction, more and more people are openly talking about addiction and recovery. In the past, those in recovery were often limited to the information provided by recovery support groups such as [Alcoholics Anonymous](#), [Narcotics Anonymous](#), and [SMART Recovery](#). Those groups, and many more, still exist, but they are just the tip of the iceberg now. Emerging technology has also taken recovery meetings online, and those in recovery have online and in-person meetings from which to choose.

Technology has brought us several recovery podcasts that enable you to listen while driving, cleaning the house, and possibly even at work. Rather than having to wait for a meeting to begin, you can turn on a podcast. Some of the more popular recovery podcasts include *Recovery Happy Hour*, *The SHAIR Podcast*, *The Sober Therapist*, *The Recovery Show*, *Recovery Elevator*, and *Recovery 2.0 Power Hour*.

While there was also the occasional addiction-related movie such as *My Name is Bill W.*, there have been many more available in recent years. Education around addiction and its impact can be found in documentaries such as *Heroin(e)* (Netflix), *Understanding the Opioid Epidemic* (PBS), *Recovery Boys* (Netflix), and *The Anonymous People*. If documentaries are not your style, many movies do a great job highlighting the issues around addiction. Some films you might enjoy are *When a Man Loves a Woman*, *Ben is Back*, *A Star is Born (2019)*, *28 Days*, *Beautiful Boy*, *The Way Back*, and *Clean and Sober*. Another interesting watch is *Wishful Drinking*, a one-woman show written and performed by the late Carrie Fisher.

If you're not much of a movie or documentary watcher, there are also a large number of recovery memoirs and other recovery books available for listening or reading. While *Drinking: A Love Story* by Caroline Knapp was groundbreaking, many recovery memoirs are available now. Some titles include:

- *Between Breaths* by Elizabeth Vargas
- *Blackout: Remembering the Things I Drank to Forget* by Sarah Hepola
- *I'm Black and I'm Sober: The Timeless Story of a Woman's Journey Back to Sanity* by Chaney Allen
- *Quit Like a Woman* by Holly Whitaker
- *Sick: A Memoir* by Porochista Khakpour
- *We Are the Luckiest* by Laura McKowen




Other books that are more educational and instruction include *This Naked Mind: Control Alcohol* by Annie Grace, *The Big Book of Alcoholics Anonymous*, *Sober Curious* by Ruby Warrington, *Freedom from Our Addictions* by Russell Brand, and *Rewired* by Erica Spiegelman.

How Evolve Indy Can Help You with Addiction Today

At [Evolve Indy](#), we know all about addiction recovery resources. We've read the books, watched the movies, and heard the podcasts. More than that, we've also read the research and done the work. We have programs to meet your needs. We care about your success in recovery. We have a wide variety of programs that blend traditional and non-traditional therapies to treat alcoholism and addiction. Our programs range from residential to outpatient, and we will work with you to find the best fit for you. [Contact us](#) today to see how we can best support you in your journey to sobriety.



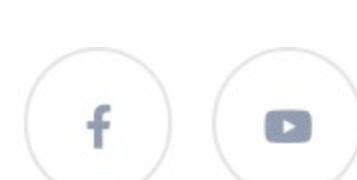
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Evolve Indy is a Joint Commission Accredited, Premier Drug & Alcohol Treatment Facility in Indianapolis, Indiana Offering Evidence-Based Treatment for Substance Abuse.



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