



Wellbriety!

The Wellbriety Movement's Online Magazine

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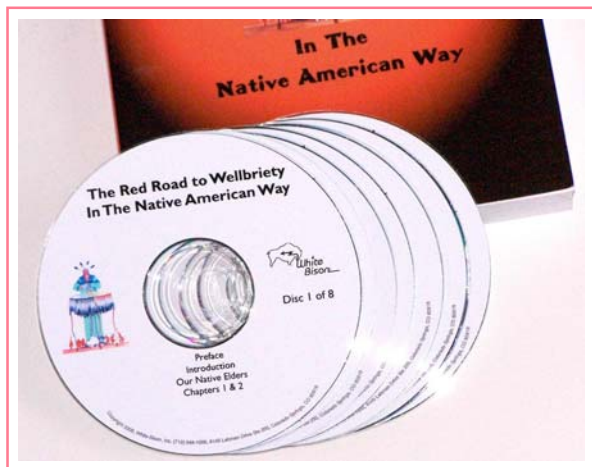
Announcing...

*The Red Road to Wellbriety:
In the Native American Way
On CD - an 8 CD Set!*



Published by White Bison, Inc.
Colorado Springs, CO





*The Red Road to Wellbriety
Is Now available on Audio CD's!*

White Bison, Inc., is very proud to announce publication of an 8-CD set audio book entitled, *The Red Road to Wellbriety: In the Native American Way*, by White Bison, Inc. This 8 CD set is the same as the earlier book of the same title also published by White Bison, Inc., except for appendices and graphic content. It offers 9 hours of Native culture-specific 12 Step healing information applicable to many different kinds of addictions.

Since 2002, so many people have utilized the over-300 page book, *The Red Road to Wellbriety: In the Native American Way* as a basis for their own personal alcohol and drug abuse recovery, healing, and wellness journeys. With over 30,000 copies now in print, the *Red Road Big Book* as it is called by American Indians, First Nations, and Alaska Native people, has received acclaim as a Native-culture friendly resource towards healthy, well lives.

Now, with publication of the CD set of the same name, the unique addictions recovery approach we know so well from the original book is available to individuals who may be more comfortable with the spoken word rather than the written word. The book's cultural Way is now available to recovery

group situations where portions may be played aloud for discussion, commentary and sharing. The talking book version opens up ways for conducting Healing Circles still to be discovered. It also opens up the possibility for learning experiences in drive-time settings on highway trips or to and from work.

Those of us who have used books like the AA Big Book, and teachings from other books, know how some phrase or written words can stick in our minds and be recalled just when we need them. Spoken words can pop up in just the same way, as a voice from the CD when they are needed most. The new Red Road CD offers just this kind of learning and healing experience.

Wellbriety means to be both sober and well. *The Red Road to Wellbriety* book, and now audio CD set, follows a format similar to the effective and popular Big Book of Alcoholics Anonymous, except that everything in these publications utilizes a Native cultural presentation. The content of the CD's is as follows:





Disk 1:

Preface; Introduction; Our Native Elders Speak; Chapter 1: One Journey to Wellbriety; Chapter 2: The Solution is in the Culture

Disk 2:

Chapter 3: Alcoholism; Chapter 4: Many Paths to the Creator; Chapter 5: The Healing Steps of the Red Road; Chapter 6: Interconnectedness of the 12 Steps

Disk 3:

Chapter 7: Steps 1-6 in the Native Way; Chapter 8: Steps 7-12 in the Native Way; Chapter 9: To Those Who Walk by Our Sides

Disk 4:

Chapter 10: Strengthening Our Families; Chapter 11: In the Workplace; Chapter 12: A Vision for Us





Disk 5: Personal Recovery Stories
A Misplaced Indian; It's Up to You; A Long Road; Who Am I?

Disk 6: Personal Recovery Stories
My Vision; This Has Got to Stop; A Double Winner; A Re-Emerging Man; Our Whole Family; My Past is My Mirror; My God is a She, and She is an Indian

Disk 7: Personal Recovery Stories
A Woman of Two Cultures; I Forgot Who I Am; Strengthening Fatherhood; Two Spirited

Disk 8: Personal Recovery Stories
The Medicine Gave Him Back His Life; The Great Mystery Waited for Me

White Bison's own Don Coyhis and Kateri Vergez are the readers for the audio book version of *The Red Road to Wellbriety: In the Native American Way*. Don Coyhis is the founder and president of White Bison, Inc. and an inspiration behind the Wellbriety Movement for Native Americans. Kateri Vergez is a White Bison, Inc. staff member who has taught Wellbriety Movement programs and has been an avid supporter of the Wellbriety Movement for many years.

