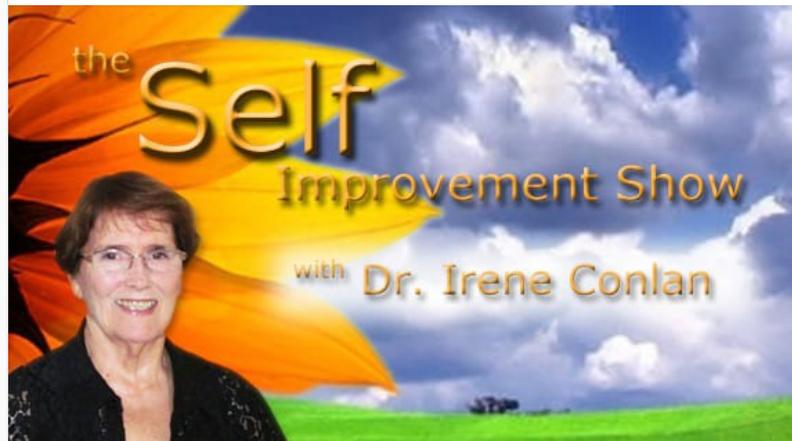


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September 03rd 2015: Addiction is the Symptom

Alcohol and other drugs, food, gambling, shopping, sex, relationships, money...We can develop an unhealthy emotional and often physical dependency on any one of these and more. You want to stop, but you can't. Or, sure, you can stop. Any time! But you can't stay stopped. You may know the feeling all too well. You've quit...many times. You start a new diet every Monday. You lost your paycheck at a poker game and cannot pay the rent. You went back to your abusive boyfriend again. Relapse, slip, backslide, fall off the wagon. Whatever you want to call it, it's demoralizing at best, life threateni

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Featured Guests



Laura MacKay

A former journalist, Laura MacKay has been writing and editing professionally since 1990. While working on Addiction Is the Symptom, she realized that she could benefit from the process she was helping to define and describe. She completed Dr. Brown's step process in April of 2014.

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Dr. Rosemary Ellsworth Brown

Dr. Rosemary Ellsworth Brown graduated from Smith College as an Ada Comstock Scholar in 1989 and completed her doctorate in counseling psychology at Union Institute in 1993. Her academic research focused on relapse, in particular on why AA and its Twelve Step offshoots proved ineffective for the majority of their members. Dr. Brown's research has been not only academic and professional in nature, but also personal. She attended her first AA meeting in 1968, stayed sober for a year, and then experienced a tragic two-year relapse. She returned to the program determined to understand and solve the problem of relapse and devoted the rest of her professional life, and much of her personal life, t

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