

## Ester Nicholson

Author, teacher, therapist, speaker and renowned vocalist, Ester Nicholson survived the ravages of addiction to realize something truly extraordinary... how to transform dependence into power.

While her story speaks directly to those who are facing addiction in its worst forms, it also reveals the healing path for those who have lost connection with their true identity and purpose, finding themselves in a downward spiral of fear and with a deep sense of unworthiness.

“The scale of our challenge today calls for a transformation in the treatment of dependence. Addiction doesn’t happen in a vacuum. It requires a foothold in a lack of purpose and a crisis of self-worth. Without that foothold, it really doesn’t stand a chance. This is the opportunity we have to fight—and to win—against this resilient and powerful adversary.” – Ester Nicholson



# Ester Nicholson

## Journey to Wholeness...

Walking back from the crack dealer's house was always the hard part. With her seven-year-old in tow, no promise of "never again" could convince. Even seven-year-olds know better than that. Fast forward to another life and a higher purpose: Walking off the stage at Madison Square Garden after singing with Rod Stewart, Bette Midler, Beyonce' or Barbra Streisand—and having her life story featured on the Oprah Winfrey Network (OWN).

Ester Nicholson, daughter of a Baptist minister, renowned vocalist, former addict, teacher and author of *Soul Recovery - 12 Keys to Healing Dependence* – finally realized what her healing called her to: *A mission worth living for.*

Soul Recovery, the process that Ms. Nicholson developed to heal herself of a life-threatening addiction unifies the 12 Steps of Recovery with universally accepted spiritual practices—and has guided thousands to their recovery and higher purpose.

In keynote speeches, retreats, workshops, staff trainings and more, Ester shares the stories, inspirations and lessons-learned that led to her transforming journey from addiction and domestic violence to healing, serenity and success.

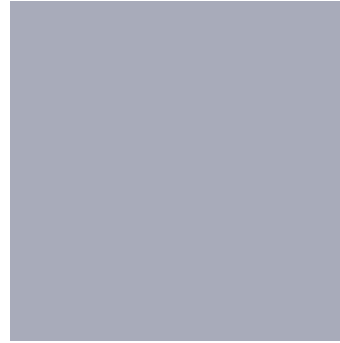
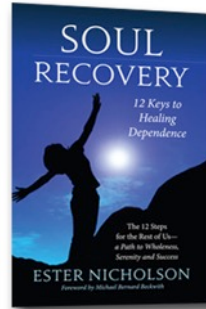
In the process, she challenges all of us to a far-reaching reexamination of how addiction and dependence takes root and how it can be overcome and ultimately healed.

“So much of what progresses to dependence starts with how we ‘identify.’ Growing to adulthood is a messy process as we discover who we are. Our identities are forged through life experience and we selectively identify with the experiences that give us a sense of security. That does not always create a positive sense of self—resulting in challenges ranging from feelings of unworthiness to substance abuse.”

By addressing addiction and dependence on this more foundational level, Ms. Nicholson finds that people respond more powerfully to the central 12-Step principles, the forgiveness of others, a deep sense of compassion for themselves and a practical system they can engage in.

"Joining 12-Step process and accountability within the context of a compassionate, spiritual practice offers a profound opportunity for the treatment and management of addiction and dependence," Ms. Nicholson states. "The work is so powerful and the results so stunning that it has become the focus of everything I do."

For more information, please visit: [www.soulrecovery.org](http://www.soulrecovery.org)



# Soul Recovery

## A Radically Compassionate Healing Process...

### 12-Step + Spiritual Practice

The history of the Anonymous 12-Step recovery program has been one of inspiring examples of success, combined with a very high rate of failure and recidivism. To be fair, the program was created for a very different time and a very different sensibility.

As we expand the application of the 12-Steps beyond substance abuse, we must remember that its original and core design was as a spiritual process. In these times, with cross-cultural beliefs and ideas, the challenge and opportunity is finding best practices in word and concept for the world we live in today.

Soul Recovery takes the essence of the 12-Steps and incorporates widely-accepted spiritual practices with a deeply compassionate approach:

- The Loving Release of Outmoded Identifications
- Taking a Deep Developmental Personal Inventory
- Acknowledgment of Unhealthy Patterns and “Core Wounds”
- An Acceptance and Forgiveness for Oneself and Others
- Amends Outreach Strategies
- Designing an Ongoing Spiritual Practice for Living In Wholeness

# Testimonials...



“Soul Recovery is a Godsend of compassionate understanding, grit and grace known by one who has victoriously walked the path.”

**Michael Bernard Beckwith** is the founding minister of the Agape International Spiritual Center in Culver City, CA and author of *Life Visioning* and *Spiritual Liberation*



“In her work, Ester Nicholson captures the power and promise of forgiveness for a community that desperately needs it. She shows how to expand the 12-Step process into a comprehensive spiritual teaching. I strongly recommend this approach for anyone seeking their own Soul Recovery.”

**Collin Tipping** is the author of the national bestseller, *Radical Forgiveness*



“Rather than an approach based on echoes of inspirational ideas. Ester Nicholson’s extraordinary work is a sharing of personal experience as she moves from the darkness of futility to a rebirth of new life. This adventure of Soul Recovery follows a pathway of healing light with twelve keys as spiritual stepping-stones. It’s a glorious journey in reshaping the mind for greater oneness with the Holiness within—and as that happens, miracles follow. Highly recommended.”

**John Randolph Price** is a bestselling author and president of the Quartus Foundation



“Having been a professional singer for the better part of my adult life, with a fair amount of success, I think I know when I hear an original voice. Ester Nicholson has all the essential qualities of greatness: a unique tone, wonderful phrasing, emotional flexibility and passion. In a nutshell the girl’s got soul...”

**Rod Stewart** is a Grammy Award Winner and member of the Rock & Roll Hall of Fame



“Ester’s life is one of transformation and redemption. In her hauntingly honest narrative about a life transformed and heartbreak transcended, she gives us the 12 Keys to do this in our own lives.”

**Julie Silver, MD** is an assistant professor at the Harvard Medical School and author of *You Can Heal Yourself*



“If you are searching for how to renew your mind and engage your spirit to move beyond white-knuckling being clean and sober, let Ester take you down a path to power, wholeness, and rich sustaining life.”

**Stan Stokes MS, LPC, CAC** is the founder & president of *Bridging the Gaps*, an Integrative Addictions Treatment Center

## Soul Recovery

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For more information, please visit: [www.soulrecovery.org](http://www.soulrecovery.org)