

Ester Nicholson

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

And hers is a story that speaks not only to those who've faced addiction to alcohol or drugs. It's also a profound means for anyone who has lost connection with their true identity and found themselves addicted to fear, materialism, or a deep sense of unworthiness.

"The intersection between a spiritual sense of wholeness and the accountability of the 12-Step process is where we can make the greatest contribution to people's lives."

Ester shares her journey and the process that made that possible in her new book: *Soul Recovery – 12 Keys to Healing Addiction*.



The Story...

The girl was in way over her head.

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 another chance: Walking off stage at Madison Square Garden - after singing with Rod Stewart, Bette Midler, Beyonce' or Barbra Streisand.

And into a mission worth living for.

Ester Nicholson, renowned vocalist, former addict, teacher and author presents her new book: *Soul Recovery - 12 Keys to Healing Addiction ...or 12 Steps for the Rest of Us* - to be released by Agape Media & Hay House on June 7, 2013.

Soul Recovery, the process that Ms. Nicholson developed to heal herself of cocaine addiction – unifying the 12 Steps of Alcoholics Anonymous with metaphysical principles and practices – has guided thousands to their recovery and highest potential.

Soul Recovery is a transformative means for everyone, whether their "addiction" is to worry, low self-esteem, envy, or any other path that removes them from the connection to their higher self. In a 12-week process of study

and practice, Soul Recovery shares the stories, inspirations and "Keys" to Ester's unlikely and transformative journey from addiction and domestic violence to healing, serenity and success. In the process, the book challenges all of us to a profound re-examination of how addiction and dependence can be managed and ultimately healed.

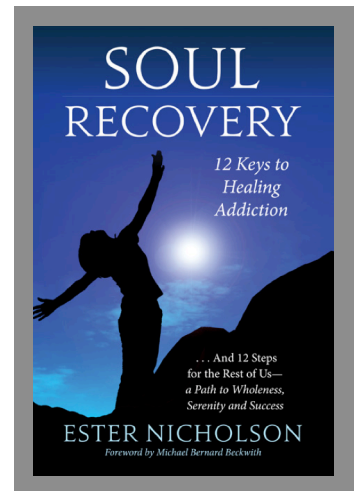
A Unique Approach to Dependence

With a voice of experience and a field-tested approach, Ms. Nicholson outlines the step-by-step process that saved her life. *Soul Recovery* releases the reader from the obsession of dependence - by taking the integrity and accountability of the 12 Steps of Recovery and fusing it with 12 metaphysical principles and practices. The result is a unique self-help curriculum with profound power and broad application - **even for those who may not have a history of substance abuse.**

"Joining these two powerful healing modalities has changed everything about the treatment and management of dependence," Ms. Nicholson states. "The work is so important that it has become the focus of everything I do."

For more information, please visit: www.soulrecovery.org

“Metaphysical principles place the emphasis on what we can change...”



An Artist of the Soul

Ester's journey sketches a path from humble beginnings in Long Island NY, through crack addiction and domestic abuse to the pinnacle of professional achievement in music. Rod Stewart writes, "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..."

Even with her professional success, Ester had a higher calling - to be of service to the recovery community that had saved her life. Studying metaphysical principles and practices with Michael Bernard Beckwith, who has been featured on *Oprah*, *Larry King*, *Ellen* and more, she became a spiritual therapist and a teacher of the "12 Keys" learned through her difficult, self-directed healing process. Now, seven years later, she is speaking, teaching, facilitating workshops and touring the country with her message of hope, healing and possibility.

In her talks, her music and her workshops, Ester incorporates spiritual principles with the 12 steps for ALL of us.

Thousands have been transformed by Ester's workshops, which incorporate the principles of Radical Forgiveness, the 12 Step Recovery Process, inner-child healing and teachings from John Randolph Price, Abraham and Eric Butterworth.

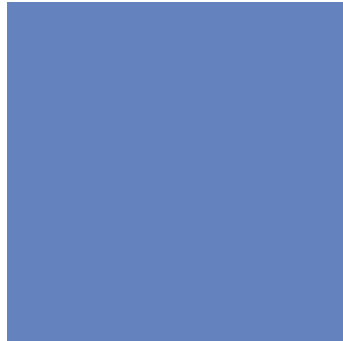
Yes, it's been a trial by fire. But Ester's spirit rose from the ashes and from the expected downward trend of her life - to become something far greater, far more meaningful, and far more significant for all of us.

