

• **Individual Recovery Coaching** •

Gloria coaches individuals dealing with an addiction to alcohol, drugs, food and/or relationships— and also their loved ones.

“I started coaching with Gloria because I couldn’t stop drinking on my own. Our coaching sessions provided the encouragement I needed to help me see that abstinence from alcohol was possible for me. I found it difficult to relate to 12 Step groups. Gloria suggested I try other types of recovery support groups. I found one to be extremely effective. I feel confident that I will be able to continue to abstain from alcohol.”

– Anonymous

• **Courageous Caregivers**© •

This group coaching support is for those who have a loved one struggling with substance addiction, who is new to recovery, and/or experiencing relapse. Along with personal check-in time, Gloria provides a proprietary educational curriculum for each six-week session.

“Gloria helped me learn that I am also in recovery. I’ve learned self-care behaviors. I see her as an angel, and couldn’t give her any higher recommendation.” – Anonymous

Please see <http://recoveringu.com/recovery-coaching/> for individual and group coaching fees and current Courageous Caregivers© flyer with fees, dates, and meeting times.

• **A Different Kind of Grief**© •

This group coaching support differs from traditional grief support groups because it addresses the trauma and stigma that often linger after an addiction-related death. Having experienced the aftermath of her son’s death, Gloria recognizes this kind of loss warrants specific support. Each six-week session offers an educational curriculum with topics specific to this disenfranchised loss, as well as time for personal check-in.

“Gloria is a very skilled group facilitator. I always have felt safe in her group. I recommend her group to anyone who has a loved one who has died from addiction. There is nowhere else where I have been able to talk about the pain of my husband’s illness and death because of his alcohol use.” – Anonymous

Please see <http://recoveringu.com/grief-recovery-support/> for current flyer with fees, dates and meeting times.

• **Free Coaching Session** •

Please contact Gloria for a free ½ hour coaching session regarding your personal substance use or your concern for a loved one’s substance use.

612-866-1056/gloria@recoveringu.com

• **Keynotes & Presentations** •

Gloria offers presentations and workshops on a wide range of recovery topics that can be delivered in a variety of settings and tailored to various audiences.

“I cannot thank Gloria enough for her inspiring message. She set the tone for a true spiritual experience. Gloria’s message about her own recovery journey gives all of us hope for ourselves. Her words sing like a melody without end that will continue to send a message of hope and trust in our personal Higher Power.”

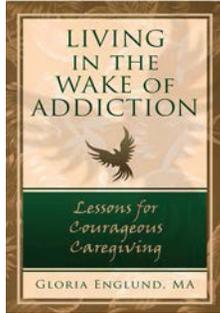
– Anne C.

Please see <http://recoveringu.com/recovery-speaking-topics/> for specific presentations.

• **Recovery Advocate** •

Closely aligned with Minnesota Recovery Connection, Steve Rummeler Hope Foundation, FedUp! Unite to Face Addiction, and Faces & Voices of Recovery, Gloria advocates for public policy and social change. She states, *“Saving the lives of those who are affected by this disease will only happen when the general public gets angry enough to demand that the people who suffer from these disorders deserve the same medical treatment and compassion as anyone suffering from a chronic illness.”*

***Living in the Wake
of Addiction:
Lessons for
Courageous
Caregivers***



Gloria's book offers hope for recovery, and serves as a guide for families and individuals seeking support on the journey of recovery. It provides professionals and the caregivers of people with addiction disorders valuable navigation techniques through the murky waters of codependency.

With its succinct "Lessons" throughout, this book offers reinforcing guidance through a compassionate, honest narrative that goes well beyond a mother's loss of her son to heroin. Gloria's personal experience is compelling, weighed against her once naiveté about addiction and the knowledge she now shares about the current medical understanding of this chronic brain disease.

"Gloria Englund turns her family's personal tragedy into a very public lesson of hope, help and healing for anyone who knows firsthand the struggle of addiction. Her perseverance will inspire others to never give up the fight to overcome this cunning, baffling and powerful illness. She proves that from the adversity of loss comes the opportunity to advocate for others to recover their own lives in the wake of addiction's terrible toll."

– William C. Moyers, author of *Broken: My Story of Addiction and Redemption*

***Gloria Englund
Founder of Recovering u***



Gloria breaks new ground in the field of addiction recovery and support. As an ally of the recovery community, she honors all pathways of recovery. She is a

certified Recovery Coach and psycho-therapist who holds a Master of Arts degree in Human Development.

Gloria has both personal and professional knowledge of addiction and recovery. Her oldest son, Aaron, died of a heroin overdose in 2007.

As an accomplished public speaker, advocate and published author, Gloria brings a message of hope and healing to others.

***Living in the Wake of
Addiction: Lessons for
Courageous Caregiving***

Soft cover: 230 pages
Publisher: Recovering u Press
Available at Amazon: \$14.95 U.S.
Barnes & Noble.com: \$14.95 U.S.
Kindle and Nook EBook: \$9.99 U.S.

***Hope for Those
Living in the
Wake of Addiction***

- **Individual Coaching**
- **Support Groups**
- **Keynotes and Presentations**
- **Addiction-Recovery Author**
- **Recovery Advocacy**



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