



# FROM DISPARE TO HOPE

A GUIDE TO  
OPIOID  
ADDICTION  
AND HOW TO  
OVERCOME IT

PROVIDED BY  
RECOVERYDELIVERED.COM





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# Dedication

This book is lovingly dedicated to the souls we've lost in the battle against opioid addiction and to the families and friends they've left in their wake.

To the mothers, fathers, children, and friends—your pain and your loved ones' struggles drive our purpose.

We also dedicate this to the brave individuals still battling addiction and the resilient families and friends standing steadfastly by their side.

*“Addiction is giving up everything for one thing. **Recovery** is giving up one thing for everything.”*

You are not alone,

Recovery Delivered Management and Providers

## CHAPTER I UNDERSTANDING OPIOID ADDICTION

*Opioid addiction, often called the opioid epidemic, is a significant public health concern affecting millions worldwide. Characterized by an overpowering dependence on opioids, it's more than just a physical addiction – it has roots in emotional, psychological, and societal realms.*

### **The Nature of Opioids:**

*What are Opioids?*

*Opioids are a class of drugs derived from the opium poppy plant. They are primarily used for pain management because of their potent analgesic properties. Opioids can be prescription medications like morphine, hydrocodone, and oxycodone or illicit drugs like heroin.*

# UNDERSTANDING OPIOID ADDICTION

## **How do they work?**

Opioids bind to brain and spinal cord receptors, interrupting pain signals. They also release large amounts of dopamine, a neurotransmitter responsible for pleasure, reward, and euphoric feelings, making them highly addictive.

## **The Onset of Addiction:**

*The Slippery Slope:*

Many people start using opioids as prescribed painkillers.

Over time, as the body builds tolerance, higher doses might be required for the same effect, leading to dependence.

## **Societal Influence:**

Over-prescribing opioids in certain regions and societal pressures can inadvertently push individuals toward misuse.

# UNDERSTANDING OPIOID ADDICTION

## **Signs and Symptoms of Addiction:**

*Being vigilant about recognizing the signs of opioid addiction can be the first step to recovery.*

- *Physical Signs: Drowsiness, constricted pupils, slowed breathing, and increased pain sensitivity.*
- *Behavioral Indicators: Doctor shopping (seeing multiple doctors for prescriptions), social isolation, changes in personal hygiene, and financial issues.*

## **The Wider Impact:**

*Opioid addiction isn't just an individual's battle; it affects families, communities, and society at large.*

- *Economic Implications: The economic burden from opioid misuse is massive, from healthcare costs to lost workforce productivity.*
- *Social Ramifications: The opioid crisis has led to a breakdown of social structures in some communities, with increased crime rates and child neglect or abuse.*

## UNDERSTANDING OPIOID ADDICTION

### **Combating Myths:**

To address opioid addiction effectively, it's crucial to dispel common myths.

- *"It's Just a Phase": Addiction isn't something people 'grow out of.' It's a chronic disease that requires intervention.*
- *"Only Illicit Drugs are Dangerous": Even prescription opioids can be hazardous if misused.*

## CHAPTER II

# UNDERSTANDING MEDICATION-ASSISTED TREATMENT (MAT)

### **What is Medication-Assisted Treatment (MAT)?**

Medication-Assisted Treatment (MAT) is an integrated approach to treat substance use disorders, especially opioid addiction. It combines behavioral therapy, counseling, and FDA-approved medications to help individuals sustain recovery and reduce the risk of overdose.

### **How Does MAT Work?**

- *Pharmacological Aspect: MAT involves specific medications that act on the same targets in the brain as the addictive drug but in a safer and controlled manner.*

They help in:

- *Reducing cravings*
- *Easing withdrawal symptoms*
- *Blocking the euphoric effects of opioids*



## **Common Medications Used in MAT**

- **Methadone:** An opioid agonist that reduces opioid cravings and withdrawal symptoms. It must be taken under the supervision of a healthcare provider.
- **Buprenorphine:** A partial opioid agonist, it relieves drug cravings without producing the "high" or dangerous side effects of other opioids.
- **Naltrexone (Vivitrol):** An opioid antagonist, it blocks the effects of opioids. Unlike the other medications, it can be administered monthly via injection.
- **Buprenorphine/Naloxone (Suboxone):** Provides the benefits of Buprenorphine to help eliminate cravings and withdrawal symptoms mixed with Naloxone, which blocks any effects of an opioid in the system. This makes Suboxone extremely difficult to abuse.

