



Crestwood Recovery Resilience Solutions

## **Clear evidence that recovery is probable.**

By Dr. Lori Ashcraft

Mark gives us so much valuable information about recovery and refers to studies by one of our heroes, Dr Courtney Harding. Reviewing Courtney's material takes me back to a winter afternoon a few years ago when Courtney stayed a few days with us in Arizona. We drove up to Sedona, and after a hike, we sat in the Boynton Canyon lounge and watched the rain streak down the high cliffs. It was magical. What made it even more magical was listening to Courtney talk about her work and to feel how deeply the work pulled her heartstrings. It was the hopelessness turning into hopefulness; the evidence that what we hoped was possible actually was possible. It was the science that validated our experience of seeing people recover.

So, I am giving you a list of ways to access Courtney's amazing groundbreaking work. Special thanks to our dear friend, Rita Cronise, who assembled this information and made it available to send to you. There are two PDF articles that give you a full picture of the research and the process of making it real, plus a link to a video that show Courtney explaining everything. I suggest you listen to the video before you start reading the articles since this will give you a context for integrating the written material.

Beware, if this is the first time you've been exposed to this material, it will change your life!!!

<https://www.youtube.com/watch?v=5Nww8bwp70w>