Who will benefit from the Red Road CD set, or what organizations? Here are a few possibilities. When you purchase your set, we would love to hear how you are using them. Try the CD set for *individuals • treatment centers • recovery groups and circles • Firestarters circles • community*

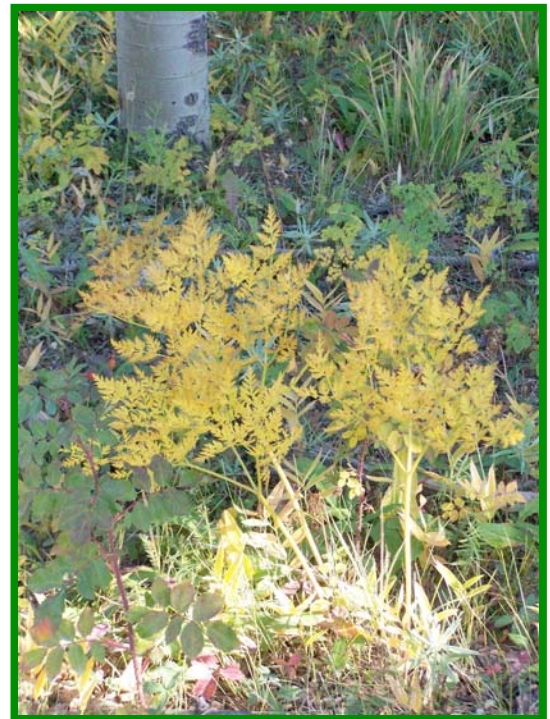
libraries • community centers • tribal college and school libraries • public libraries • hospitals • prisons • county and tribal jails • men's wellness activities • women's wellness activities • sight impaired or blind persons • gift givers • and all situations that would benefit from spoken-word teachings on addictions recovery.

Richard Simonelli, Editor,
Wellbriety! Online Magazine

How to purchase the CD set:

The Red Road to Wellbriety: In the Native American Way, by White Bison, Inc., an 8-CD Set, \$25, plus shipping.

Available from White Bison, Inc. at www.whitebison.org, or call 1-866-518-5275.

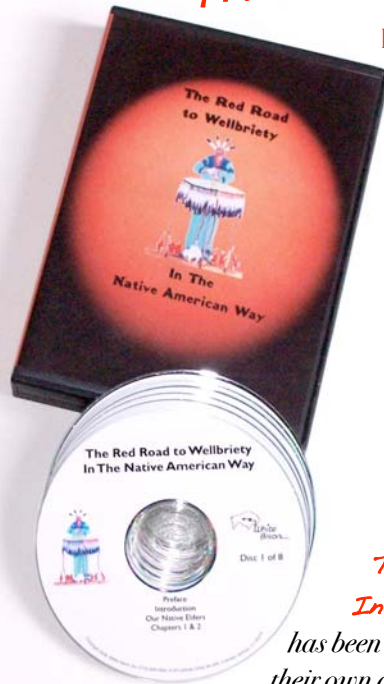


The medicine plant *osha* in the Colorado mountains, Autumn, 2008



The Red Road to Wellbriety

IN THE NATIVE AMERICAN WAY



A proven alcohol and substance abuse recovery book for American Indian, Alaska Natives, and First Nations people

Is now available as a recorded book on CD's!

Since 2002,

The Red Road to Wellbriety - In the Native American way book has been helping Native people and many others on their own addictions recovery and Wellbriety journeys.

Now, this 8 CD set brings culture-friendly addictions recovery help to people who may have difficulty reading, and to situations where the spoken word might reach more effectively than print. Read by White Bison's own Don Coyhis and Kateri Vergez, both individuals and groups can listen to the same inspiring and life-changing material found on the pages of *The Red Road to Wellbriety* book. To order the 8 CD talking book, go to the home page of the website, www.whitebison.org or call 1-866-518-5275.



White Bison, Inc. • An American non-profit organization. • info@whitebison.org • 8-CD Set, \$25, plus shipping