If you have the opportunity to hear Ester speak, it is an experience you will never forget. Her authenticity, brilliance and sensitivity are captured in wide ranging presentations that are deeply inspiring and practical for people of all walks of life.

Soul Recovery – 12 Keys to Healing Addiction: \$15.95
available at Amazon and other fine bookstores.

For more information, please visit:
www.soulrecovery.org





Biography...

A challenged life...

Ester Nicholson, a celebrated vocalist formerly with Bette Midler and Rod Stewart, is a gifted speaker, teacher, spiritual therapist and former addict who has developed a unique and powerful 12-Step-informed, complimentary program for healing addiction and dependence. Her work, though informed by her work in traditional recovery, is for all who are feeling a sense of spiritual longing and disconnection.

The program is the result of more than a decade of refinement, bridging a unique combination of spiritual practice and the 12 Steps of Alcoholics Anonymous. The program has been organized into a 12-week process in Ms. Nicholson's new book, *"Soul Recovery - 12 Keys to Healing Addiction,"* which will be released by Agape Media and Hay House on June 7, 2013.

Ester's life story sketches a path from humble beginnings: as the youngest child born to a Baptist minister father, growing up on Long Island (NY) then moving to Los Angeles - where she honed her addiction to crack cocaine and later found her redemption from it.

Demonstrating unusual talent in music as a child, she began her love of singing in school

and church performances, and standing in her backyard with faux microphone in hand. It would seem unbelievable to her at the time, that one day she would stand on the stage at Madison Square Garden in front of screaming fans as she sang with Rod Stewart, Bette Midler, Faith Hill, Beyoncé, Barbra Streisand and so many more.

But this life of extremes also had a dark side.

Introduced to snorting, then smoking cocaine and having a baby while still in her middle teens, Ester was setting herself up for a life denied. Out on her own, surviving by whatever means, she descended into the hell of addiction, nurturing her anger and resentment and bouncing between relationships both temporary and frightening.

By the early 1980's, Ester was a "functional" addict, doing office work part time, freebasing when the money was there, and finding any means to feed her various addictions.

Music was long forgotten.

For more information, please visit: www.soulrecovery.org

...and a path to healing

Ultimately Ester's child was removed from her custody when it was clear she could no longer care for her - functional or not.

As so often happens, tragedy created the perfect incentive.

Slowly climbing out of desperation, Ester found her way to 12 Step meetings. At first only seeing them as a continuing venue for her disease, she later was inspired to do the hard work of declaring her powerlessness in the face of the addiction. From these tentative beginnings, she worked her way forward. One, two, five, ten days; then two weeks, then 90 days clean, this was progress that counts.

But relapses happened. It wasn't clear why.

What was the underpinning that drove the addiction in the first place? It couldn't be purely medical. And it couldn't be purely psychological. As Ester later discovered - addiction, dependence, obsession and compulsion are related, yet entangled challenges. They require unraveling because the dysfunction becomes a part of the identity.

In point of fact, they are identity diseases.

But for Ester to discover that, she needed a state-change in her awareness - a non-linear jump. For her, that came in the form of a spiritual teaching that redefined what her personal identity was. She had to "find God" - but a God redefined beyond the 2 dimensional view of an angry, withholding and anthropomorphic God. And very likely, a God that would be unrecognizable to her Baptist roots.

She had hit a wall with the 12 Steps.

In the early 1990's, two years sober - Ester attended an unusual church service with a gifted "spiritual director" named Michael Bernard Beckwith. Beckwith later was recognized as a "teacher" featured in the pop, spiritual-light movie, "*The Secret*." But the essential teaching that Beckwith expounded was one of re-identification of the self in terms of spiritual unity - essentially a "one-ness" with a redefined Divine Presence. This was a key moment for Ester, because it addressed the root identity issues that had caused so much difficulty in her life.

Studying under Beckwith - who also penned the Foreword for *Soul Recovery* - familiarized

Ester with the metaphysical principles she would later turn into the *Soul Recovery* teaching. But it was the inspiration of uniting these teachings with the 12 Step process itself, that revealed the answer and finally turned the tables on the addictions she had suffered from for so long.

