

Can you get clean and sober using online support? Maybe you can! Lots of people have been doing it for years. To find out if online support will work for you, start at **www.lifering.org**.

On the Internet since 1996, **Lifering.org** stands for the 3 "S" of recovery the LifeRing way: **S**obriety, **S**ecularity, and **S**elf-Help.

- **Sobriety:** We don't drink or use no matter what. Sobriety is our priority.
- **Secularity:** The power to stay clean and sober is within you. Everyone welcome regardless of faith or lack thereof.
- **Self-Help:** We build our own individualized recovery programs. Plenty of tools and support provided.

Lifering.org is the gateway to a world of support online -- the web site, chat rooms, email lists, the Forum -- and to the schedule of face-to-face meetings. Try it ... chances are you'll find something that works for you.

Details inside ...

To find out more about LifeRing:

Browse to **www.lifering.org**, the Internet voice of LifeRing Secular Recovery. Join LifeRing **email lists** and **chats**.

Read ***Recovery By Choice: Living and Enjoying Life Free of Alcohol and Drugs, A Workbook***. A 300-p. self-help workbook that helps you build your personal recovery program.

Read ***How Was Your Week? Bringing People Together in Recovery the LifeRing Way***. An in-depth look at the hows and whys of LifeRing.

Read ***Presenting LifeRing Secular Recovery: A Primer for Professionals (3rd Edition)***. Why LifeRing works and why more counselors are referring clients to LifeRing meetings.

Read ***Keepers: Voices of Secular Recovery***, a paperback with motivational anecdotes, stories and poems.

Read ***The LifeRing Bylaws***. How LifeRing is organized and self-governed.

Buy these books at LifeRing meetings or online from www.lifering.com.

LifeRing will be happy to send a speaker to address your audience. Call 1-800-811-4142 or email service@lifering.org

Contact LifeRing:

LifeRing Service Center
1440 Broadway #312
Oakland CA 94612-2023
Tel 1-800-811-4142
Fax 510-763-1513
service@lifering.org
www.lifering.org

Other LifeRing brochures

LifeRing in a Nutshell — Short introduction to LifeRing philosophy and practice

If This Is Day One — What to expect at LifeRing meetings

Sobriety Is Our Priority — When having just one no longer works, step up to having zero.

We Come Recommended — Treatment professionals who know LifeRing recommend LifeRing.

Complete list: www.lifering.com

LifeRing Online



Can I get clean and sober using online support?

LifeRing Service Center
Oakland CA
1-800-811-4142
www.lifering.org



Founded in 1996, www.lifering.org contains thousands of files on almost every conceivable topic related to recovery, all from an independent, non-religious viewpoint. Updated on the average every three days. Click on What's New for current updates.

Meeting List

A current list of meetings of LifeRing Secular Recovery nationwide & abroad.

BookTalk

Food for recovering minds: Books by **Alexie, Althaus, Barbour, Bufo, Cameron, Dorsman, Dreyfus ... Milam, Miller, Pert, Pluy-men, Ragge, Rogers, Senge, Sandmaier** and **White** ... more than 50 titles, more coming all the time. Now in the interactive blog format!

Bulletin Board

News from LifeRing meetings and other LifeRing activities, and news of interest from the larger world.

Poetry

Poems that celebrate sobriety, that remember life before sobriety, or that rant and rage.

Science

Hundreds of articles from the scientific and popular press. Genetics and Addiction, 'Controlled Drinking', Alcoholism as Disease, Women, Youth, Students, Law & Policy, For the Professional, Secular Options, Alcohol Industry, Other Cultures, Ethics, Stress Includes original texts available nowhere else.

Art Gallery

Pictures by artists in recovery, from Oakland to Paris, and pictures about recovery or related topics. Check out the special exhibit *Colors of Exuberance!*

Join the sober chats in The LifeRing Chat Room

"Talk" in real time with others who are achieving freedom from drugs/alcohol by a different road than the twelve-step program.

Experience the power of online support for yourself.

Share your sober power with others.

- **Sober chat with chat host seven days a week — see the schedule.**
- **Instant access to the chat room whether hosted or not. No need to register. Completely anonymous. Just think up a nickname and you're in.**

The online chats are a great place to begin with LifeRing. Feel free to ask questions. Bring up your own recovery issues. It's a friendly sober place in cyberspace.



**Point your browser at:
<http://lifering.org/chat-room/>**

Toolbox

Dozens of sobriety tools that worked for the contributors. Use them to build your own personal recovery program. Contribute the tools that work for you, so others can benefit!

Quit Smoking

A page of information and support for the recovering alcoholic/addict who wants to quit using the deadliest drug of all: nicotine.

Humor — Laugh yourself sober!

You've got sober mail from The LifeRing Email Lists



- **LSRMail. Sobriety support 24/7, from around the world. Always somebody awake and posting.**
- **LSRSAFE. Sobriety support 24/7, from around the world. Lightly moderated.**
- **LifeRing E-Pals. For first-time inquiries. Direct, one-on-one response from a sober participant.**
- **WO List. Women Only. Recovery discussion for women.**
- **Loved One: For people in relationships with people who drink/drug.**
- **LSRBody: For people dealing with weight, exercise, and similar issues in recovery.**
- **Regional lists: UK, San Francisco Bay, etc.**
- **Internal lists: LifeRing convenors, LSRcon.**
- **LifeRing Online Forum (hosted by Delphi) — sober support in a bulletin board format**
- **LifeRing on ning.com — sober social networking, photos, videos, music, blogs.**

To find out more and to subscribe to a list, go to
<http://lifering.org/e-mail-groups/>

Treatment Finder

Do you prefer treatment providers who offer choices beyond 12-step? Look no further.

Professionals

Pages of material of primary interest to physicians, counselors and other treatment providers.

Food & Bev

Recovery-friendly recipes from around the world.

... and much more at www.lifering.org GO