



Suggested Reading

Book Titles

"A Gentle Path Through the 12 Steps" by Patrick J. Carnes, Ph.D.

"Addict in the Family: Support Through Loss, Hope, and Recovery" by Beverly Conyers

"Addictive Thinking: Understanding Self-Deception" by Abraham Twerski, MD

"Codependent No More" by Melody Beattie

"Dopesick" by Beth Macy

"Healing the Shame that Binds You" by John Bradshaw

"Passages Through Recovery" by Terrence T. Gorski

"The Addictive Personality: Understanding the Addictive Process and Compulsive Behavior" by Craig Nakken

Treatment Improvement Protocol (TIP) 63, "Medications for Opioid Use Disorder", U.S. Substance Abuse and Mental Health Services Administration/Center for Substance Abuse Treatment (SAMHSA/CSAT)

Article Links

[5 Myths About Using Suboxone to Treat Opiate Addiction - Harvard Health](#)

[Buprenorphine | SAMHSA](#)

[Methadone, Buprenorphine Not Used Enough in Opioid Recovery | Healthiest Communities | US News](#)

Video Links

NOVA Special on Opioid Addiction: <https://www.pbs.org/video/addiction-afsxne/>

[History of the Opioid Crisis: How We Got Here - YouTube](#)

[Inside The Fentanyl Crisis | Ten Dollar Death Trip | Documentary Central - YouTube](#)

Opinions and suggestions provided in noted materials do not necessarily reflect the views of Arkansas Treatment Services, LLC. We encourage you to continue further research and learning outside the suggested materials.