

Description - long version (384 words)

Recovering Me, Discovering Joy is a stunningly honest book of creative non-fiction about how setbacks can be inspirational and the positive nature of life's problems. The book is based on the notion that pain is inevitable but suffering is optional depending on the choices we make during difficult times. It is about the journey to know oneself and covers issues such as depression, social phobia, and alcoholism which Vivian has struggled with but continues to conquer.

This book raises awareness about the strong correlation between chronic low-grade depression (dysthymia), social anxiety and alcoholism. Social anxiety is the third leading mental illness in the United States today yet little is written about it, leaving it misunderstood. Social anxiety is an overlooked disorder, often left undiagnosed and can lead to alcoholism. With irresistible honesty, Vivian relates how she could not achieve lasting sobriety until her depression and social phobia were treated.

The segment of the population 85 and over is the fastest growing demographic group in the United States today. Recovery becomes more difficult as our bodies age and Vivian discusses positive ways to navigate the aging process. *Recovering Me, Discovering Joy* offers creative ways to live better even in our advancing years.

By using stories from people in recovery, examples of her husband's recovery from a massive stroke and other personal reflections, Vivian emphasizes how faith can enrich our daily lives. By paraphrasing the wit and wisdom of many, *Recovering Me, Discovering Joy* suggests ways to improve one's life, make it purposeful while enjoying the journey. Brimming with levity, this captivating book demonstrates that by having a life plan and by continual reference and adherence to it, we can live a more meaningful life, one filled with joy.

Recovering Me, Discovering Joy is unique in that it addresses difficult subjects with a sense of humor and an uplifting spirit of gratitude. It offers a fresh look at enduring truths which we all tend to forget in our day-to-day fast-paced lives.

Alcoholism continues to be the scourge of society. Since the 1960's, the per capita depression rate has increased ten fold. Today there are effective treatments for Social Anxiety (a success rate of 90%) but the majority of cases go undiagnosed. All these diverse yet interconnected issues are addressed and solutions given in this unparalleled book.