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**Useful Information: Addictions**

**Resources**

Ted Talks - Johann Hari

[https://www.ted.com/talks/johann\_hari\_everything\_you\_think\_you\_know\_about\_addiction\_is\_wrongutm\_campaign=social&utm\_medium=referral&utm\_source=facebook.com&utm\_content=talk&utm\_tebrandbrm=social-science](https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong?utm_campaign=social&utm_medium=referral&utm_source=facebook.com&utm_content=talk&utm_tebrandbrm=social-science)

**Books**

Russell Brand – Recovery

You Are Enough – Cassie Mendoza-Jones

Brene Brown - The Gifts of Imperfection : Let Go of Who You Think You're Supposed to be and Embrace Who You are

Brene Brown – I Thought It Was Just Me

Brene Brown - Braving the Wilderness – The Quest for True Belonging and the Courage to Stand Alone

**Essential Oils**

Grapefruit – dissipates cravings, supports detoxification, renewed energy

Basil – clears negative thought patterns that block change, restores mental energy

Bergamot – gives sense of empowerment and self-worth

Peppermint - supports sense of buoyancy and recovery, reprieve from painful emotions

Calming blend (eg. Doterra Lavender Peace) – promotes calm, peaceful, tranquil state of being, quiets mind

Detoxification blend (eg. Doterra Zendocrine) – promotes elimination, detoxification

**Support**

Alcoholics Anonymous

Ph: 1300 222 222

Website: <http://aa.org.au/>

Narcotics Anonymous

pH: 1300 652 820

Website: <https://www.na.org.au/multi/>

Cyrenian House

Phone: **(08) 9328 9200**

Website: <http://www.cyrenianhouse.com/>

[enquiry@cyrenianhouse.com](mailto:enquiry@cyrenianhouse.com)