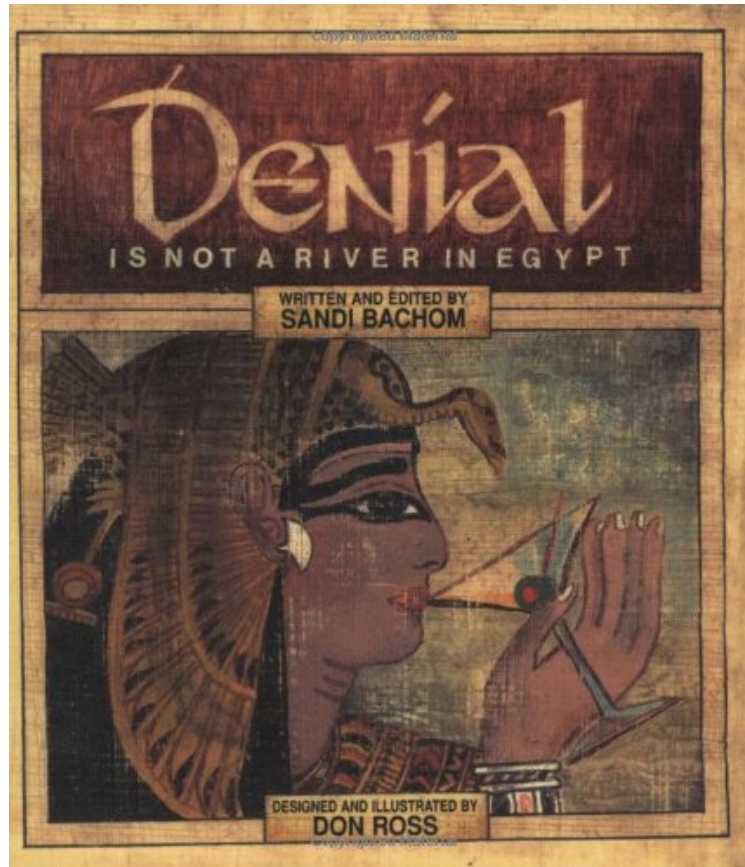


(Library ebook) Denial Is Not A River In Egypt

## Denial Is Not A River In Egypt

*Sandi Bachom*

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**Sandi Bachom : Denial Is Not A River In Egypt** before purchasing it in order to gage whether or not it would be worth my time, and all praised Denial Is Not A River In Egypt:

0 of 0 people found the following review helpful. Good Little HandbookBy Maggie H.I used this for inspiration when I was an Alcohol/Drug counselor. It is full of wisdom. I gave away most of my books when I retired but I kept this one.0 of 0 people found the following review helpful. Five StarsBy MARK REEVESgreat book4 of 4 people found the following review helpful. Cute, but sort of dorkyBy marti mcginnisThis is good for people with "Short Attention Span" disorders. But, I'm probably missing the point. That's probably what it's for. I can't quite dis the quotes and don't want to, but it's frothy, kids. And yet, maybe frothy, light and somewhat easy reader-ish is what you desire. After all, they can't all be heavy handed recovery books. You read a bunch of those and you need a drink all over again! So buy it used, that's what I did, it's cheaper that way.

This book contains well-chosen quotations on fear, denial, insanity, ego, resentment, acceptance, offering healing and laughter to brighten our day in any stage of recovery. An alcoholic is someone whose feet are firmly planted in thin air. You can always tell an alcoholic. But you can't tell him much. "The most important part of enlightenment is to lighten

up," according to Bachom and Ross. Anyone who has ever felt humor's power to heal will second this saying -- and will find a wealth of wit to support it in this delightful book. A collection of quips and wise sayings, epigrams and home truths that have seen so many through troubled times and recovery. Denial is Not a River in Egypt delivers dose after dose of the best medicine. Embellished with whimsical hieroglyphics, these well-chosen quotations on fear, denial, insanity, ego, resentment, acceptance, healing and laughter can brighten our day in any stage of recovery. A great gift idea. Sandi Bachom has worked as a freelance producer of television commercials for twenty-five years. She lives in New York City with her husband and son and has been in recovery for more than ten years. Don Ross is the coauthor and illustrator of a line of children's books. He lives in San Francisco and develops websites.

About the Author Sandi Bachom is director of broadcast production at ad agency Mad Dogs and Englishmen, in New York. She has been making television commercials for twenty-five years, in addition to her writing. She lives in New York City with her teenage son and has been in recovery for almost fourteen years. Excerpt. © Reprinted by permission. All rights reserved. The fear of feeling the pain is worse than the pain itself \* I may have another drink in me, but I sure don't have another recovery. \*Worry doesn't prevent disaster; it prevents joy. \* Alcoholism is the only disease that tries to convince you that you don't have it. \* If I woke up today feeling like I did every day when I drank, I'd take myself to the emergency room. \*Sure I had a drinking problem, but I looked at it more as a drinking opportunity. \* Alcoholics don't have relationships; they take hostages, \* I need just enough to tide me over and then I need MORE. \* An ingrate is someone who bites the hand that feeds him then complains of indigestion. \*You can always tell an alcoholic, but you can't tell him much. \* When you are in it up to your ears, keep your mouth shut. \* I'm really a very persuasive person; I can convince myself of anything. \* I like to get a good jump on worrying about something \* Resentment is like letting someone live rent-free in your head. \* It's okay to look back at the past-just don't stare at it. \* What if there is no God? Believe anyway. \* Sobriety is not for people who need it-it's for people who want it. \* You're ready for sobriety when the alcohol doesn't work anymore. \* The pain is the arrow coming out, not the arrow going in. \* A drunk is a sick human being trying to get well, not a bad one trying to be good. \* God speaks through other people. \* I thought when I stopped drinking that my life was going to be one long dental appointment. \* Alcohol is a perfect solvent: It dissolves marriages, families and careers. He who laughs...lasts. TABLE OF CONTENTS: Chapter 1 -- Fear Chapter 2 -- Denial Chapter 3 -- Insanity Chapter 4 -- Ego Chapter 5 -- Resentment Chapter 6 -- Acceptance Chapter 7 -- Healing Chapter 8 -- Laughter