### **Benefits of MAT**

MAT has been shown to:

- *Improve patient survival rates. (In a national cohort of 40,885 insured individuals, Opioid addiction treatment with Buprenorphine was associated with a 76% reduction in overdose at three months and a 59% reduction in overdose at 12 months.)*
- *Increase retention in treatment programs.*
- *Decrease illicit opioid use.*
- *Reduce criminal activities.*
- *Increase patients' ability to gain and maintain employment.*

### **Misconceptions About MAT**

Despite its efficacy, there are misconceptions about MAT, such as:

*"It's swapping one addiction for another." Unlike opioids of abuse, MAT drugs do not induce a high, but help stabilize brain chemistry and normalize body functions.*

*"MAT is not 'real' recovery." Recovery is individualistic; for many, MAT provides the necessary support to maintain a drug-free life.*

### **Considerations Before Starting MAT**

Before beginning MAT, it's vital to:

- *Consult with a healthcare provider. (This can be done with [RecoveryDelivered.com](https://www.RecoveryDelivered.com) for just \$89.)*
- *Understand the potential side effects.*
- *Commit to accompanying behavioral therapy.*
- *Ensure you have access to the necessary support systems.*

CHAPTER III  
THE TELEMEDICINE REVOLUTION AND  
OPIOID TREATMENT

**Introduction to Telemedicine**

*Telemedicine refers to delivering healthcare services using telecommunications technology, including video conferencing, phone calls, and online chat platforms. Over recent years, it has transformed how patients access healthcare, making it more convenient, efficient, and accessible.*

**The Rise of Telemedicine**

- *Technological Advancements: With the growth of high-speed internet, smartphones, and user-friendly apps, telemedicine has become feasible for providers and patients.*
- *Changing Healthcare Needs: As the world faced challenges like the COVID-19 pandemic, there was an increased need for remote medical consultations to reduce physical contact and potential transmission of diseases.*

## **Telemedicine in Opioid Treatment**

- *Accessibility: For those living in rural areas or places with limited healthcare facilities, telemedicine offers an opportunity to receive guidance, counseling, and follow-ups without extensive travel.*
- *Privacy and Anonymity: Patients can access treatments without the fear of being recognized at a local clinic, reducing the stigma associated with seeking help.*
- *Frequent Monitoring: Telemedicine allows for more regular check-ins, crucial for opioid treatment, where consistent monitoring can lead to better outcomes.*

## **Benefits of Telemedicine in MAT**

- *Immediate Access: Patients can quickly reach out to their healthcare providers in emergencies or sudden relapses.*
- *Integrated Care: With telemedicine, it's easier to integrate various aspects of care, from counseling to medication management.*

## TELEMEDICINE REVOLUTION

- *Cost-Effective: Reduces costs associated with travel, missed work, and, in some cases, the treatment itself.*

### **Potential Challenges and Solutions**

- *Technology Barriers: Only some have access to the required devices or a stable internet connection. Solutions include providing services through regular phone calls or collaborating with community centers.*
- *Security Concerns: Ensuring end-to-end encryption and adhering to health information privacy laws are paramount to protect patient data.*
- *Building Trust: Initial skepticism can be addressed through introductory sessions, transparent communication, and patient education.*

### **The Future of Telemedicine in Opioid Treatment**

*The potential of telemedicine in opioid treatment is vast. As technology advances and the benefits become even more evident, telemedicine will likely become a staple in MAT. Further research, technological advancements, and policy support will shape its future trajectory.*

CHAPTER IV  
TESTIMONIALS - REAL STORIES OF HOPE  
AND RECOVERY

*The journey to recovery is deeply personal, filled with challenges and moments of triumph. While MAT and telemedicine provide the tools and support for recovery, real people's stories truly inspire hope. Here are some testimonials that highlight the transformative power of treatment and the difference that understanding healthcare providers can make.*

*"Up to the point of my first appointment, my mind was obsessed with avoiding the gut-wrenching withdrawal symptoms of opioid addiction. I had almost convinced myself that the Suboxone wouldn't work – that no matter what, I'd still find myself curled up in a ball on my bed sweating and freezing at the same time, running to the bathroom every five minutes, my bones aching with every step I took. But once I started Suboxone, my whole mindset changed. Suboxone actually prevented the sickness of withdrawal, and that amazed me.*

