

# SPIRIT RECOVERY MEDICINE BAG

## **Spirit Recovery Medicine Bag: A Transformational Guide for Living, Happy, Joyous and Free**

by Lee McCormick and Mary Faulkner

### **One Man's Journey Highlights New Spiritual Tools for Finding the Way Back to One's Personal Truth, Authenticity and Purpose**

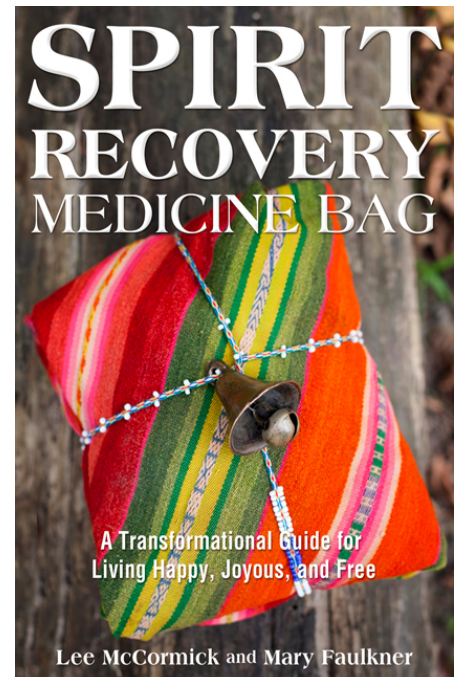
During those times when life seems empty and we're feeling lonely, lost, or "less-than"--or even struggling with addiction--it's often because our spirit has become squashed. We've disconnected or shut ourselves down. You hear it in the stories we tell. Driven by injury, false beliefs, fear, we accept this manufactured vision of ourselves as true. Yet our lives have the ability to go from living hell to living our version of paradise when we release our spirit from bondage. We can indeed achieve a *Happy, Joyous and Free* life!

And that's why ***Spirit Recovery Medicine Bag*** (HCI Books, June 2014) is such an essential and life-changing resource for so many. Crafted by best-selling authors, respected leaders in the recovery movement, and founders of Nashville's Integrative Life Center, Lee McCormick and Mary Faulkner, offer a way out of life's maze. The book is half autobiographical journey and half medicine bag filled with spiritual healing practices for those who are struggling with any aspect of life.

But ***Spirit Recovery Medicine Bag*** wouldn't have the gut-punching impact that it does, were it not for McCormick's willingness to bare all...to strip away the layers of hell and let us share his journey to addiction-free, spiritually enriched mental and emotional health.

To all outward appearances, Lee McCormick was living an idyllic childhood. And later as a young man...when half of his days were spent on the beach surfing, romancing girls and playing his guitar around a fire pit at night. The other half was on horseback, cowboying on the family ranch, living his days amidst nature. But underneath his skin, a time bomb was lurking. Having lived in the shadow of a big man and a big family legacy--he believed he could never be enough. During his college years in Southern Colorado, when he began a successful career as a touring musician, he soon slid into drug and alcohol addiction and co-dependent relationships. A deadly duo--sending him on a constant quest to find ways of getting high to avoid the emotional pain in which he lived. In short, his life was a train wreck.

But through a slow process of spiritual awakening involving time spent in treatment programs, deep honest self-examination, and a dramatic few days on a mystical spiritual journey in Teotihuacan, Mexico at the Toltec Pyramids--he not only found his way, but found the way to bring others back from the brink, as well. He subsequently founded two highly regarded treatment centers The Ranch Recovery Center in Nashville and The Canyon Treatment Center in Malibu. Today, Lee is full-time rancher, organic farmer, a recovery speaker and innovator, and author/filmmaker behind the acclaimed book and film *Dreaming Heaven*, a docufilm chronicling a group of people who accepted Lee's invitation for one of the Spirit Recovery Journeys that he leads.



Today, Lee and Mary Faulkner and the staff at Integrative Life Center work together to make the outpatient treatment program at Integrative Life Center a place where people can recover and discover their dreams.

A trauma specialist at the center, Mary holds a master's degree in religious education specializing in spirituality. She has written multiple books on the topics of spirituality and recovery, including *Women's Spirituality: Power and Grace* and *Easy Does It Dating Guide* and *The Easy Does It Relationship Guide for Recovering Couples*.

The second half of the book is a medicine bag of exercises and practices designed to peel away the stories and beliefs that hold us captive in dissatisfaction and pain. It helps readers explore possibilities as they search for their own answers to the age old question, "*Is that all there is?*"

"The Medicine Bag practice is about resolving the past and getting into *real time*—new experiences and new interpretations about yourself, your relationship with others, and life itself. It helps you get in touch with intuition and instinct, develop your code of ethics and live in your truth. Such a transformed system allows you to determine what is appropriate according to circumstances in the moment—informed *by* the past, not a prisoner of the past," say the authors.

