



About the Author

Since 1984, John Dupuy has worked with thousands of students and their families in addiction treatment and the therapeutic wilderness industry and has co-founded two wilderness therapy programs, Passages to Recovery and Open Sky Wilderness Therapy. John is a professor at John F. Kennedy University, teaching the graduate course Basic Addiction Studies. He has published articles in the *Journal of Integral Theory & Practice* and *Integralische Perspektive*.

John is the CEO of iAwake Technologies and the founder and CEO of Integral Recovery, a holistic treatment program, inspired by Ken Wilber's Integral model. He combines two decades of on-the-ground addiction counseling experience with cutting-edge tools offered by Integral Recovery Practice. John enjoys singing, songwriting, and playing blues guitar. He lives in southern Utah with his wife, Pam Parsons Dupuy.

Praise for *Integral Recovery*:

"John Dupuy's *Integral Recovery* is a revolutionary application of Integral Theory to the national epidemic of substance abuse and addictive behavior. Clear, comprehensive, and appropriately inclusive, it points to a radically new way to deal with alcoholism and addiction, one that looks to be incredibly promising and much more effective than existing approaches, all of which are partial and segmented. The Integral approach, on the other hand, by taking a truly holistic (in the best sense of that term) approach, points to a comprehensive strategy much more promising in its results. Highly recommended for professional and layperson alike!"

— **Ken Wilber**, author of *The Integral Vision: A Very Short Introduction to the Revolutionary Integral Approach to Life, God, the Universe, and Everything*

"John Dupuy's *Integral Recovery* should be considered a 'must read' for professionals in the addiction recovery field. Such a holistic approach to the treatment of alcoholism and other addictions is long overdue. This book deserves a wide readership."

— **Michael Dowd**, author of *Thank God for Evolution: How the Marriage of Science and Religion Will Transform Your Life and Our World*

A Few Questions for John

Who were your role models, literary and otherwise, and how did they shape you as a person and a writer?

Winston Churchill because of his personal sense of destiny and having something important to accomplish in life, and living as if that were so, and his love affair with the English language. Ken Wilber because of his brilliance and humor and ability to tackle the big questions and "everything." JRR Tolkien for his deep, imaginative genius.

What inspired you to write this book?

Working in the field of recovery for many years and not being at all satisfied with what was passing for treatment. Also my own struggles with and overcoming of depression and my own experiences with brain entrainment enhanced meditation.

What do you hope readers will receive or learn from reading your book?

Hope, inspiration, and direction. And a method of achieving lifelong health and sobriety.