## TESTIMONIALS

*The absence of withdrawal symptoms allowed me the time and peace of mind to work through the events that sparked my addiction. For the first time in almost two years, I felt my own emotions instead of avoiding and numbing them."*

### **A Life Saver**

*"Recovery Delivered has been truly a life saver for me. Most importantly my Dr. Evonne is amazing at what she does. Recently I needed a letter from her for another doctor. In less than 24 hours, she responded and went above and beyond for me. They play an important role in my sobriety. I would recommend them not only to a friend but also any family member. I'm forever grateful for the caring and great service."*

### **Regaining Control**

*"Recovery Delivered has been wonderful for me. I've been with them over a year now. Never have any issues, and I love my provider, Miss Robin. She really gets to know you on a level of care and makes you feel comfortable."*



## TESTIMONIALS

*It's also super convenient with everyday life not having to go into an office. Thank you Recovery Delivered for helping me get my life back together. I will forever be grateful."*

### **A Beacon of Support**

*"I have had the BEST experience with Recovery Delivered. I have been clean over a year, and I credit the help I received here with a big part of my success. My provider, Robin, is amazing! She has been a huge part of my support system. Every issue I've had, she's been right there. I can't recommend Recovery Delivered enough. Start the first step to a new life!"*

### **Beyond Convenience**

*"My partner has been using Recovery Delivered for roughly a year now, and it's much more convenient than having to drive out of town to get the treatment needed. This service has truly saved his life and well-being. His doctor has always been very kind, patient, and listens to him."*

## TESTIMONIALS

*If there's an insurance issue, the doctor immediately helps get it addressed and fixes it. My partner has had a few different doctors that were in person, and they were not nearly as equipped as his current doctor with resources. I am grateful that from this pandemic, an option like this has come up, not only to help people but to offer solace for addicts that are ready to start recovery."*

### **The Power of Suboxone**

*"Up to the point of my first appointment, my mind was obsessed with avoiding the gut-wrenching withdrawal symptoms of opioid addiction. I had almost convinced myself that the Suboxone wouldn't work – that no matter what, I'd still find myself curled up in a ball on my bed sweating and freezing at the same time, running to the bathroom every five minutes, my bones aching with every step I took. But once I started Suboxone, my whole mindset changed. Suboxone actually prevented the sickness of withdrawal, and that amazed me.*

## TESTIMONIALS

*The absence of withdrawal symptoms allowed me the time and peace of mind to work through the events that sparked my addiction. For the first time in almost two years, I felt my own emotions instead of avoiding and numbing them."*

*These stories capture the essence of recovery: the power of perseverance, the importance of support, and the newfound hope that comes with each step taken toward a healthier future.*

*If you would like more success stories, please Google "Recovery Delivered Reviews" and you will see our 80 5-star reviews.*

CHAPTER V  
THE CHALLENGES AND REALITIES OF  
ADDICTION

*Addiction is a multifaceted issue that intertwines physical, psychological, and societal factors. To effectively address it, one must first understand the depth and breadth of the challenges those grappling with this condition face. This chapter delves into the many hurdles of opioid addiction and highlights the stark realities many confront daily.*

***Physical Dependence vs. Addiction: Understanding the Difference***

*While often used interchangeably, physical dependence and addiction are distinct concepts.*

- *Physical Dependence: This refers to the physiological changes in the body due to regular opioid use. Over time, the body becomes accustomed to opioids, leading to increased tolerance and the onset of withdrawal symptoms when the drug is reduced or eliminated.*

## CHALLENGES AND REALITIES

- *Addiction: Beyond just physical dependence, addiction embodies a complex behavioral syndrome. It's marked by an obsessive desire to consume the substance, loss of control over its use, and continued ingestion despite adverse consequences.*

### **The Psychological Grip of Addiction**

*Addiction isn't just about the physiological cravings; it's deeply rooted in the mind. Factors include:*

- *Emotional Escapism: Many turn to opioids to escape emotional pain, trauma, or stress.*
- *Reinforcement: Opioids release dopamine in the brain, reinforcing the desire to keep consuming the drug to experience pleasure and avoid pain.*
- *Cognitive Distortions: The addicted brain often rationalizes drug use, downplaying the risks and overemphasizing its benefits.*

