



# **UNDERSTANDING THE HIGH-FUNCTIONING ALCOHOLIC**

**BREAKING THE CYCLE AND FINDING HOPE**

**SARAH ALLEN BENTON**

# Understanding The High Functioning Alcoholic Breaking The Cycle And Finding Hope

**Sarah A. Benton**



## **Understanding The High Functioning Alcoholic Breaking The Cycle And Finding Hope:**

Understanding the High-Functioning Alcoholic Sarah A. Benton, 2009-02-27 Who is the typical alcoholic among the 125 million living in the United States now? Many if not most of us when asked that question would envision a skid row bum or someone at least out of work or with little education locked into a low skill low paying job. But that is not accurate according to the results of a national study released in June 2007 by the National Institutes of Alcohol Abuse and Alcoholism. The NIAAA determined that alcoholics in the United States really fall into five subtypes including nearly 20 percent who are highly functional alcoholics well educated with good incomes. They include corporate presidents, powerful politicians, police, lawyers, doctors, scientists, and other highly skilled, highly educated people who are middle to high income and by most accounts successful. In this unprecedented book, mental health counselor Sarah Benton takes us into the worlds and minds of so-called high functioning alcoholics to understand how people so intelligent and achievement oriented get drawn into states in which they secretly cannot control their liquor consumption but still manage to excel in their careers. The book includes a look at celebrity alcoholics like singer Eric Clapton and actor/comedian Robin Williams as well as alcoholics in high positions including Chris Albrecht, former Chairman and CEO of HBO. Other high profile people included in this book are Miss USA 2007 Tara Conner and football legend Joe Namath. With her own story of alcoholism and her recovery woven into the text, Benton takes us into the lives and challenges of these well educated and successful people seeking to understand how, when, and why they became addicted as well as the reasons their alcoholism is for most so hard to admit, cope with, and recover from.

**Understanding the High-Functioning Alcoholic** Sarah Allen Benton, 2010-10-16 With a focus on recovery and treatment, this volume identifies the characteristics, behaviors, and experiences of the high functioning alcoholic and highlights the struggles of those who cannot control their drinking even as they succeed in other areas of their lives.

**Breaking the Bottle Legacy** Molly J. Watts, 2021-12-02 In the spirit of *This Naked Mind* and *Drink: The New Science of Alcohol and Your Health*, *Breaking the Bottle Legacy* simplifies the science of alcohol and neuroscience to teach you how to break unbreakable drinking habits. No ultimatums. No preaching. Discover your brain's power to change and drink less. Are you tired of worrying about alcohol but not sure you'll never drink again? Do you wonder if you're traveling down a genetic path towards alcoholism? Do you feel stuck believing you should change your drinking habits but unable to make real progress? In these pages you'll discover how science, society, and industry challenge your power over alcohol and why you are NOT powerless. Why being an adult child of an alcoholic may be affecting your drinking? It's not because of your genes. How to use your own brain to change your relationship with alcohol? It's 100% possible. How to undo urges and beat cravings, changing your desire for alcohol forever? If you want to worry less, not rely on willpower to control your drinking, and to find peace with alcohol, then this book is for you. Podcaster, mentor, and author Molly Watts shares her journey as she overcame her past as an adult child of an alcoholic who developed her own dysfunctional thirty-plus year daily drinking habit. Her writing expands on

