



NATIONAL RECOVERY MONTH RESOURCES

from Harford County Public Library

HCPL celebrates individuals living lives in recovery and recognizes the dedicated workers who provide prevention, treatment, and recovery support services.

These online resources and books can assist you, your family, and friends with making recovery possible. You can also contact your local [HCPL location](#) for additional suggestions.

• [HCPLonline.org Addiction Resources](#)

• [Lifelines: A Doctor's Journey in the Fight for Public Health](#) by Leana Wen

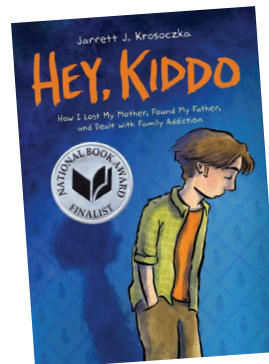
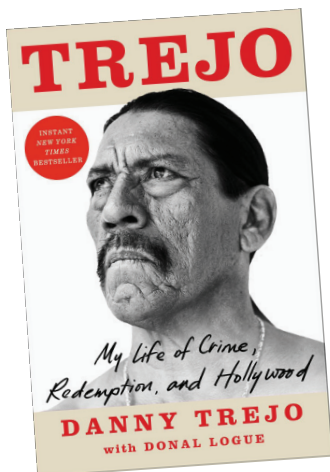
• [You'd Be Home Now](#) by Kathleen Glasgow

• [Trejo: My Life of Crime, Redemption, and Hollywood](#) by Danny Trejo

• [Strung Out: One Last Hit and Other Lies That Nearly Killed Me](#) by Erin Khar

• [Tightrope: Americans Reaching for Hope](#) by Nicholas D. Kristof

• [Quitting Smoking & Vaping for Dummies](#) by Charles H. Elliott



• [Wishful Drinking](#) by Carrie Fisher

• [Hey, Kiddo](#) by Jarrett Krosoczka

• [Dry: A Memoir](#) by Augusten Burroughs

• [The Recovering: Intoxication and its Aftermath](#) by Leslie Jamison

• [Mom Season 1](#) (DVD)

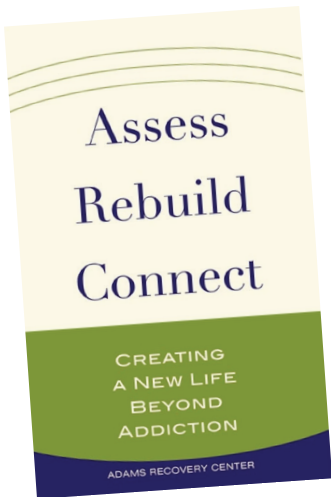
• [Elementary Season 1](#) (DVD)

• [Ben is Back](#) (DVD)

• [28 Days](#) (DVD)

• [Rocketman](#) (DVD)





• Quitter: A Memoir of Drinking, Relapse, and Recovery by Erica C. Barnett

• Assess, Rebuild, Connect: Creating a New Life Beyond Addiction by Adams Recovery Center

• Alcoholics Anonymous: The Story of How Many

Thousands of Men and Women Have Recovered From Alcoholism

• Beautiful Boy: A Father's Journey Through His Son's Addiction by David Sheff

• Recovery Road by Blake Nelson

• This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness, and Change Your Life by Annie Grace

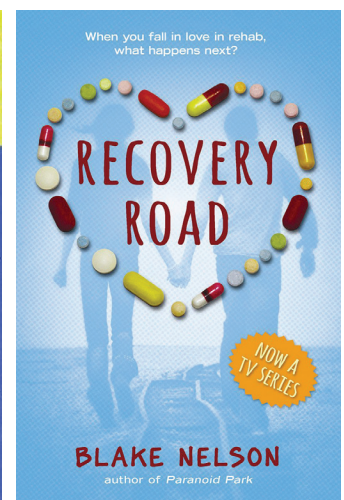
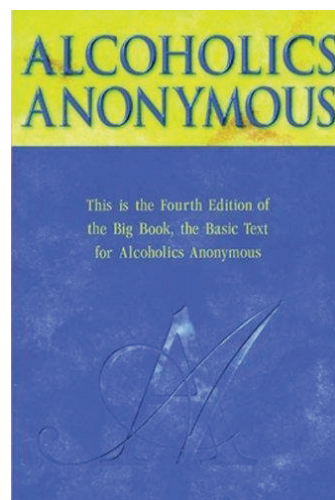
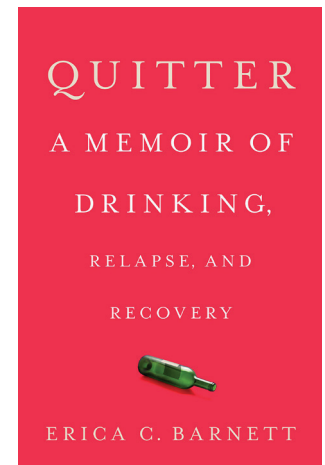
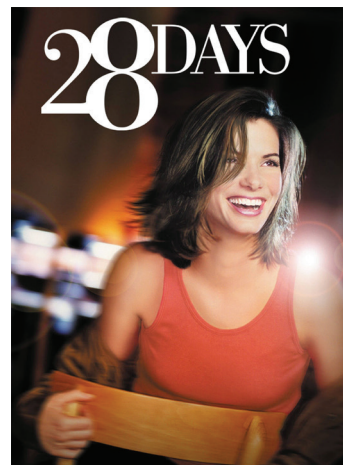
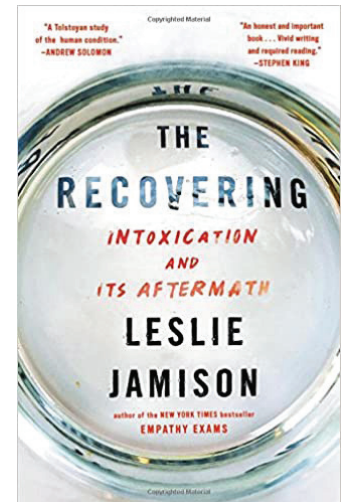
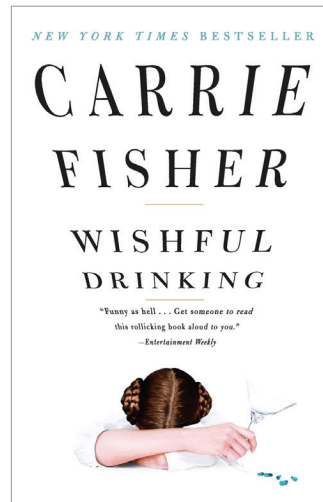
• Never Enough: The Neuroscience and Experience of Addiction by Judith Grisel

• The King of Infinite Space by Lyndsay Faye

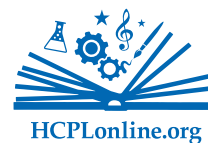


• Being Sober: A Step-by-Step Plan for Getting to, Getting through, and Living in Recovery by Harry L. Haroutunian

• On the Other Side of Chaos: Understanding the Addiction of a Loved One by Ellen Van Vechten



Appropriate accommodations for individuals with disabilities will be provided upon request. Please discuss any special needs with the librarian at least 5 business days prior to program. Telephone service for the hearing impaired is available at TTY 410-838-3371. This document is available in alternative format upon request.



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HCPOnline.org