## **5 Societal Stigmas and Misunderstandings**

*Regrettably, societal misunderstandings and stigmas attached to addiction often hinder seeking help. Many view addiction as a moral failing or a sign of weak willpower rather than a complex health issue requiring compassionate intervention.*

### **Relapse: A Common Challenge on the Road to Recovery**

*Relapse, or returning to drug use after abstinence, is a common and natural part of the recovery journey. Factors such as environmental cues, stress, or unresolved psychological triggers can precipitate a relapse. However, it's essential to understand that relapse doesn't equate to failure but highlights areas that need more focused attention in recovery.*

## CHALLENGES AND REALITIES

### **Economic and Legal Implications**

*The ripple effects of opioid addiction extend beyond the individual. The societal costs are vast, encompassing lost workplace productivity, healthcare expenditures, criminal justice involvement, and more.*

### **The Impact on Loved Ones**

*Addiction isn't an isolated experience. The behavior and choices of those addicted deeply affect their families, friends, and communities. Relationships can be strained, trust eroded, and families torn apart.*

*The challenges and realities of addiction are numerous and complex. However, understanding these intricacies is the first step toward compassion, intervention, and recovery. This chapter aims to paint a clear picture of the opioid addiction landscape, providing the foundation for subsequent discussions on solutions, treatments, and recovery.*

## CHAPTER VI THE SCIENCE OF SUBOXONE

*Suboxone, a medication commonly prescribed for the treatment of opioid addiction, has become a game-changer in the world of addiction medicine. With its unique blend of ingredients and specific action on the brain's opioid receptors, Suboxone plays a critical role in helping individuals overcome opioid addiction. This chapter delves deep into the science behind Suboxone, demystifying its mechanism of action and its benefits for those on the path to recovery.*

### **Composition of Suboxone**

*Suboxone is a combination medication made up of two primary ingredients:*

- *Buprenorphine: A partial opioid agonist, which means it binds to opioid receptors in the brain but activates them less intensely than full agonists like heroin or morphine.*



## THE SCIENCE OF SUBOXONE

*Naloxone: An opioid antagonist that counteracts opioid effects and helps prevent misuse of the medication.*

*The combined effect of these two components provides a delicate balance that helps curb cravings without creating the high associated with opioid misuse.*

### **How Suboxone Works**

*When a person uses opioids over time, their brain becomes accustomed to the presence of these substances. Removing them suddenly can lead to severe withdrawal symptoms as the brain struggles to regain equilibrium.*

*Suboxone works in two primary ways:*

- *Buprenorphine's Role: As a partial agonist, buprenorphine binds to the brain's opioid receptors, reducing cravings and withdrawal symptoms. Because it's only a partial agonist, the euphoria or high associated with opioids is minimal, lowering the risk of misuse.*

## THE SCIENCE OF SUBOXONE

- **Naloxone's Role:** *If Suboxone is misused by injecting, naloxone will block the effects of buprenorphine, preventing any high and causing withdrawal symptoms. This deters misuse and promotes the correct sublingual (under the tongue) administration.*

### **The Benefits of Suboxone in Treatment**

- **Reduced Cravings:** *By activating the opioid receptors partially, Suboxone can reduce the cravings that often lead to relapse.*
- **Safety Profile:** *Due to naloxone's presence, there's a decreased risk of overdose compared to other opioids.*
- **Accessibility:** *Suboxone can be prescribed in various healthcare settings, making treatment more accessible for those in need.*
- **Flexibility:** *It can be used in both short-term detoxification and longer-term maintenance therapy.*

## **The Potential Side Effects**

*Like all medications, Suboxone is not without potential side effects. These can include:*

- Dizziness
- Drowsiness
- Constipation
- Nausea
- Headache.

*Patients and healthcare providers must discuss and monitor these potential effects during treatment. This is why most online Suboxone programs require weekly visits to start. This allows the provider to prescribe additional medications or give advice on how to handle these side effects.*

## **The Bigger Picture**

*Suboxone represents a significant advancement in addiction medicine. While it's not a cure for opioid addiction, it's a powerful tool that, when combined with counseling and psychosocial support, can pave the way for a life free from opioid dependence.*

*Suboxone has brought science and hope together, offering a new lease on life for many grappling with opioid addiction. As research continues and the field of addiction medicine evolves, medications like Suboxone will undoubtedly play an integral role in shaping a future where addiction can be addressed comprehensively and compassionately.*