her popular podcast of the same name AlcoholMinimalist      **Drinking in America** Susan Cheever,2025-05-01 In Drinking in America bestselling author Susan Cheever chronicles our national love affair with liquor taking a long thoughtful look at the way alcohol has changed our nation s history This is the often overlooked story of how alcohol has shaped American events and the American character from the seventeenth to the twentieth century Seen through the lens of alcoholism American history takes on a vibrancy and a tragedy missing from many earlier accounts From the drunkenness of the Pilgrims to Prohibition hijinks drinking has always been a cherished American custom a way to celebrate and a way to grieve and a way to take the edge off At many pivotal points in our history the illegal Mayflower landing at Cape Cod the enslavement of African Americans the McCarthy witch hunts and the Kennedy assassination to name only a few alcohol has acted as a catalyst Some nations drink more than we do some drink less but no other nation has been the drunkest in the world as America was in the 1830s only to outlaw drinking entirely a hundred years later Both a lively history and an unflinching cultural investigation Drinking in America unveils the volatile ambivalence within one nation s tumultuous affair with alcohol      If You Work It, It Works! Joseph Nowinski,2015-02-03 Gain a clear understanding of the science and latest research behind the success of the Twelve Steps a critical program used by millions of people around the world to stay sober and one of the greatest social movements of our time Since the publication of Alcoholics Anonymous in 1939 the Twelve Steps have been central to staying sober for millions of people around the world Countless recovery and treatment organizations have adopted the Steps as their program for abstaining from addictive behaviors But recently a growing chorus of critics has questioned the science behind this model In this book Nowinski calls upon the latest research as well as his own seminal Project MATCH study to show why systematically working a Twelve Step program yields predictable and successful outcomes Whether you re thinking of joining a Twelve Step group or simply want to understand the science fueling one of the greatest social movements of our time this book is for you As any AA member will tell you It works if you work it      **Parents in Recovery** Sarah Allen Benton,2024-10-15 For parents in recovery PIRs the process of recovery is so much more than just stopping drug and alcohol abuse Parents facing these challenges will feel understood and supported Booklist I am just like other parents except Parents in Recovery is not a book about how to parent It is also not a book about how to get sober Instead it is meant to be a guide for parents in recovery PIRs from substance use disorders that provides insights and strategies for coping with the many unique and not so unique challenges they may face It is also intended to give the loved ones and families of PIRs an inside look at this world and explain why certain changes and behaviors are necessary to maintain long term recovery Each chapter is an integration of research the voices of parents in recovery input from addiction treatment experts parent recovery wisdom suggestions and the author s past journal accounts This guidebook can support mothers and fathers in navigating their way through parenting with a sober lifestyle which includes physical emotional social spiritual behavioral environmental and vocational wellness It is written for those who have embraced sobriety before during

or after becoming a parent and can serve as a job aid on this journey Key topics include love and marriage family systems work and life balance self care parenting types sober socializing coping with hard times mental health and recovery pride This book also addresses modern day challenges including the use of electronics social media career identity social trends non traditional parental roles and living in a post COVID 19 pandemic world While many parents feel shame associated with aspects of their addiction this book emphasizes the gifts and accomplishments of being in recovery and how they positively impact the entire family system

**Cupcakes, Yoga, and Jesus** Dr. Lyn G. Litchke, 2017-02-07 This is a modern day true story of the bible coming to life in the 21st century as a mother and son overcome the sticky situation of addiction It contains 12 easy to read chapters turning the 12 steps of recovery on their head literally by doing yoga inversions Each chapter highlights one of the 12 miracles experienced by the mother who commemorates them in 12 cupcake recipes with flavors such as Out of the Dark Chocolate into the White Light and Go Bananas for God with Peanut Butter as she bakes her way through 5pm happy hour instead of drinking The book shakes up the notion of what an alcoholic looks and acts like You can be a very successful athlete professional and drinker It dispels the myths that you have to wait to hit rock bottom in order to get help and that getting and staying sober has to be some nail biting miserable ride Her ride is covered in bumper stickers celebrating the speedbumps overcome along the road to recovery Join the ride and learn how to Get Hooked on Hope One Step at a Time

