



**Join us for a fabulous Recovery Conference at Sea
with Stephanie Brown from Menlo Park, CA
April 2 - 9, 2017**

**Explore Deepening Your Recovery:
Self-reflection, Exploration & Connection.**

Norwegian Cruise Lines' *Norwegian Dawn*

Round Trip from New Orleans to Cozumel • Roatan, Honduras •
Harvest Caye, Belize • Costa Maya, Mexico

Speakers, Workshops, Meetings, 'Old-Timers' Panel, Couples Forum
Sober Social Networking, Great Entertainment, Dancing
Karaoke, Fine Dining, Luxurious Spa, Lots of Fun & Fellowship

Rates from (per person, double-occupancy):

Interior	\$ 699
Ocean View	\$ 749
Balcony	\$1,249

Not included are port charges, government fees, taxes, tips,
personal expenses, and a \$150 conference registration fee.

Cruise deposit plus conference fee will hold your space.
Latitudes member, other discounts and free upgrades may apply!
Cruise rates are subject to change.

In This Life offers price guarantee and upgrade protection!
Pre-cruise hotel in New Orleans and low-cost air is also available.

Conference attendance only is through exclusive booking arrangements
by In This Life Custom Getaways
805 927-6910 or 800 531-7578

Check out travelsober.com for more great trips

Stephanie Brown, PhD, is a popular speaker with long-term recovery. A licensed psychologist with more than 35 years of experience, she directs the **Addictions Institute** in Menlo Park, CA. The author of eleven books on the subject of addiction, she maintains a private practice, lectures widely, and serves as a consultant to groups and organizations. Visit her website at www.stephaniebrownphd.com. Stephanie delighted participants on the May of 2016 Alaska cruise and will be presenting three talks. She will also lead a panel on 2nd stage recovery.

What happens to people in recovery? What is the “normal” process of opening up to a new relationship with yourself? Come join us for a recovery cruise symposium combining lecture, discussion and sharing together in deepening our recoveries. We will explore the work of recovery for children of addiction and trauma, the individual addicted person, and the family, including the new challenges of living in a fast world of SPEED!

In **Stephanie’s newest book, *SPEED***, she describes how society has lost control. Addicted to constant “connection,” instant gratification, and the worship of impulse in the pursuit of non-stop progress and success, society today is driven by a denial of human limits. We will look at the impact of living in a chaotic, out-of-control culture on people in treatment and recovery.

Our Itinerary includes some of the best snorkeling in the Caribbean, gorgeous beaches, scuba diving, and hiking. The four ports of call also offer deep-sea fishing and sailing, as well as Mayan ruins, other historical sites, and great shopping.

DAY	DATE	PORT	ARRIVE	DEPART
Sun	April 2	New Orleans		4:00pm
Mon	April 3	At Sea (speaker meetings am & pm)		
Tue	April 4	Cozumel, Mexico	8:00am	5:00pm
Wed	April 5	Roatan, Honduras	9:00am	6:00pm
Thu	April 6	Harvest Caye, Belize	8:00am	5:00pm
Fri	April 7	Costa Maya, Mexico	8:00am	4:00pm
Sat	April 8	At Sea (speaker meetings am & pm)		
Sun	April 9	New Orleans	8:00am	

In This Life offers exclusive optional private tours, and meetings for 12-steppers, in all the ports. The cruise program includes speakers, karaoke, fellowship, breakout groups, program meetings, social networking with great dining and fun-filled onboard activities. And our onboard hospitality desk provides a wealth of additional helpful information.

Norwegian Cruise Lines is a 5-star cruise line. NCL invented the concept of ‘freestyle cruising,’ allowing you to custom-design your own schedule. Enjoy a variety of fantastic restaurants, including Continental, Italian, sushi, teppanyaki, Cagney’s Steak House, French, and a Brazilian steakhouse. NCL entertainment is top-rated and they have one of the finest spa and fitness programs at sea. Their excellent children’s programs are free.

A cruise deposit and \$150 conference fee reserves your place. You may be eligible for an early-bird upgrade, and Latitudes Rewards members may qualify for additional discounts.

Call us to pay by credit card. For your security, please don’t email this information!

Or mail a check to: In This Life Custom Getaways, 2104 Main St. Cambria, CA 93428.

Contact Us

805 927-6910 or 800 531-7578 toll-free trips@inthislife.com

Visit travelsober.com for information on our other great trips.