## CHAPTER VII PREPARING FOR TREATMENT

*Embarking on the path to recovery is a monumental step that requires courage, commitment, and preparation.*

*Treatment, whether through medications like Suboxone, therapy, or other methods, is a structured process. This chapter provides a roadmap to help individuals prepare mentally, emotionally, and logistically for this transformative journey.*

### **Mental and Emotional Preparation**

- **Acceptance:** Recognize and accept the need for treatment. This acceptance forms the foundation of the recovery process.
- **Educate Yourself:** Understand the nature of addiction, its effects on the brain, and the benefits of treatment. Knowledge can empower and reduce anxiety.
- **Establish Realistic Expectations:** Recovery is a process, not a destination. Be prepared for challenges, and remember that setbacks don't equate to failure.

## PREPARING FOR TREATMENT

*Seek Support: Surround yourself with supportive friends and family, or consider joining a support group to share experiences and gain insights from others in similar situations.*

### **Logistical Preparation**

- *Choose the Right Treatment Center: Research and find a facility or provider that aligns with your needs, whether in-patient, out-patient, or telemedicine-based.*
- *Clarify Costs: Understand the financial aspects of treatment – insurance coverage, out-of-pocket expenses, and any available assistance programs.*
- *Prepare for the First Appointment: Gather any necessary medical records, jot down questions you want to ask, and familiarize yourself with the intake process.*

## PREPARING FOR TREATMENT

*Create a Routine: Structure can be beneficial during recovery. Establish a daily routine incorporating treatment, relaxation, exercise, and other positive activities.*

### **Physical Preparation**

- **Detox Considerations:** *If you're using opioids, understand that starting Suboxone may require a brief period of abstinence to avoid precipitated withdrawal. Discuss this with a healthcare provider.*
- **Nutrition and Hydration:** *A balanced diet and proper hydration can support the body during recovery. Consider consulting a nutritionist if possible.*
- **Sleep:** *Prioritize rest. Sleep can impact mood, energy levels, and overall well-being.*

### **Building a Support Network**

- **Therapy and Counseling:** *Individual or group therapy can provide additional tools and insights for recovery. Including trauma-based therapy work.*

## PREPARING FOR TREATMENT

- *Find a Mentor or Sponsor: Having someone who has walked the path of recovery to guide and support you can be invaluable.*
- *Stay Connected: Keep regular appointments with your treatment provider, attend support group meetings, and stay connected with loved ones.*

### **Avoiding Triggers**

- **Identify Your Triggers:** *Recognize situations, places, or people that might induce cravings or remind you of past use.*
- **Develop Coping Mechanisms:** *Learn techniques like deep breathing, meditation, or distraction to deal with cravings or triggers.*
- **Stay Vigilant:** *Recovery is an ongoing process. Stay mindful of potential pitfalls and continue to seek support when needed.*



## PREPARING FOR TREATMENT

### **Remembering the “Why”**

*Always keep in mind the reasons for seeking treatment.*

*Whether it's regaining health, rebuilding relationships, or rediscovering a sense of purpose, let these motivations be the guiding light throughout the journey.*

*Entering treatment is the beginning of a profound transformation. While challenges are inevitable, with preparation and determination, recovery is within reach. As the journey unfolds, each step brings individuals closer to a life defined not by addiction but by hope, resilience, and renewed purpose.*

## CHAPTER VIII MAINTAINING RECOVERY

*Recovery from addiction is a continuous journey, not just a destination. Once the initial phase of treatment concludes, the next challenge is to sustain that recovery and integrate it into every facet of life. This chapter will guide you through the strategies, mindsets, and daily practices that can fortify your commitment to a life free from addiction.*

### **Building a Strong Support System**

- *Lean on Loved Ones: Keep communication lines open with family and friends. Their encouragement and understanding can be invaluable.*
- *Engage in Support Groups: Regularly attending meetings or group sessions can offer camaraderie and a space to share experiences.*
- *Establish a Mentorship: Having a mentor or sponsor provides personalized guidance, especially during challenging moments.*

### **Daily Practices and Habits**

- *Routine is Key: Establishing a daily routine helps bring structure and predictability, reducing the chances of relapse.*
- *Physical Activity: Regular exercise boosts physical health and improves mental well-being by releasing endorphins.*
- *Mindfulness and Meditation: Practices like meditation, deep breathing, and journaling can help center thoughts and emotions.*