Internal realignments often change the conditions outside.

Ester had just started singing at church after nearly 10 years of "not even singing in the shower," when she got a call from Bette Midler's manager asking if she would be interested in background singing on Bette's next tour. Appearances on *Oprah*, *Ellen* and other shows followed. Then toward the end of the tour, Ester got a phone call from Rod Stewart asking if she wanted to do his next world tour. One thing led to another, and soon Ester was to be seen on *Good Morning America*, back on *Oprah* and *Ellen*, and widely considered a top, background vocalist call in the most competitive music market in the world.

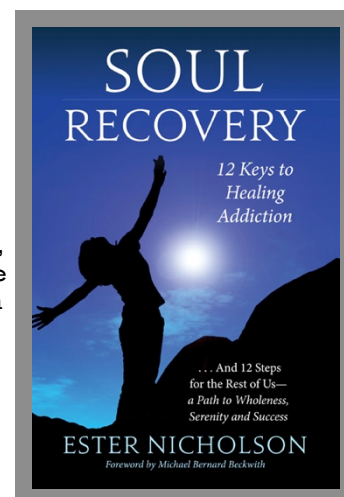
But Ester had an even higher calling: to be of service to the communities of people who could use what she had learned. "We don't have to do this the hard way anymore," Ester declared to a workshop she gave several years ago. "What we have to do is engage both the heart and mind to address this serious personal issue that spills over into our families and communities. And it's deeper than just substance dependence."

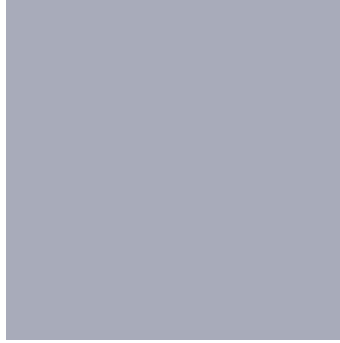
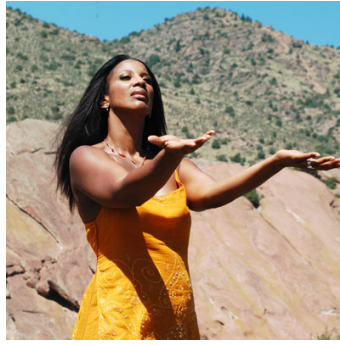
She recognized the disease for what it was, an affliction of the identity.

Ester Nicholson has spent the last 7 years traveling the nation, giving keynote speeches, facilitating workshops and teaching a curriculum for the healing of dependence and dependence-related conditions. During that time, her work has been to optimize the best practices to heal the underlying causes of these conditions.

"My life demonstrates that it's possible to permanently heal addiction. I know that's a controversial stand, but it is possible to heal addiction, whether that addiction is to drugs and alcohol or self-denigration, worthlessness or worry. I know it is possible, and I'm committed to helping others find their healing in this.

It's just too important to do otherwise."





Soul Recovery

Uniting 12 step and metaphysical principles...

What is Soul Recovery?

Soul Recovery is a process by which we uncover the essential truth that each of us are whole and complete expressions of Life – no matter what our history or experience might suggest.

As we grow up and learn the lessons of our parents, friends and communities, there are coded messages that embed into the development of our personalities. Some of these are very positive - others less so. Because the human brain is capable of taking seed ideas and turning them into full fledged belief systems and life patterns - it is vital that we revisit some of these ideas to insure that they accurately resonate with the lives we are attempting to build for ourselves.

For example, most of us grow up with completely rational fears that serve to protect us during early stages of development.

But there comes a time when many of these fear-based ideas become impediments to our highest creative functioning and spiritual development.

That is what Soul Recovery was crafted to address. In a step-by-step incremental process, Soul Recovery's 12 Keys are designed to resolve dependence, childhood trauma, issues of unworthiness, abandonment, shame, rejection, not-enough-ness, guilt and any other influence that is incongruent with your essential wholeness as a spiritual being having a human incarnation.

By addressing these impediments, you free yourself to reveal your highest potential in all areas of life – be they personal, professional or spiritual.

