

From Rehab to Real Life, Becomes International Bestseller in 3 Days, Highlighting Critical Role of Recovery Residences

FROM REHAB TO REAL LIFE

The Importance of *Recovery Residences* in
the *Addiction-Treatment Continuum*



ADRIENNE TICHY

Delray Beach, Florida Aug 29, 2025 ([Issuewire.com](https://www.Issuewire.com)) - In a powerful demonstration of public interest in effective addiction aftercare, the new book *From Rehab to Real Life: The Importance of Recovery Residences in the Addiction Treatment Continuum* has achieved International Bestseller status just three days after its release. The book, which explores the vital bridge that recovery residences provide between clinical treatment and independent living, has resonated with readers, families, and professionals in the addiction field.

The book's rapid ascent to bestseller lists underscores a growing understanding that long-term recovery requires a supportive environment beyond the initial treatment phase. *From Rehab to Real Life* provides an in-depth look at how recovery residences offer a structured, peer-supported setting that is crucial for individuals to practice sober living skills, build healthy habits, and reintegrate into society successfully.

Adrienne Blue Tichy, the book's author, states, "The overwhelming response to this book shows that people are looking for a new conversation around addiction. It's not just about getting sober; it's about learning to live sober. Our hope is that this book empowers individuals and families to recognize the importance of these essential resources and advocate for their role in the continuum of care."

The book also addresses common misconceptions about sober living homes, offering insights into different models of residences, the role of community and accountability, and the positive outcomes documented by research. It serves as an essential guide for anyone touched by addiction, from those in recovery to loved ones and treatment providers.

About the Book *From Rehab to Real Life: The Importance of Recovery Residences in the Addiction Treatment Continuum* is a comprehensive guide to understanding the role of supportive housing in sustaining long-term recovery from addiction. The book combines personal stories, expert analysis, and actionable advice to demonstrate why recovery residences are a vital and often-overlooked component of the recovery journey.

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