### **Continuous Learning and Growth**

- **Stay Educated:** *Continuously educate yourself about addiction and recovery. The more you understand, the better equipped you'll be.*
- **Set Personal Goals:** *Identify personal, professional, and wellness goals. Working towards them can provide purpose and direction.*

## MAINTAINING RECOVERY

- *Celebrate Achievements: No matter how small, celebrate your milestones. This boosts motivation and reinforces the positives of a sober life.*

### **Being Vigilant of Triggers**

- *Awareness: Regularly identify and assess potential triggers in your environment.*
- *Avoidance and Strategy: While avoiding specific triggers might be effective, developing strategies to cope is vital when avoidance isn't possible.*
- *Seek Immediate Support: If faced with an intense craving or trigger, reach out to your support network or mentor immediately.*

### **Continual Mental and Emotional Care**

- **Regular Counseling:** *Even post-treatment, periodic counseling sessions can provide insights and tools to navigate life's challenges.*
- **Self-checks:** *Periodically assess your mental and emotional state. If you sense a decline, seek help promptly.*

## MAINTAINING RECOVERY

- *Avoid Complacency: Remember that recovery requires ongoing effort. Stay proactive in seeking support and resources.*

### **Giving Back and Building Purpose**

- *Share Your Story: Your journey can inspire and guide others. Consider sharing your experiences to uplift those in similar situations.*
- *Volunteer: Community service can instill a sense of purpose and provide a fresh perspective on life.*
- *Mentor Others: As you progress in your recovery, consider guiding others on their journey, reinforcing your commitment.*

### **Planning for the Long-Term**

- **Stay Connected with Healthcare Providers:** *Regular check-ins with healthcare providers can ensure you remain on the right path.*
- **Develop a Relapse Prevention Plan:** *Understand that setbacks can occur. Have a plan detailing steps to take if you feel at risk of relapse.*

## MAINTAINING RECOVERY

- **Stay Updated:** *The world of addiction recovery is ever-evolving. Stay updated with the latest research, methods, and resources.*

*Recovery is a lifelong commitment, a mosaic of daily practices, support, and continuous self-improvement. Integrating these principles and strategies into everyday life lays the foundation for a brighter, substance-free future brimming with hope, purpose, and fulfillment.*

## CONCLUSION

### THE JOURNEY TO RECOVERY

*Recovery is a word that's often misunderstood. For some, it might mean the cessation of a particular habit or behavior. For others, it's a complete transformation, a metamorphosis into a version of oneself that was once thought lost. Throughout this e-book, we've navigated the labyrinth of opioid addiction, delving deep into its origins, understanding its impacts, and, most importantly, uncovering the pathways that lead to recovery.*

*In this journey, we have discovered that recovery is not a one-size-fits-all solution. It requires understanding, patience, and, most importantly, a tailored approach that considers each individual's unique circumstances and needs. And while the road to recovery might be rife with challenges, the hope and tangible results make every step worthwhile.*

## CONCLUSION

*Recovery Delivered stands as a beacon for those seeking help. Through its revolutionary online programs, it breaks down barriers, offering treatment that's not just effective but also accessible. The success stories and testimonials are a testament to the transformative power of an approach that puts patients at the center of their own recovery journey. It's not just about medication or therapy; it's about creating an ecosystem where individuals feel supported, empowered, and understood. It's essential to understand that addiction doesn't discriminate. It can affect anyone, regardless of their background, age, or socioeconomic status. And thus, the solution to addiction should also be universally accessible. The future of opioid addiction treatment lies in innovative approaches that harness the power of technology, empathy, and patient-centric care, much like what Recovery Delivered offers.*



## CONCLUSION

*In the end, the essence of recovery is hope. It's the hope that no matter how dark things might seem today, a brighter tomorrow awaits. With the right support, resources, and determination, recovery isn't just a possibility; it's a promise.*

*Whether you're someone grappling with addiction, a loved one trying to understand and support you, or simply a reader seeking to comprehend this complex issue, remember this: recovery is a journey, not a destination. And like all journeys, the resilience, lessons learned, and the companions met along the way make it truly remarkable.*

*Thank you for joining us on this journey.*

*If you have further questions, please contact us by going to [www.recoverydelivered.com](http://www.recoverydelivered.com) and setting an appointment through the chat to meet with a patient success specialist.*

*You will may even speak with the author of this book.*