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## Catherine Dold: The Recovery Book

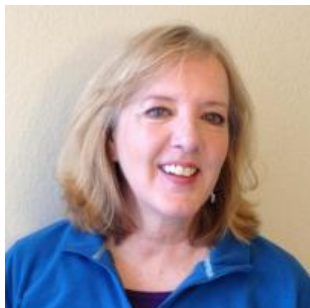
Submitted by Lynne Lamberg on Wed, 09/03/2014 - 08:07

**THE RECOVERY BOOK:  
ANSWERS TO ALL YOUR QUESTIONS ABOUT ADDICTION  
AND ALCOHOLISM AND FINDING HEALTH AND HAPPINESS IN SOBRIETY  
2nd edition**

Al J. Mooney, MD, Catherine Dold (NASW member), Howard Eisenberg  
Workman Publishing; September 9, \$17.95  
ISBN: 978-0-7611-7611-4

*Dold reports:*

Nearly all my work as a freelancer comes via networking. *The Recovery Book* was no exception. Howard Eisenberg posted on the ASJA Forum that he was looking for a co-author to work on the second edition of this book, which he and his late wife Arlene published with Dr. Mooney in 1992.



Catherine Dold

I had no experience writing about addiction, had never written a book, and honestly didn't think I'd want to write about the topic. Perfect fit, right? But I knew that Howard and Arlene were respected, successful writers. Arlene was an original author of *What to Expect When You're Expecting*. The publisher, Workman, has a great reputation. And while I had no background in addiction, I do love writing materials that help people to understand health issues.

Getting to contract was different from the usual route, since this was a second edition. First I had to convince Howard and Dr. Mooney to take me on as collaborator. Then we had to sell the book to Workman. There was no proposal, but we did write summaries of how we would update the content, handle social media, and more.

One of my biggest concerns was the collaboration process. I researched many options, and finally settled on a system of Dropbox folders shared with Dr. Mooney. I'd put files he needed to review in a folder. When he was done, he'd move them to another folder, and I would then pull them back into my master set of files. It worked beautifully. Over 14 months we collaborated on 350,000 words without a single version-control nightmare. I also kept detailed spreadsheets of everything, and set all deadlines. Dr. Mooney and Howard were dream collaborators who met every deadline. The spreadsheets kept me sane.

This project opened my eyes to the reality of addiction. Visiting Dr. Mooney's treatment center, Willingway, I expected to meet a lot of older, weary alcoholics. Instead I met many young people. Most looked like they belonged in college. But that's what addiction is: an equal opportunity disease. The good news is long-term recovery is possible.

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