

*"I attended AVRT: The Course, three years ago, and I haven't had a drink since. It was so easy."
— Joanna, Homemaker, NY*

"I subscribed to the website, and for several months I felt I was on the brink of recovery. I was still insecure about relapse, so I got, "AVRT-Live!" That changed my life forever!" —Peter C., MO

"After watching "The Beast Came Back," I knew my crack addiction was history..." —Bill B., Machine Operator, KS

*"As a Christian, I was troubled that AA denies, even ridicules, free will. AVRT is in keeping with Biblical principles; there is no temptation I cannot overcome."
—Manny H., Bookstore Owner, DC*

"I have big trouble with the higher power stuff. AVRT has let me take control and beat the rap of alcoholism." —Mark B., Computer Scientist, CA

"I was deeply depressed, believing my identity — my life! — was defined by my problem behavior. AVRT brought back my freedom, my integrity, my dignity! C. S., CA

The empty chair is a symbolic tribute to the millions of men and women who have recovered from serious addictions without the use of groups, shrinks, and rehabs.



Rational Recovery®, Box 800, Lotus CA 95651
530-621-2667 — <http://www.rational.org>

AVRT: The Course

This is four days of direct, precise instruction on AVRT®, leading to total recovery within the time allotted. Imagine that!



AVRT: The Course is offered during odd-numbered months at the RR national office. On the final day of instruction, a family member is invited to sit in, to get satisfying answers and to help lay the foundation of life after recovery.

If you can't make it for AVRT: The Course, get the full AVRT® curriculum on DVD/VHS! Special productions for "tough cases" now exist for people who have a history of difficulty in addiction treatment or who have long exposure to recovery groups.



• AVRT: Live! shows AVRT-based recovery, A to Z.
• The Beast Came Back (not shown) is a review of AVRT® for a "relapsed" alcohol and drug addict.

See <http://www.rational.org> or call 530-621-2667 for a direct VISA/MC order.

About the RR founders.

Since founding Rational Recovery® 1985, Jack and Lois Trimpey have pioneered new concepts in addiction recovery. Chief among their accomplishments is the development of Addictive Voice Recognition Technique®, sometimes called the "crown jewel" of the addiction recovery field.



They have appeared in most major media, including all of the TV networks, satellite and cable TV, most major news magazines, and numerous radio talkshows. Through professional action in the social service system, they advocate to make self-recovery a viable option for all substance abusers. They say, "Our work is cut out for us; the best is yet to come."

RATIONAL RECOVERY®

Box 800, Lotus CA 95651
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Q: Why are these chairs empty?

- The meeting hasn't started.
- The meeting is over.
- AVRT® has made recovery groups obsolete.

Answer: C

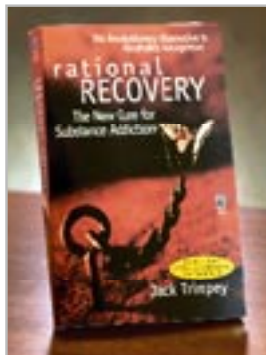
What's AVRT®?
See inside.

Research proves that self-recovery is vastly superior.*



AVRT® is an internationally-acclaimed resource, proven more effective than any form of addiction treatment or recovery group participation. Even AA admits that over 60% of recoveries occur without groups, counselors, or rehabs. With AVRT®, everyone has a 100% chance of prompt, full recovery. *That means you!*

Addiction is not a family disease, and should be regarded as willful misconduct. Addiction is betrayal of the family, a “black hole” that will consume all of a family’s emotional and financial resources. No marriage can survive the addiction of either spouse or both. The marital bond is always surpassed by addictive desire. Families may protect themselves with a zero-tolerance ultimatum. AVRT® allows the addicted member to choose between addiction and family support.



Rational Recovery: The New Cure for Substance Addiction

This best-selling book shows you exactly how to end your addiction — *right now, for good* — without groups, shrinks, or rehabs. This is the only book ever written that explains exactly how to quit an addiction in language any addicted person can understand.

There’s an old, recovery group slogan, “If you can quit on your own, then you didn’t have *the problem* in the first place!” The problem, of course, is the mysterious condition, *addictive disease*, or “alcoholism.” We believe it is absolutely crucial that you break the chains of your addiction as soon as possible — *and without the use of outside help or services*.

Our favorite slogan is, “If you want it done right, do it yourself!” By accepting full responsibility for your addiction and recovery from it, you will protect your rights, your freedom, your identity, your autonomy, your safety, your privacy, and your dignity.

Addictive Voice Recognition Technique® (AVRT®) is how people normally defeat addictions, all on their own. You can defeat your addiction in as short a time as you like, and soon enjoy the many benefits of self-recovery.

- AVRT shows how to *quit and stay quit*.
- AVRT is a private, individual approach.
- AVRT is based on the success of self-recovered people.
- AVRT recovery feels good — *immediately*, and always!
- AVRT uses your own values, not the values of strangers.
- AVRT has unmatched cost-effectiveness.
- AVRT protects the family from unwholesome influences.



“I lived in the grip of addiction for many years, following the advice of people who were in addiction themselves. Then, when it seemed all hope had flown away, I took control of my behavior and discovered the experience of millions of others who have recovered without groups, shrinks, and rehabs. It was easy. It felt good and natural to live by firm principles rather than wait for a therapeutic outcome or divine intervention. There is a wonderful life waiting for you, just beyond the end of your addiction. You can’t see that better future yet, because you’re still in the bubble of addiction, but when you get there you’ll praise the day you discovered Rational Recovery®. In a very short

time, you can learn enough AVRT® to stop your addiction, and with a little more effort, you can become securely, permanently abstinent.” — Jack Trimpey

Quick Start on AVRT-Based Recovery.

- To *quit* your addiction you must first *stop* your indulgence long enough to learn AVRT®.
- The sole cause of your addiction is a voice in your head that tells you to “Do it!”
- Self-improvement does not lead to addiction recovery. Recovery results in *real* self-improvement.
- There is nothing wrong with you that compels you to continue your self-destructive behavior.
- Stay away from recovery groups of all kinds.
- Consider that the truth about addiction and recovery lies in the *opposite* of most popular beliefs.
- Recall your original family values, the ideas about right and wrong you knew by the age of 5 or 6.
- Make a safe plan for detox.
- Get authentic Rational Recovery® learning materials.
- Go to the Rational Recovery® website and subscribe to the limited access area, <http://www.rational.org>.
- Make a plan to devote some time for reading authentic Rational Recovery® materials and viewing DVD’s on AVRT-based recovery.
- To take the strongest action, call 530-621-2667 to register for the next session of **AVRT: The Course**.