



# Now What?: An Insider's Guide to Addiction and Recovery

*William Cope Moyers*

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**Now What?: An Insider's Guide to Addiction and Recovery** William Cope Moyers

Addiction and recovery insider and expert William Cope Moyers answers the question "Now what?" for addicts and their loved ones along every step of their journey through contemplation, intervention, treatment, and recovery.

As the survivor of multiple relapses and near-fatal experiences with his addiction to alcohol and other drugs, William Cope Moyers knows what it's like to desperately need, but not know how to find, a good treatment program. As Moyers was struggling, his parents--television journalist Bill Moyers and his wife, Judith--were also battling to understand what was happening to their son and what to do about it. Thanks to a successful intervention, intensive inpatient treatment, and a rigorous Twelve Step program, Moyers has been clean and sober since 1994, and has devoted his life to guiding others in getting the help they need.

In the course of his work as a recovery advocate and ambassador with Hazelden Foundation, Moyers has talked with hundreds of alcoholics, addicts, and their families and has been a lifeline in helping them get the treatment they need. Drawing from both his own journey and the experiences of those he's helped, Moyers applies his passion and trademark down-to-earth, style to lead readers through the process of

establishing a support system after treatment.

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