

Solar Living

Ross Mutton PhD, Addiction Consultant

Live solarly (like the sun), give everything you've got every day and go to bed with a clear conscience.

Break Addictions to:

Alcohol
Debt
Treatment Groups
Drugs
Religion
Sex
Gambling
Anger

In-service seminars on alternative addiction treatment RR (Rational Recovery) and SMART (Self Management and Recovery Training) are available to addiction treatment agencies and corporate personnel. Individual counselling sessions are available.

Don't make addiction treatment the sole focus of your life.

The only power that alcohol possesses is what we give it.

The lore learned from traditional treatment is almost all wrong.

Stop attending addiction groups: as the "keep on coming back" slogan teaches you to be addicted.

Don't go to experts or gurus; their egos will have you coming for the rest of your life. Instead, learn how to quit; then merely apply what you have learned.

You are cured from an addiction: when you stop using.

Learn how millions of North Americans have quit smoking during the past 30 years.

Ex smokers don't go to groups or gurus; they just quit and get on with their lives.

Don't quit one day at a time, "quit for life."

Don't learn that if you have one drink you are a failure when you are merely being human.

Don't put your life into the hands of some "higher power;" think instead, "if it is to be, it is up to me."

- The Information the average North American thinks about addiction is wrong.
- *Ferringer*
- The hardest part of quitting an addiction is actually deciding to act. I can teach you to make that choice.
- Addiction is à choice not à disease. You can choose again. I can show you how.
- Take control of your life. You are not powerless. You are in charge of your life.

Dr. Mutton has been leading alternative addiction treatment groups (non-AA) for over 25 years.

Call 403-245-3550 for an appointment.

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