

**"THE WRECKING BALL"**

INTERVIEW WITH JEVON BARNES  
OF NOBLE POETS

**CAN YOU ACTUALLY  
GET SOBER ONLINE?**

INTERVIEW WITH ASHLEY LOEB BLASSINGAME  
OF LIONROCK RECOVERY

# RecoveryToday

ADDICTION, RECOVERY AND SOBRIETY

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**Alpha  
and Omega**

The Twelfth Step

DIARY OF THE 12 STEPS

**A HOPEFUL  
DISCUSSION  
ABOUT  
DEPRESSION**

INTERVIEW WITH  
ROMAN GELPERIN



INTERVIEW

**JARED WEEKS  
OF SAVING ABEL**

Procastination  
THE HIDDEN  
ADDICTION,  
THAT ROBS US  
OF LIFE!



**NO ONE BRINGS  
THE FAMILY A  
CASSEROLE WHEN  
THEIR LOVED ONE  
SUFFERS FROM  
ADDICTION!**

INTERVIEW WITH  
**BEVERLY  
BUNCHER**  
FOUNDER AND CEO  
OF BALM®

★ ★ THE SECRET WEAPON THAT COULD HELP CURB THE ADDICTION EPIDEMIC ★ ★



## No one Brings the Family a Casserole When their Loved One Suffers from Addiction!

Who Helps Those Who Love  
A Person with Addiction?

INTERVIEW WITH

# BEVERLY BUNCHER

FOUNDER AND  
CEO OF BALM®



**W**hen your child, spouse, sibling, friend, or anyone you dearly love, is diagnosed with a life-threatening disease ...those who love you come to your aid.

They call you. They come over. **They bring casseroles.** They tell you they'll be praying for you. They want you to know

they're there for you and they feel your pain.

With small exceptions (and the tide is turning), **when the disease is addiction, also known as substance use disorder (SUD)... no one brings you a casserole!** They may not even know you're going through the hell you're living in because of the deep roots of

shame our society has placed upon the loved one (the person with the addiction) and the family. The secrecy.

Historically known as a moral deficiency.

Still today, ...in 2022, there's an idea or a question of ***"Why can't they just pull themselves out of it?"***



## INTERVIEW WITH BEVERLY BUNCHER, FOUNDER AND CEO OF BALM®

Interview by Rob Hannley, Editor in Chief,  
Recovery Today Magazine.



CLICK AND PLAY



BEVERLY  
BUNCHER



FOUNDER  
AND CEO OF  
BALM

Still today, ...there is judgment, guilt and shame. Questions, as a parent, about what you might have done differently, or as a spouse about your wrong choice, the crappy hand you were dealt because your husband or wife or whoever it is ... suffers from addiction. There's anger at the the loved one himself. Do we get angry with the person who has leukemia?

People don't think of mental illness, and certainly not addiction, the same as they look at a person

who needs a liver or who has leukemia.

It's far better than it was 40 years ago but still, there is a stigma.

When we're talking about a 100,000 people in a single year, in the United States alone, needlessly dying of drugs or alcohol, or being incarcerated because their SUD has enslaved them, turned off their reasoning and made them do things no sane person would do, ...it's hard to

turn the light to anyone but the person with the addiction.

But we must.

Like any war, ... there's always collateral damage. We're all connected and the deeper the love, the greater the damage.

I want to say, ***"We talk too much about the person with the addiction. We need to talk about the family"*** But the truth is, we need to talk about both.

Those who love someone with addiction all struggle with the same questions and concepts. ***"Am I enabling?" "What is tough love?" "Am I being compassionate or am I being cruel?"*** We long for the time when there was no addiction.

**We cannot "fix" the person with SUD.**

We're told we cannot fix the ***loved one with addiction***. We remind ourselves, as best we can, we have our own lives and no matter the outcome, we must first care for ourselves, but these ideas are far easier to talk about when you're not lost in the forest and frantically looking for a way out.





With virtually no exception, each of the 100,000 people who died in the USA last year of drug and alcohol related causes, all had someone who loved them. A parent, a brother, sister, ... someone. No one is an island.

Where do their family members go for help?

## Meet-Beverly Buncher, MA, PCC, CBFRLC, CTPC.

Beverly is known as “the foremost Family Recovery Life Coach in the Nation.” She’s an author of numerous books, an international speaker, and a program creator. And, like you, ...Beverly loves someone who suffered from addiction.

