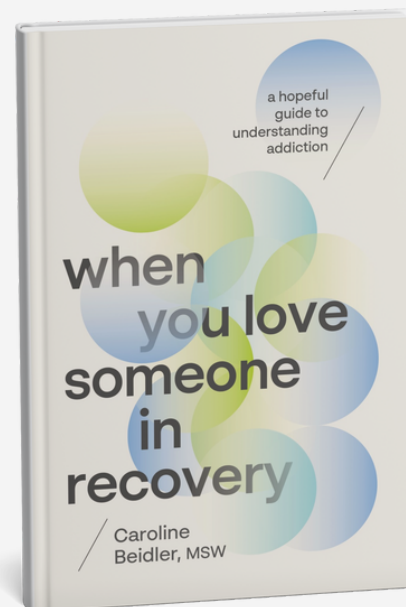


New Book **WHEN YOU LOVE SOMEONE IN RECOVERY** Offers Lifeline for Families Impacted by Addiction

WHEN YOU LOVE SOMEONE IN RECOVERY is a lifeline for families navigating the pain and uncertainty of addiction. With empathy, clarity, and deep professional insight, author and recovery expert **Caroline Beidler** offers a powerful redefinition of recovery – not as a destination marked by sobriety, but as a shared journey of connection, faith, and renewal for the entire family. In a world overwhelmed by loneliness and disconnection, Beidler's message brings healing and the reminder that no one has to walk this road alone.



Many of us know someone walking through addiction recovery—but few of us truly understand what that journey means. Drawing from her own journey of sustained recovery and her years of professional experience in the field, Beidler reimagines the complex and often painful realities of recovery into simple, shareable wisdom for those in recovery and the people who love them. Challenging traditional approaches like “tough love” and instead champions a compassionate path built on four key principles: **hope, community, service, and wellness**.

WHEN YOU LOVE SOMEONE IN RECOVERY offers practical, compassionate guidance on how to:

- Communicate effectively with a loved one in recovery
- Set healthy boundaries grounded in love and respect
- Nurture your own well-being while supporting someone on their recovery journey

Through reflection exercises, brain-based research, and real-life stories from families who have been there, readers will find not only clarity but also courage for their own healing journey.

WHEN YOU LOVE SOMEONE IN RECOVERY speaks to one of the most pressing questions families face: How can we nurture healing within our own home? Beidler guides readers to transform fear into understanding, frustration into compassion, and despair into enduring hope. She reminds us that recovery isn't only about what we release—but also what we receive: deeper connection, renewed purpose, and the strength to heal together. Readers will walk away with a refreshed sense of hope and energy to walk alongside their loved ones in recovery—trusting God to bring lasting healing to even the most broken places.

WHEN YOU LOVE SOMEONE IN RECOVERY: A Hopeful Guide to Understanding Addiction

9781400253975 | 240 pages

Paperback | Pub Date: April 7, 2026



About the Author Caroline Beidler

Caroline Beidler, MSW, is an author, speaker, and managing editor of [Recovery.com](https://www.recovery.com), where she combines research and expert insight on addiction and mental health. Drawing from her own recovery journey, she is the founder of the Women's Recovery Leadership Foundation and helps others find healing through her newsletter and podcast, Circle of Chairs, which reaches thousands weekly. Caroline's next book, ***WHEN YOU LOVE SOMEONE IN RECOVERY***, a compassionate and practical guide to understanding addiction and supporting loved ones through recovery, hits shelves April 2026. She lives in eastern Tennessee with her husband and seven-year-old twins.

What Sets ***WHEN YOUR LOVE SOMEONE IN RECOVERY*** Apart from Other Books on Addiction?

- **Beyond Sobriety: Redefining Recovery for the Whole Family** invites readers to see recovery not just as freedom from addiction, but as the rebuilding of purpose, connection, and wholeness for the entire family. Through empathy and practical insight, Beidler shows how healing extends far beyond the individual—it's a shared journey of renewal and hope.
- **The Family as a Catalyst for Healing** reimagines the family's role in recovery—from passive support to active partnership. Beidler replaces "tough love" with proven, compassionate strategies that help families communicate, set healthy goals, and walk the road to healing together.
- **Actionable Hope and Practical Wisdom** bridges the gap between inspiration and implementation. Through relatable stories and clear, evidence-based strategies, Beidler equips families with simple, effective tools to foster healing, build resilience, and feel less alone in the recovery journey.
- **Combating Stigma Through Shared Stories** dismantles the shame of addiction with honesty and empathy. By sharing real stories from families in recovery, Beidler creates a sense of belonging and hope—reminding readers that healing begins when we see the person before the addiction.

Timely & Thought-Provoking Conversation Starters with Caroline Beidler

- **Rethinking Support in the Modern Era of Recovery:** With rates of addiction and mental health crises on the rise, are traditional intervention methods like "tough love" doing more harm than good? This book argues for a new approach centered on compassion, communication, and shared healing. How can families pivot from confrontation to collaboration when supporting a loved one's recovery journey?
- **The Loneliness Epidemic: Is Community the Real Cure for Addiction?:** We live in an increasingly isolated world, and this book highlights community as a pillar of sustainable recovery. It suggests that the opposite of addiction isn't sobriety—it's connection. How does fostering a sense of community and shared purpose create a more effective and lasting foundation for recovery than clinical treatment alone?
- **New Book Proposes Addiction Recovery Is a "Family Affair":** Addiction is often viewed as an individual's battle, but this book reframes it as a family system issue that requires a collective approach to healing. It introduces tools like "family recovery planning" to empower the entire unit. What does it truly mean for a family to recover together, and what role does each member play in building a new, healthier future?
- **Exploring the Science-Backed Power of Hope in Overcoming Addiction:** While clinical methods are vital, this book champions hope as a foundational element of the recovery process, one that can physically and mentally prime the brain for healing. In a journey often marked by despair, how can families actively cultivate and maintain hope, and why is it such a powerful catalyst for long-term change?
- **From Helpless to Hopeful: Empowering Families on the Front Lines of Addiction:** Many family members feel powerless when a loved one is struggling with addiction, but this book offers a roadmap to becoming an active participant in their recovery. It focuses on adding strengths, setting healthy boundaries, and improving communication. What is the single most important shift a family member can make to move from a position of passive anxiety to one of empowered, effective support?

Suggested Interview Questions for Caroline Beidler, Author of **WHEN YOU LOVE SOMEONE IN RECOVERY**

- The book's title is so inviting and suggests a shared journey. What does "**WHEN YOU LOVE SOMEONE IN RECOVERY**" mean to you, and what do you hope readers take from it before they even open the cover?
- A central theme in your book is redefining recovery as something "beyond sobriety." Could you expand on this idea and explain why it's so important for families to see recovery as adding new strengths rather than just removing a substance?
- You challenge the concept of "tough love" and instead introduce practical tools like family recovery planning. For a family feeling lost and helpless, what is the first step you recommend they take to shift from a place of conflict to one of collaboration?
- Stigma creates so much shame and isolation. How does sharing personal stories—both your own and those of others in the book—help dismantle that stigma and create a sense of community for readers?
- You identify four pillars of recovery: hope, community, service, and wellness. If a family could only focus on one of these to start, which would you suggest and why?
- Many parents and loved ones struggle with how to talk about addiction. What practical advice does your book offer for starting these difficult but crucial conversations in a way that feels supportive, not confrontational?
- The book beautifully explains complex topics, like how the brain heals during recovery. Why was it important for you to include the science behind addiction, and how does this knowledge empower families?
- As we close, what is your deepest hope for the families who will read this book, and where can listeners go to get a copy and learn more about your work?