



If you or someone you know is struggling with:

- >> STRESS
- >> TENSION
- >> ANXIETY
- >> PANIC
- >> MOOD DISORDERS
- >> FATIGUE
- >> SLEEPLESSNESS
- >> WORRY
- >> ANGER
- >> FEARS
- >> HELPLESSNESS
- >> HOPELESSNESS

You Are Not Alone!

Recovery
International
Can Help!

Who comes to Recovery meetings?

People from all walks of life come to Recovery meetings because they share a common problem—nervous symptoms and fears.

Some of the people at our meetings are under the care of doctors or other health care providers. Others imply have read or heard about us from a friend or relative.

What are some common problems Recovery helps manage?

Recovery's practical coping techniques can help people struggling with depression, anxiety, anger or stress. Many people also get help for nervous symptoms such as heart palpitations, dizziness, shortness o breath, sweats, fatigue, headaches, numbness, chest pressure and sleep problems. Some people have fears of being alone or of crowds of people, traveling, closed or open spaces, eating, choking and especially fear of making mistakes. Others have obsessions, compulsions, phobias or unsettling thoughts or sensations.

What is the Recovery Method?

Members learn how to identify and manage the negative thoughts, reactions, beliefs and behaviors that lead to emotional pain and disturbing physical complains which have no physical cause. You can learn the Method by:

- Attending group meetings regularly
- Studying Dr. Low's authoritative works, and
- Practicing the Recovery principles in your daily life

What happens at a meeting?

Weekly meetings last about two hours and are held in a community building. Each meeting has a similar structure: Members read a portion of one of the books written by Abraham A. Low, M.D., Recovery's founder, or they listen to one of the audio lectures. Members than volunteer examples that describe how they are using the self-help method to cope better.

After a brief question period, the meeting becomes more informal and members may talk in small groups. This is an opportunity to see how the members encourage and support each other. If you choose, you may talk about your problems and/or Recovery with the group leader and other members. You will hear how they use the Method to help themselves.

How much will it cost me?

There is no required fee to attend meetings. A voluntary collection is taken at teach meeting and annual memberships are available.

Who leads the weekly meetings?

Volunteer leaders, who are experienced members of the group and have received leadership training, are our group leaders. The role of the group leader is to demonstrate the Method at meetings by following clearly established guidelines.

The Method can be used on its own, or in conjunction with professional help or medication.

Join Us on YouTube and Facebook.

Go to: www.lowselphelpsystems.org
To link directly to the communities.

You Are Not Alone!

One in every five persons faces some form of nervous or emotional problem.

What is Recovery International?

Recovery is a system of cognitive behavioral techniques for controlling behavior and changing attitudes. People who practice the living skills detailed in the Recovery Method learn to change their thoughts and behaviors; changes in attitudes and beliefs follow.

Neuropsychiatrist and University of Illinois Professor of Psychiatry Abraham Low, MD, developed these self-help techniques. Although many people solely use the Recovery Method for their needs, it is not intended as a substitute for professional care, but rather as an adjunct to it. The system and meetings offer the training and advice necessary for applying the Recovery Method to everyday life.

How do I get started?

All you need to do is come to a meeting. There is no registration, appointment or waiting necessary. If you wish, you may bring a supportive friend or relative with you to the meeting.

Recovery International is a program of Abraham Low Self-Help systems, a non-profit, non-sectarian, member-managed organization.

Recovery International Meeting Offer

Reassurance and fellowship through meeting friendly people with similar problems who have found a way to live happier lives.

Understanding of your situation.

A safe place to express your feelings without being judged.

Hope from others who have bettered their lives.

Support and acceptance that may be lacking at home, school or work.

Help through learning and practicing a simple set of living skills which encourage and improve personal growth.

Encouragement to keep trying.



Going to your First Meeting

Although all meetings are confidential and you don't have to give your name, many friendships have developed through Recovery International.

There is no required fee to attend meetings, but there is a voluntary collection at each one. Proceeds support the meeting and our international organization.

To find a meeting near you, go to www.lowselfhelpsystems.org. If there isn't a meeting near you we will help you start one or you can join a phone meeting.

If you know someone who can benefit from Recovery International, lead by example. Bring them to a meeting or listen in on a phone meeting.



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