The book draws on Native American and shamanistic traditions, Eastern practices, universal spiritual pathways, and a medicine bag of other heart-opening methodologies developed by these two seasoned experts. ***Spirit Recovery Medicine Bag*** gives people the tools to rediscover their truth, release their stories, and live authentically. Readers are encouraged to step away from addictive compulsive behaviors that hold them back, so they experience real happiness and joy *as their spirit soars--* Living Happy, Joyous and Free!

***Spirit Recovery Medicine Bag: A Transformational Guide for Living, Happy, Joyous and Free***, retail price \$14.95, is available at [www.hibooks.com](http://www.hibooks.com), Amazon.com and many bookstores.

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**Lee McCormick and Mary Faulkner**

**ISBN: 9780757317941**

**US \$14.95**

**June 2014 – Trade paperback**

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## Biographies

**Lee McCormick** is the founder of The Ranch Recovery Center in Nunnally, TN, and The Canyon Treatment Center in Malibu, CA. He is also cofounder of Nashville's Integrative Life Center and IOP/PHP Community Recovery program in Nashville, TN. Through the organization Spirit Recovery Inc., McCormick facilitates the production of healing and recovery conferences and spiritual journeys around the world. He is the executive producer of the documentary *Dreaming Heaven*, in which he plays a leading role. He is the author of *The Spirit Recovery Meditation Journal: Meditations for Reclaiming Your Authenticity* and coauthor of *Dreaming Heaven: The Beginning Is Near!*



**Mary Faulkner** holds a master's degree in religious education specializing in spirituality. She has written books on the topics of spirituality and recovery, including *Women's Spirituality: Power and Grace* and *Easy Does It Dating Guide* and *The Easy Does It Relationship Guide for Recovering Couples*. She is a cofounder of Integrative Life Center, former director of women's services at Cumberland Heights both in Nashville, TN, trauma specialist and a spiritual advisor at The Ranch in Nunnally, TN. Mary conducts trainings at Integrative Life Center certifying counselors and healthcare professionals in the use of Integrative Hypnotherapy for Transforming Trauma. She has a private practice assisting others in finding their dream and following it.





### **Questions for Lee McCormick and Mary Faulkner**

1. How would you describe your book in a few lines or less?
2. Why do you think this book is life-changing?
3. Medicine Bag—that's an interesting title; how did you happen to call your book Spirit Recovery Medicine Bag?
4. Who did you have in mind when you wrote it?
5. You use the word recovery; are you talking about people in recovery from addiction? Who else can find value here?
6. Tell us about Lee's story and how that instigated the practices in this book.
7. What are some of the spiritual traditions you have called upon to create Spirit Recovery Medicine Bag
8. What if people do not really consider themselves spiritual...how will this book help them?
9. Can you give me an idea or suggestion from the book?
10. What happens if your beliefs are different from the ones you grew up with?
11. You talk a lot about nature in the book. Why?
12. How do mystical experiences play a role in Spirit Recovery?
13. Some in recovery may wonder is this consistent with a 12-step program. Can you comment on that?
14. Can you tell us about the Integrative Life Center in Nashville and how it incorporates some of the elements in the book?
15. For Lee: Your last project Dreaming Heaven was about dreaming a new life for yourself. Can you please explore that with us? It's an experience you had yourself, which is covered also in Spirit Recovery Medicine Bag.
16. For Mary: You have described Integrative Hypnotherapy as a process of self-discovery and of reconnecting with one's hopes and dreams, feeling like they can come true. Do you touch on any of that in the book?
17. If you had one "take away" from the book what would it be?
18. You use the term transformation in the book; what do you mean by transformation?
19. Likewise you talk about awakening. What does that mean?
20. Is there anything we didn't cover that you want to add?



## Learn More

### Book

- ***Spirit Recovery Medicine Bag: A Transformational Guide for Living, Happy, Joyous and Free,***
  - Retail price \$14.95,
  - Available at [www.hibooks.com](http://www.hibooks.com), Amazon.com and many bookstores.

### Spirit Recovery Journeys

- **Spirit Recovery Journeys to Teotihuacan and other locales**
  - For this and future journeys to Tao
  - [Information@spiritrecovery.com](mailto:Information@spiritrecovery.com), 615.557.5245

### Recovery Program

- **Nashville Integrative Life Center**
  - [www.integrativelifecenter.com](http://www.integrativelifecenter.com)
  - 1104 16th Ave South, Nashville, TN 37212, (615) 891-2226