

## **Addiction, Shame, Relationships, & Recovery**

### **Bibliography**

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Website, including blog and video resources:

<http://www.drbobweathers.com/>

YouTube Channel --- "Dr. Bob Weathers on Recovery from Addiction"

[https://www.youtube.com/playlist?list=PLHwKfV0MG\\_sDFGHcydMjHxuj4\\_9KiJb1v](https://www.youtube.com/playlist?list=PLHwKfV0MG_sDFGHcydMjHxuj4_9KiJb1v)

Two weekly podcasts:

<http://integralrecoveryinstitute.com/podcast/>

<https://beginningstreatment.com/ask-an-addiction-specialist/>