If you love a person with SUD ...understand she felt and went through exactly what you’ve gone through. She felt the pain and anguish and perhaps even desperation you felt or may still feel. She knows it all too well. But just as diamonds; start-out

as common pieces of carbon, some, when under extreme pressure, shift and transform into something beautiful, something rare,-unique, and valuable. They become diamonds.

### Beverly is a diamond.

From the love she had for her husband (a person with SUD), to the pain she felt, the questions left unanswered by other support groups she attended with vigor, and her own desperation, she found a way to help herself navigate the chaos, maintain her own sanity and wellbeing, and capture an ongoing lasting peace. Besides helping herself, she has been coaching and educating thousands of families since 2008, who also have loved ones suffering from addiction, to find their own peace, joy and happiness in their circumstances.

As if surviving and thriving, saving yourself and thousands of others wasn’t enough, it doesn’t end there. It gets better, ...much better.

Besides being a beacon of light to those lost in the darkness and despair of a loved one suffering from addiction, this hero (because she is) is paying it forward by creating a family recovery community, training an army of others just like you to be family recovery life coaches, and certifying them in her methods so they too may go out and likewise give aid to others. How ... cool is that????

### She’s created a revolutionary movement of love, comfort and support.

It’s called, “Be a Loving Mirror” aka, “BALM®”

I love the acronym, BALM, because like any wound, particularly those which become infected and inflamed over and over again, the treatment is a balm. Something applied with love which is good for those who receive it and rapidly promotes healing.



## balm

/bə(l)m/

noun

**1. a fragrant ointment or preparation used to heal or soothe the skin.**

Everything centers around love.

The central idea to keep in mind is ...  
**“There is a solution and you can be part of it!”**

**When you’re educated, you and your family members can become your loved one’s BEST chance at recovery.**

Because the entire philosophy and method centers around love, ... real love, it’s no wonder this goes far beyond helping the loved ones in our families. The (BALM®) Method has been shown to have powerful implications in areas as diverse as communications in the home, schools, offices, and communities.

Like skilled sailors, who know exactly how to navigate wind and storms, those who practice the BALM® methods, know exactly how to shift their sails into the storm, with love, and navigate again to calm and tranquil waters.

The Mission of BALM® is simple but powerful:

**“To Help ALL Families Blaze the Trail to Recovery in Their Homes. “**

**We cannot say we talk about those suffering from addiction too much. We can say, we do not talk about their family members, those who love them, enough. At Recovery Today, ... this will change. We will shine a light on the families and we will do whatever we can to help them recover as well.**

You’ll love this interview with Beverly. She’s everything you’d hope she’d be and more. She’s knowledgeable, empathetic, experienced, and confident in her approach because it is evidence-based and ... it works.

