

LOVE

FOURTEEN VALLEYS FOR
RECOVERY

LOVE. Fourteen Valleys for Recovery

نام کتاب:

حسین دژاکام

مؤلف:

سعید معینی

مترجم:

رضا توکلی

ناظر چاپ:

حسین دژاکام

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Preface

Addiction is an enduring worldwide phenomenon that transcends the boundaries of nation, culture, religion, politics, economics, race, gender and age. In the history of worldwide responses to the problem of addiction, one lesson is clear. When the wounds inflicted by addiction to alcohol and other drugs reach critical mass, new social movements rise from the ashes of that devastation to offer hope for recovery. These movements are often led by people who have achieved personal recovery from addiction. From the international dispersion of Alcoholics Anonymous and Narcotics Anonymous to indigenous recovery support societies such as the Swedish Links, Vie Libre in France, the Polish Abstainers Club, the Danshukai in Japan and the Pui Hong Self-Help Association in China, these movements have provided hope and mutual support for full and enduring recovery from addiction.

Today that recovery tradition is alive and growing in Iran. Since its inception in 1998 under the leadership of Mr. Hossein Dezhakam, Congress 60 has been at the center of thriving recovery communities in Tehran and other Iranian cities. Throughout Iran, former addicts and their families are discovering that they can achieve together what they were unable to achieve alone. People who were once a part of the drug problem are now becoming a key part of the solution to that problem.

In his latest publication, Mr. Dezhakam outlines the philosophy that guided his own recovery from addiction and guided the recoveries of hundreds of others who have sought the support of Congress 60. In these pages, the reader will discover that recovery from addiction is a struggle to regain physical, emotional, relational and spiritual balance. The fourteen valleys discussed in this book provide a framework for rebuilding one's life and achieving such balance.

Love: 14 Valleys for Recovery is a testament to the proposition that recovery from addiction is far more than the removal of drugs from an otherwise unchanged life. It is instead a fundamental redefinition of one's identity, relationships and way of living. This book offers a map for achieving such a personal transformation that will be of interest to persons seeking recovery and to addiction treatment professionals throughout the world.

There are many pathways to long-term recovery from addiction, and all are cause for celebration. This book offers a pathway that promises blessings to individuals, families and communities wounded by drug addiction. The journey from addiction to recovery is not an easy one, but the paths are marked by those who have gone before.

This book will find two particularly appreciative audiences. For those seeking escape from the pain of addiction and the opportunity for recovery, these pages offer a needed balm and hope for wholeness. For seekers of truth wishing a deeper understanding of life and its purposes, these pages offer

profound lessons drawn from the experiences of those who once courted death. Let the journeys toward health, wholeness and illumination begin.

- William L. White -

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How the valleys came to be written

I was born in 1949 in a military family in Iran. My father was a professional musician and I started to learn the trumpet at the age of 13. This was at the time when the Beatles had transformed the image of the rock 'n' roll in Britain.

At 16 I played in local jazz groups of my hometown and that's when I was introduced to Hashish which I used occasionally.

When I was 19 I moved from Kerman, my birthplace, to Tehran, the capital city, to attend the University of Science and Technology in the field of electro technique.

I used to work throughout university years and my career as an engineer lasted for 28 years.

My education and work in the field of engineering had transformed me into a logical person having a scientific outlook on everything in life; especially because for almost 20 years I was in charge of repairing all kinds of telecommunication and industrial systems and sometimes I had to find the faulty wires from thousands of wires on the map. If I didn't find the problem the system wouldn't work.

The last 8 years of my career was spent on research and design of infrared electronic systems and after many years of management, I established a factory.

It was under these conditions that destiny got me involved in two games; I was a materialistic person who didn't believe in