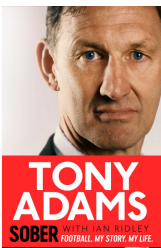


## SOME RECOMMENDED READING



See the **SIX MHS APP** for a full list with links to buy

### SOBER *Tony Adams*

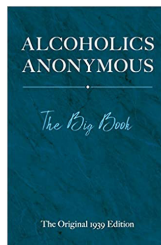


THE BRILLIANT SUNDAY TIMES BESTSELLER.

'A searingly honest account of the Arsenal legend's quest to recover from alcoholism. Unflinchingly brave.'

Sunday Mirror

### ALCOHOLICS ANONYMOUS *The Big Book*



Many thousands have benefited from 'The Big Book' and its simple but profound explanation of the doctrines behind Alcoholics Anonymous, which was founded in 1935 by Bill Wilson and Dr. Bob Smith.

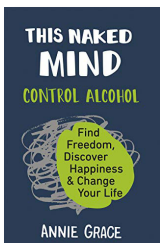
### MAYHEM *Sigrid Rausing*



A Sunday Times Book of the Year

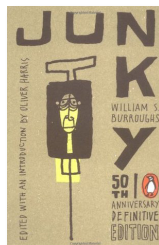
A searingly powerful memoir about the impact of addiction on a family.

### THE NAKED MIND *Annie Grace*



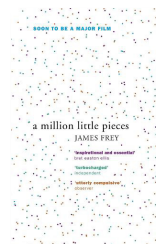
This book, without scare tactics, pain or rules, gives you freedom from alcohol. By addressing causes rather than symptoms it is a permanent solution rather than lifetime struggle.

### JUNKY *William S. Burroughs*



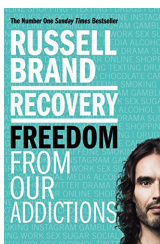
This engaging summary presents an analysis of Junkie by William S. Burroughs, a semi-autobiographical account of a young man's struggles with drug addiction.

### A MILLION LITTLE PIECES *James Frey*



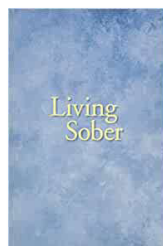
The electrifying opening of James Frey's debut memoir, A Million Little Pieces, smash-cuts to the then 23-year-old author on a Chicago-bound plane "covered with a colourful mixture of spit, snot, urine, vomit and blood."

### RECOVERY *Russell Brand*



The program in Recovery has given me freedom from all addictions and it can do the same for you.

### LIVING SOBER *Anonymous*



A.A.'s how-to manual for staying sober in everyday situations, this widely read booklet demonstrates through simple examples how A.A. members throughout the world live their lives to the fullest while staying sober one day at a time.

### ADDICTED *Tony Adams*



"a riveting and painfully honest read"  
Express 19/12/98

*we are here to* **HELP**

If you are concerned about your addiction and would like to talk to us about your options, please give us a call. **0800 8807373** Or send us a message at: [helpline@sixmhs.com](mailto:helpline@sixmhs.com)