

## These Books Started It All

The RI Method is based on three books written by Abraham Low, MD. Order your copies today at

[www.recoveryinternational.org/store](http://www.recoveryinternational.org/store):

- Mental Health Through Will Training
- Manage Your Fears Manage Your Anger
- Selections From Dr. Low's Works



## Support Matters

Connect with us on Facebook, or join us at a Recovery International meeting today. Help is at your fingertips!

Recovery International helps people improve their lives. Joining or supporting RI enables us to help people achieve **Better. Mental. Health.**

To become a member or donate, go to [www.recoveryinternational.org](http://www.recoveryinternational.org).



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If you or someone you know is struggling with:

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- Stress
  - Tension
  - Anxiety
  - Worry
  - Helplessness
  - Sleeplessness
  - Hopelessness
  - Fatigue
  - Anger
  - Fears
  - Panic

You are Not Alone.



## Recovery International

The mission of **Recovery International** is to help people gain necessary skills to lead more peaceful, productive lives using the cognitive behavioral, peer-to-peer, self-help training system developed by neuropsychiatrist Abraham Low, MD.

The **Recovery International Method** can successfully relieve symptoms of most mental health diagnoses. With long term use of the RI Method individuals can change their fear and anger-based thoughts, behaviors, responses, and attitudes triggered by daily events.

We provide in-person, telephone, and online support meetings in North America and beyond. RI's peer-led meetings are safe, confidential spaces to practice the RI Method, talk about life's challenges, and receive support and guidance from peers.



## Attending RI Meetings

During RI meetings, participants read from Dr. Low's books and identify events from their everyday life that triggered symptoms. They explain how they used the RI Method to address their discomfort and control their responses applying Dr. Low's "Spots". Other participants elaborate on their use of the RI Method and offer other applicable spots.

## Meetings Offer

- **Understanding** of your situation.
- **Hope** from others who have bettered their lives.
- **Support** and acceptance.
- **Encouragement** to keep trying.
- **A safe place** to express your feelings without being judged.



## Sample of "Spots"

- If you can't change a situation, you can change your attitude towards it.
- Calm begets calm, temper begets temper.
- Decide, plan, and act.
- Do things in part acts.



## Meeting Locations

To find a meeting near you, or to join a telephone, chat, or web meeting, simply visit [www.recoveryinternational.org/meetings](http://www.recoveryinternational.org/meetings).

There is no charge to attend RI meetings but there is a voluntary collection at the end of each meeting and some telephone meetings require a paid RI membership. Donation and membership proceeds help sustain Recovery International.