



Wasted: An Alcoholic Therapist's Fight for Recovery in a Flawed Treatment System

By Michael Pond, Maureen Palmer

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Psychotherapist Michael Pond is no stranger to the devastating consequences of alcoholism. He has helped hundreds of people conquer their addictions, but this knowledge did not prevent his own near-demise. In this riveting memoir, he recounts how he lost his practice, his home, and his family—all because of his drinking. After scores of visits to the ER, a tour of hellish recovery homes, a stint in intensive care for end-stage alcoholism, and jail, Pond devised his own personal plan for recovery. He met Maureen Palmer and together they investigated scientific alternatives to the rigid abstinence doctrine pushed by 12-Step programs.

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Editorial Review

Review

"Pond's insights coupled with Palmer's section on evidence-based treatments make this an invaluable resource for readers battling their own addictions or concerned about their loved ones."—*Publisher's Weekly*

"A vividly written page-turner ...gripping and helpful"—Gabor Maté, *The Globe and Mail*

"Few books have captured so well the challenge of managing the disease of addiction while simultaneously negotiating an often unresponsive health care system" — Dr Keith Humphreys, former Senior Drug Policy Advisor, Obama Administration

"With tactile intimacy and surgical wit, Pond invites us to share the tragedy of his addiction with a sad smile. And then reveals a singular truth about how people quit. Truly one of a kind... A masterful job of describing the indescribable." — Dr. Marc Lewis, Neuroscientist and Author, *Memoirs of an Addicted Brain*.

About the Author

Michael Pond has a private therapy practice in Vancouver, where he specializes in addiction treatment. He has a degree in psychiatric nursing and a Masters in Social Work. **Maureen Palmer** is a critically-acclaimed documentary filmmaker and former radio and television producer at CBC. In 2002, she co-founded Bountiful Films. She lives in Vancouver, British Columbia, with partner Michael Pond.

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