



## *Books By and About Abraham Low and Recovery International*

### **Works by Abraham Low, MD, Authorized for Reading at Recovery International and RI Discovery Meetings**

*Mental Health Through Will Training* – primary text of Low’s work used at Recovery International meetings.

*Selections from Dr. Low’s Work* – Additional writings from 1950 to 1953 by Low, which includes additional insights for practicing the Recovery International Method.

*Manage Your Fears, Manage Your Anger* – Transcriptions of Low’s 70 taped lectures from 1953 and 1954.

*Peace vs. Power In The Family: Domestic Discord and Emotional Distress* – Writings by Low focused on the family.

*Mental Illness, Stigma and Self-Help, The Founding of Recovery, Inc.* – This book describes the early development of Recovery International.

*The Wisdom of Dr. Low* – Compilation of Low’s inspiring words; an easy reference to help with a current problem or for daily affirmations.

*RI Discovery Workbook* – Workbook used at RI Discovery meetings include selection of re-written chapters of Low’s works in updated verbiage.

### **Additional Books About Abraham Low and Recovery International**

These are not approved reading at Recovery International or RI Discovery meetings.

*My Dear Ones* – Biography of Low and Recovery International, written by Neil and Margaret Rau

*\*Peace of Body, Peace of Mind* – Author Rose VanSickle shares her experiences with overcoming severe agoraphobia and panic attacks utilizing the Recovery International techniques.

*\*Self-Help for Fear and Anger: The Recovery Method* – Author Robert Courtade explains the basics of the Recovery International Method, some Recovery International tools and numerous examples of practice.

*\*Anger: A Practical Guide to Anger Management* – Hal Goldblatt explains angry and fearful temper as used in the Recovery International Method.

All books, except those marked with an asterisk (\*) can be ordered at [www.LowSelfHelpSystems.org](http://www.LowSelfHelpSystems.org) or by calling (866) 221-0302.