Soul Recovery is a 12 Week process that walks the reader through the necessary steps to address patterns of dysfunction that may have become entangled with your sense of self.

Because the work is done at the level of one's identity, many challenges – from dependence and obsessive behaviors to relationship and prosperity issues - can be resolved for good.

“Soul Recovery is based on the idea that you are the driver of your experience – that the power to change resides within you. That’s vital because otherwise we are at the mercy of our own worst fears.” – EN

The 12 Keys to Healing Addiction

Beyond the 12 Steps...

In many ways, the 12 Keys of Soul Recovery are extensions of the 12 Steps of Alcoholics Anonymous, but with a subtle, yet important distinction: The root concept that underlies Soul Recovery is that we actually are far more powerful than we may have been taught to believe - that we are gifted with the ability to create and to operate outside of existing paradigms and structures.

While powerlessness is an important stepping-stone on our journey to sobriety and to healing our wounded inner child, whatever form that may take, our continuing happiness and expansion are dependent on releasing this idea of powerlessness. Sobriety and control - in and of themselves - can only do so much for us in life. True happiness requires moving beyond the control of our addictions to a path of self-realization.

As we mature in spiritual awareness, we come to understand that we are not separate and apart from the Divine power that created us. We are an expression of that infinite presence in much the way that waves are an expression of the ocean. For many, the concept of powerlessness - so embedded into the 12 Steps of AA - can act as an impediment to their continuing journey of spiritual development and "unfoldment."

The 12 Keys provide a framework for each of us to move beyond powerlessness into an awareness of power and freedom.



testimonials:

What people are saying...



Collin Tipping

“In this book, 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 book for anyone seeking their own Soul Recovery.”

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



John Randolph Price

“Rather than a book 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.



Rod Stewart

“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.

For more information, please visit: www.soulrecovery.org

More voices of support...

From spiritual teachers to the directors of treatment centers, Ester Nicholson is recognized as an authority on addiction and dependence. Her unique and compelling story combined with the step-by-step Soul Recovery process has revolutionized the treatment of compulsive behavior as it occurs in addiction and beyond.



“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*.



“If you are searching for how to renew your mind and engage your spirit to move beyond white-knuckling being clean and sober, open this book and let it 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.



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

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



“Soul Recovery shows that true and lasting happiness comes from a deeper understanding of one’s Self and a deeper wellspring of being.”

Velvet Mangan is the CEO of the Safe Harbor Treatment Centers for Women.

For more information, please visit: www.soulrecovery.org

On-Air...

Interview source for radio and television...

On-Air Intro



Ester Nicholson, a gifted vocalist formerly with Bette Midler and Rod Stewart, inspirational speaker, teacher and former addict—now adds author to her credits with the release of her new book, *"Soul Recovery - 12 Keys to Healing Addiction."*

Ester's book has re-invented the successful treatment of addiction and dependence and tells the story of a broken, seemingly-powerless girl and how she developed the Soul Recovery process to heal herself from crack addiction and to live the life of her dreams.

Ester is currently on national book tour, conducting workshops and teach-ins while sharing the process that has guided thousands to their healing and highest potential.

Ms. Nicholson joins us today from _____ where she is _____ (speaking/ performing /conducting a workshop). Please take a look at her web site at soulrecovery.org for more information about her schedule and the work she is engaged in.

Please welcome, Ester Nicholson.

Interview Questions:

- You have quite a story, from crack addiction to recovery and stardom. What is it that gave you the strength to do that?
- In looking at your book, you talk about addiction and dependence as though they are not just about alcohol and drugs. You even refer to "12 Steps for the Rest Of Us." What exactly do you mean by that?
- What is the common thread that would tie, for example, weight problems to drug addiction?
- What exactly are the 12 Keys of Soul Recovery?
- How do the 12 Keys differ from the 12 Steps of AA?
- What is the process that you use to heal self-worth issues?
- What kind of practices and techniques do you use in Soul Recovery?

Continued...

- How has the new book changed your work?
- I've heard you say that addiction/powerlessness can be turned into a source of power. How does that work?
- In your book you talk about your daughter being removed from your care. How was that for you, and have you and your daughter healed from that experience? How do you overcome the guilt about something like that?
- What is a simple practice that a listener can do to have an immediate experience of surrender and release?
- You talk about in your book that "Secrets Keep you Sick." Can you elaborate on that for our listeners?
- What was the experience that made you realize that you had hit a wall with the 12 Steps?
- Do you have to believe in a higher power, in order to use Soul Recovery?