**Doppeldiagnosen und Fehldiagnosen bei Hochbegabung** James T. Webb, AZ Tucson, Erward R. Amend, Paul Beljeau, Nadia E. Webb, Marianne Kuzujanakis, Richard Olenchak, Goerss Jean, 2020-09-22 Ein wichtiger Ratgeber f r Betroffene und Fachpersonen der Doppel und Fehldiagnosen bei Hochbegabung aufzeigt und konkrete Hilfestellung bietet Au erordentlich begabten und kreativen Kindern und Erwachsenen werden h ufig Fehldiagnosen wie ADHS St rung mit oppositionellem Trotzverhalten bipolare St rung Zwangsst rung Autismus oder Asperger St rung gestellt Viele von ihnen werden unn tigerweise mit Medikamenten behandelt oder einer Therapie unterzogen die sie eigentlich gar nicht br uchten James T Webb und sein Autorenteam bieten in diesem Ratgeber praktische Tipps und Ressourcen f r Betroffene Eltern Therapeuten und weitere Fachpersonen Ber cksichtigt wird auch ber cksichtigt u a den aktuellen Forschungsstand legt die diagnostischen Kriterien des DSM 5 zugrunde und nennt die entsprechenden ICD 10 Diagnosen beinhaltet ein neues Kapitel Suchterkrankungen in dem m gliche Zusammenh nge zwischen Sucht und Hochbegabung diskutiert werden

**Living Justice and Peace** Jerry Windley-Daoust, Lorraine Kilmartin, 2008 Third Edition Available Now The Ad Hoc Committee to Oversee the Use of the Catechism United States Conference of Catholic Bishops has found this catechetical text copyright 2008 to be in conformity with the Catechism of the Catholic Church The second edition of this text has the same sound theology with updated stories images and statistics The Living Justice and Peace course empowers students to examine society critically based on values from the Scriptures and on the seven themes of Catholic Social Teaching The text addresses specific topics including abortion capital punishment racism poverty the environment and peace What s New in the Second

Edition Chapter 2 Removed story about malformed frogs Updated list of Major Documents of Catholic Social Teaching Added story about endangered sea turtles Chapter 4 Updated statistics about pregnancy abortion and capital punishment Chapter 5 Removed opening story about religious discrimination in Montana replaced with opening story about Mix It Up at Lunch Day in an Albuquerque high school Mention of immigration and prejudice against Muslims Chapter 6 Included more recent material about Craig Kiehlburger s Free the Children organization Updated statistics about child labor internationally Chapter 7 Many updated statistics about poverty and related issues in the U S and internationally Chapter 8 Removed sidebar of Lifestyles Comparing Poverty Simplicity and Excess Updated statistics New sidebar about the UN Millennium Development Goals Chapter 9 Removed opening story about the young president of the Sierra club old information about environmental threats and inspiring story of Chico Mendes Added new opening story about two teen girls who alert others about the health of salmon in their community Updated content about environmental threats with information from the Intergovernmental Panel on Climate Change 2007 Added inspiring story of Sr Dorothy Stang Provide new examples of businesses governments and teens making positive change Chapter 10 Some nuclear arms race content removed as well as sidebar called A general rethinks nuclear weapons Updated research about the causes of youth violence Terrorism content added as well as sidebar called Responding to Terrorism New stories about innovative ways to curb violence

Breaking Free from Alcohol: A Guide to Sobriety and Self-Healing Yolanda Ward, The journey to sobriety is not an easy one It is a path fraught with challenges setbacks and moments of doubt But it is also a path filled with incredible potential for growth transformation and the discovery of a life beyond addiction This book was written with the hope of providing individuals struggling with alcohol addiction the tools knowledge and inspiration they need to navigate their recovery journey My own experiences with alcohol addiction and witnessing the struggles of others have deeply informed this work I understand the pain the shame and the overwhelming feeling of being trapped I also understand the hope the resilience and the remarkable capacity for healing that resides within each of us Breaking Free from Alcohol is more than just a guide to sobriety it is an invitation to rediscover yourself to embrace your true potential and to build a life filled with purpose meaning and joy This book will provide you with practical strategies emotional support and a clear roadmap to recovery It will help you understand the complexities of addiction develop healthier coping mechanisms build strong support systems and ultimately break free from the chains of alcohol dependency

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