



Connecting
Couples

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Thought of the Month News and Notes

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Dear Friends,

February is almost gone and we find ourselves busy as usual. How are you handling this longer-than-usual-month? Are you feeling enthusiasm and optimism that it is early in the year and so many options are open for you? Or, are you feeling that the new year is moving far too fast and all of the challenges from the world at large are affecting the world within--your heart, mind, body and relationship!

You are not alone! We are all in this together and we are here for you. Keep in touch and we will all be stronger.

Donna and David

FEBRUARY: "The Courage to Intervene"



I am compelled to write this Thought! If it saves a life, then it will have been worth the effort.

Our son, Seth, called us this week and sadly spoke of the death of his favorite pop singer, Whitney Houston. While it was sad to me in a "Princess Di" kind of way, I didn't really get worked up until some of the interviews began happening.

Some said they wanted to focus on her wonderful talent and not dwell on the way she died. Others who were "close" to Whitney said she seemed very happy lately, especially at the party held the night before her death. The film shows a "happy" woman staggering around with a glass of

champagne in each hand. I've been "happy" like that a few times in my life and I'm not proud of it. And I've not been through two substance abuse treatment programs.

The point I am getting to is yes, it's sad. It's very sad that the woman found alone and dead in her bathtub had lots of help along the way to her final outcome. Where were her friends she needed the night before to yank the alcohol out of her hands, wrestle her to the ground if need be and carry her immediately to an inpatient program? Were these people on drugs themselves? Did they have amnesia about her decades of struggle with substances? Do they not realize an addict cannot ever again get "happy" with alcohol? Alcohol combined with powerful prescriptions on top if it?

Yes, I know that substance addiction is a fatal disease that can only be ultimately diagnosed and treated by the patient themselves. It is nasty! Bad things happen! But here in 2012 we still seem to turn our ignorant eyes away from true help and sobriety and we find all kinds of ways to support addiction.

I've been in on interventions. It takes courage. It can be scary. And it's the most loving act you'll ever take. It's a lifeguard saving a person who doesn't know how to swim.

Some of you reading this are living close to a Whitney Houston in your own life. Don't let them drop. Take on the challenge. Have the courage to intervene. Ask for help. Call us! WE are not experts but some of our best friends are. We know people who can put you on the right course. There are spectacular treatment programs all around.

Yes, how sad...a beautiful woman who could belt out record breaking songs covering five octaves. Maybe the best ever! How great if her biggest legacy would be a wake up call.

(P.S. Thanks for all your loving thoughts as you responded to the Thought last month about our loss of Cujo. Connections certainly help grief become softer.)

Always in Connection, David

MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES COMING UP!

Be sure to watch this space or check our web site for future opportunities.

[Getting the Love You Want Workshops](#)

**March 30-April 1, Frederick, MD
April 13-15, Rehoboth Beach, DE**

[Next Step Workshop](#)

March 24-25, Frederick, MD

QUOTES OF THE MONTH

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not. Mark Twain

To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear. Buddha

Life is not merely being alive, but being well. Marcus Valerius Martialis

Those who do not find time for exercise will have to find time for illness. Edward Smith-Stanley

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world. Paul Dudley White

The body is like a piano, and happiness is like music. It is needful to have the instrument in good order. Henry Ward Beecher

The groundwork of all happiness is health. James Leigh Hunt

Without health, life is not life; it is only a state of languor and suffering. Francois Rabelais

A healthy body is a guest-chamber for the soul; a sick body is a prison. Francis Bacon

You pray for good health and a body that will be strong in old age. Good - but your rich foods block the gods' answer and tie Jupiter's hands. Persius

Health and intellect are the two blessings of life. Menander

We are on this journey with you. Keep in touch!

Sincerely,

**David and Donna Bowman
Bowman & Associates, PA**

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