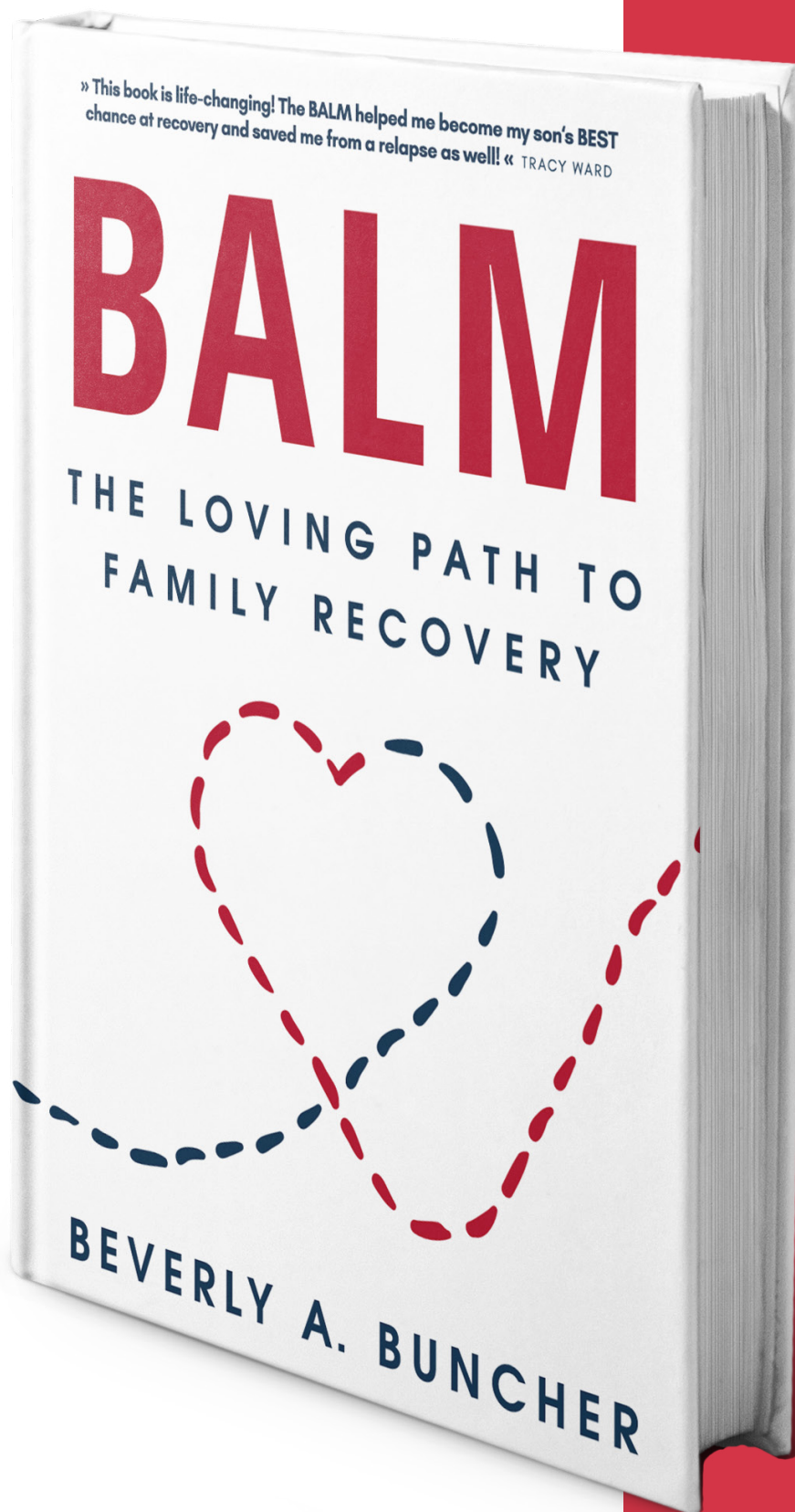


If you have been struggling with a family member or someone you love who struggles with addiction and you feel you’ve lost or are losing your way, or you just want to equip yourself better so you can ... be part of the solution, ... then you absolutely must get in touch with Beverly. You must get connected to BALM® and learn more about this revolutionary, and freeing process. Call Beverly or someone from her team ... now at (888)-998-2256 ext. 5



Buy Bev's Book on

<https://bealovingmirror.com/book/>



## About Beverly Buncher

Beverly Buncher, MA, PCC, CBC, CTPC, known as the Foremost Family Recovery Life Coach in the Nation, is the Founder and CEO of Family Recovery Resources, LLC, and the BALM® (Be A Loving Mirror®) Training Institute for Family Recovery Services. The BALM® Program makes the concepts and tools of family recovery accessible to all whose lives are affected by a loved one's struggles with substance and other use disorders. Her book, *BALM® The Loving Path to Family Recovery*, tells her own family recovery story and gives families the skills to keep a loving connection alive while moving forward on their own recovery journey. She is also the author of the forthcoming book "Transformation: The Family's Developmental Recovery Journey", numerous blogs and articles, and several workbooks and manuals for students of the BALM® Programs.

## More About BALM®

We are a full service online educational program focused on helping ALL families be their loved one's BEST chance at recovery from substance use disorder and other use disorders. We do this through providing International Coach Federation (ICF) Accredited Family Recovery Life Coach Training, Family Recovery Facilitator Specialist Certification, and Family Recovery Education and Coaching.

What makes us special is the Be A Loving Mirror® Method of Family Recovery, which is a loving path based on love, connection, boundaries, and leverage. We provide a full year online Family Recovery Education program that picks up where traditional family recovery ends in terms of its approach, accessibility, and length. This is a program for families whether their loved one is active in or in recovery from their use disorder.

Our focus on *information, transformation and support* gives families a comprehensive educational experience that best prepares them to get THEIR lives back, while also empowering them to help their loved one attain and sustain recovery.

At BALM®, our leaders, faculty, and staff are all dedicated to the fulfillment of our mission to help all families blaze the trail to recovery in their homes.

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