

# Do I need to make a change?

## Addiction Resources

### Recommended Books

- **Changing for Good**  
By James Prochaska, John Norcross and Carlo DiClemente. Harper Collins Publishers (2006).
- **Controlling Your Drinking**  
By William Miller and Ricardo Munoz. The Guilford Press (2005).
- **Get Your Loved One Sober: Alternatives to Nagging, Pleading and Threatening**  
By Brenda Meyers & Robert Wolfe. Hazelden Publishing & Educational Services (2003).
- **Mindful Recovery: A Spiritual Path to Healing from Addiction**  
By Thomas and Beverly Bien. Wiley Publishers (2002).
- **Sober for Good: New Solutions for Drinking Problems – Advice from Those Who Have Succeeded**  
By Anne M. Fletcher. Houghton Mifflin Company (2001).

### Recommended Website

- **Rethinking Drinking: Alcohol and Your Health**  
<http://rethinkingdrinking.niaaa.nih.gov/>

### Find Information or Treatment

- **Alcohol and Drug Hotline in Massachusetts:** 1-800-327-5050 or <http://www.helpline-online.com/>
- **211:** Call 2-1-1 on your telephone in any state for information about essential human services and substance abuse treatment organizations.

### Self-Help Programs

- **Alcoholics Anonymous:** 617-426-9444 (Central Service Committee of Eastern Mass) or [www.aa.org](http://www.aa.org).
- **Narcotics Anonymous:** [www.na.org/](http://www.na.org/)
- **SOS (Secular Organizations for Sobriety/Saving Our Selves):** [www.cfiwest.org/sos](http://www.cfiwest.org/sos)
- **SMART Recovery:** [www.smartrecovery.org](http://www.smartrecovery.org)