



If I had known how good things would get, I would have stopped drinking sooner.



- *Pervasive observation in recovery*

Box Now provides peer support for people wondering about their alcohol use

Things many of us in recovery wish we had known earlier:

- Alcohol Use Disorder (AUD) is a common, recognized chronic disease; not a moral failing or character flaw.
- Seeking help can be a pit-stop toward best-ever performance, not an admission of failure or weakness.
- Having AUD is not the issue; excessive alcohol use affects almost a third of adults.
- Having AUD and not managing it is.
- People in recovery often rebound higher, even leading happier, more meaningful lives than the general population.

Let's Talk

Box Now offers free, confidential one-on-one conversations with people in recovery to share experiences and perspectives. We know what it's like – before and after. Let us share things we wish we had known earlier. Box Now was formed specifically for people like us. Our sole purpose is to benefit people wondering about their alcohol use.



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Box Now
For People Like Us

www.box-now.org