

Addiction Recovery Resource Library

Are you, or someone you love, recovering from an addiction? Whatever it is, we hope this collection may be of help to you. It is a **free** resource for our community from BookAid, a program of the Hazelden Foundation.

Some of the topics included are:

- gambling
- compulsive behavior
- shopping
- the internet
- substance abuse
- control
- sexual issues
- family violence
- food
- and more

You are welcome to borrow anything you find on these shelves, and return it when you are finished. It operates on an honour system, with instructions for its use available there. The collection is housed in the Lounge near the Church Office. Help yourself to a free cup of coffee while you browse!

The Church Library has more books on dealing with addictions on the Library shelf labeled "Personal Growth". Please register and sign out those items at the Library Checkout.