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"Recovery is a process through which an individual is enabled to move-on from their problem drug use towards a drug-free life..." starts the scottish drug policy. Read the facts on this, on newcomers – and varied reactions.

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Our reviewers found the first book on recovery for sports lovers, as well one specifically for women, a guide on structured interventions and other useful supports for clients and therapists.

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The '*Orange Book*' and NICE *Psychosocial Guidelines* now recommend self-help groups. We give you the contact details for almost 50 across the UK for various disorders.

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Where you can find organisations to treat people with drink, drug, anorexia/bulimia, gambling and other addictive disorders.

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Looking for work? Or for 'training on the job'? Read our job ads in the journal – and you can find many more at www.addictiontoday.org by clicking on *Career Development, Jobs and Training* near the top right of the home page.

WE ARE>>

The Addiction Recovery Foundation, publisher of *Addiction Today*, is a charity (reg no 328133) whose mission statement is to:

- provide advice, support and guidance to anyone suffering from addiction/dependencies and to those involved in their care
- educate, teach and train professionals working with people with drug and alcohol problems in the methods and practices for prevention of and recovery from addiction/dependency
- conduct and disseminate research into the care and treatment of people with addiction or dependency problems.

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