



Integral Recovery: A Revolutionary Approach to the Treatment of Alcoholism and Addiction (SUNY series in Integral Theory)

John Dupuy

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Brings Integral Theory to addiction treatment, offering a more holistic vision of recovery and powerful practices for achieving it.

This book is for everyone who is suffering from the disease of addiction or who cares about someone who is: for addicts, their families and friends, and their health care providers. It is for those who are currently in recovery and looking for a way to shift their recovery into a higher gear—from just surviving and muddling through to becoming the absolute best version of themselves, from mere recovery to Integral Recovery.

Integral Recovery is the groundbreaking application of Integral Theory to addiction. It brings alcohol and drug treatment into the twenty-first century by combining the best of the treatment modalities of the past with the latest knowledge, techniques, and neurotechnologies in order to ensure a more holistic and lasting recovery. In addition to providing an illuminating and inspiring map to the path of recovery, Integral Recovery teaches life-changing practices that initiate the addict on a journey of healing, transformation, and awakening, offering the possibility of a lifetime of health, joy, and sobriety.

“John Dupuy’s Integral Recovery is a revolutionary application of Integral Theory to the national epidemic of substance abuse and addictive behavior. Clear, comprehensive, and appropriately inclusive, it points to a radically new way to deal with alcoholism and addiction, one that looks to be incredibly promising and much more effective than existing approaches, all of which are partial and segmented. The Integral approach, on the other hand, by taking a truly holistic (in the best sense of that term) approach, points to a comprehensive strategy much more promising in its results. Highly recommended for professional and layperson alike!” — Ken Wilber, author of *The Integral Vision: A Very Short Introduction to the Revolutionary Integral Approach to Life, God, the Universe, and Everything*

“John Dupuy’s Integral Recovery should be considered a ‘must read’ for professionals in the addiction recovery field. Such a holistic approach to the treatment of alcoholism and other addictions is long overdue. This book deserves a wide readership.” — Michael Dowd, author of *Thank God for Evolution: How the Marriage of Science and Religion Will Transform Your Life and Our World*

John Dupuy is CEO of Integral Recovery® and iAwake Technologies and teaches at John F. Kennedy University.

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