



# Emotional Sobriety

With Allen Berger

7 p.m., Friday, April 28-noon, Sunday, April 30

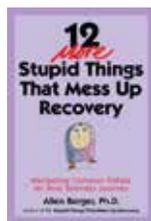
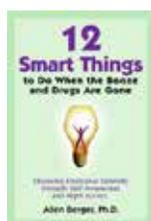
In 1956, Bill Wilson answered a call for help from a member of the Alcoholics Anonymous (AA) fellowship who was depressed and searching for a solution. Bill penned a letter discussing what he had learned about himself over his then 21 years of sobriety—insights and solutions that constitute a fourth legacy Bill left to those in recovery. This retreat will unpack Bill’s writings about emotional sobriety, focusing on what it is, how we can integrate it into our lives, and what interferes with it.

This is the third year this retreat is being offered. Past participants’ feedback was overwhelmingly positive about the nature of the program and the atmosphere Dr. Berger creates to discover new possibilities in recovery.



## About our presenter

**Allen Berger, Ph.D.**, is a psychotherapist who has written extensively about the experience of recovery, emotional sobriety, and the psychological forces operating within the Twelve Steps. He is author of 12 Stupid Things That Mess Up Recovery, 12 Hidden Rewards of Making Amends, 12 Smart Things to Do When the Booze and Drugs Are Gone, and 12 More Stupid Things That Mess Up Recovery. 



Call today to plan your stay.

# 800-262-4882

[HazeldenBettyFord.org/Retreats](http://HazeldenBettyFord.org/Retreats)

Many of our retreat facilitators are noted authors, as indicated by the book icon shown with their biography. 

## Revitalize your recovery

with a retreat at the Dan Anderson Renewal Center

## Be transformed. Again.

*Weekend Retreats and the Lodge Program at the Dan Anderson Renewal Center*

2017 all-inclusive weekend rates\*

|                                    |       |
|------------------------------------|-------|
| Double-occupancy room....          | \$615 |
| Private room .....                 | \$833 |
| Day program (includes meals) ..... | \$395 |
| *Prices are subject to change      |       |

Scholarships may be available. For more information or to register, visit our website at [HazeldenBettyFord.org/RenewalCenter](http://HazeldenBettyFord.org/RenewalCenter) or call the Dan Anderson Renewal Center, Center City, Minnesota, at 800-262-4882.

## Never been to Hazelden?

The Dan Anderson Renewal Center is open to anyone interested in a Twelve Step recovery experience.

## Want to extend your Renewal Center experience?

Add time before or after this retreat to attend the daily Lodge Program, a Twelve Step immersion experience.