For more information, please visit: www.soulrecovery.org

Links to:

Video, photos, pdf's, tour schedule, bookings and more...



<http://www.youtube.com/watch?v=4Ok4liiW8ww>

Soul Recovery Intro Video

Ester introduces why Soul Recovery was created.

Running time = 2 minutes



<http://www.youtube.com/watch?v=3bDhrr5DVn4>

Keynote Speech

Ester is presented as keynote speaker at the Martin Luther King Jr. event at the Tacoma Dome.

Running time = 10 minutes



<http://www.youtube.com/watch?v=YkiTSNEOY>

Singing from the Heart

Ester sings an original composition "I Believe This Belongs To You"

Running time = 5 minutes



<http://www.youtube.com/watch?v=FWxZkv533Fw>

"The Divine Invitation"

Ester in her element, discussing the genesis of Soul Recovery and 12 Keys to Healing Addiction.

Running time: 30 minutes



All Things Soul Recovery

Please visit www.soulrecovery.org for all the latest Soul Recovery info: photos, pdf's, articles, touring schedule, online-courses and more...



Interested in Booking Ester?

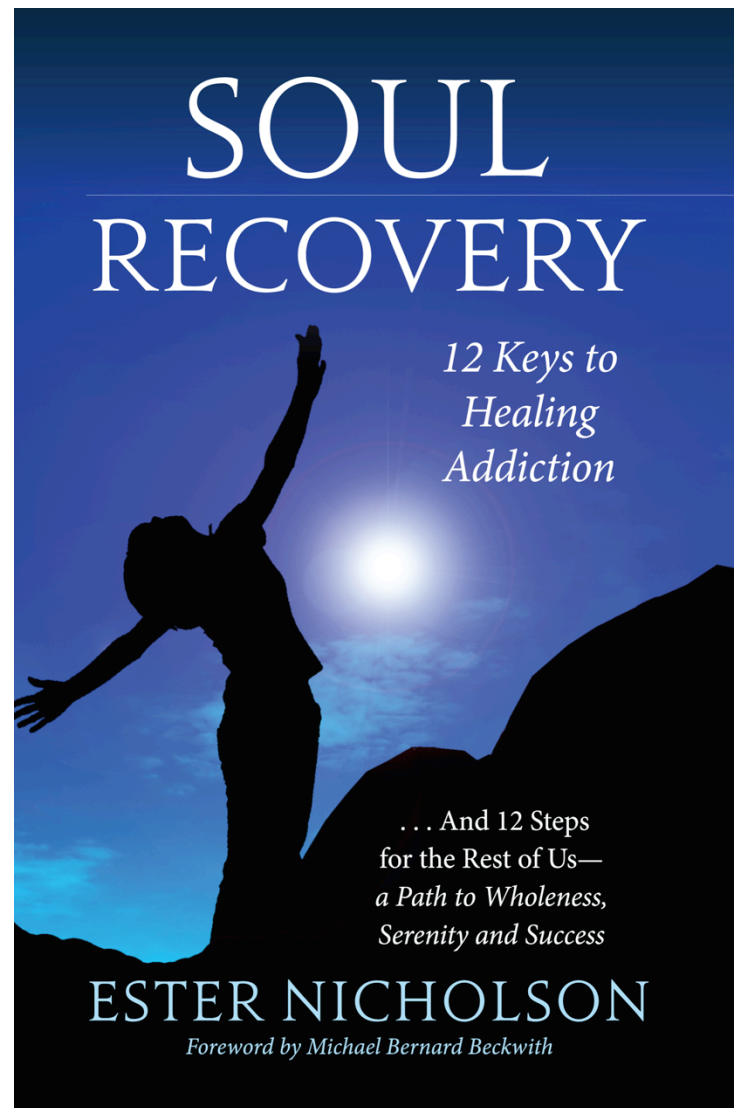
Are you interested in booking Ester for your conference or event? Please email us for details:

<mailto:ester@esternicholson.com>

For more information, please visit: www.soulrecovery.org

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Soul Recovery

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