



## **Bio for Jack Lewers**

### **Jack's recovery story:**

As a kid I always brought a lot of focus and enthusiasm to the things I did. I played a lot of sports and was always very competitive, almost to the point of obsession. This intensity proved to be a dangerous quality when I started experimenting with drugs when I was fifteen years old. Over the next seven years I fell into a pattern of addiction and my happiness and passion for life slowly drifted away. In my early twenties I felt completely lost in my life and knew that I had to confront my addiction and make a drastic change. I started going to 12 step meetings regularly and, soon after, made the decision to move to Asheville and form a new life for myself.

### **How Jack came to NSR of Asheville:**

Before arriving at NSR I worked as a wilderness therapy guide as well as a staff member in residential treatment centers. None of the programs I worked at in the past were specifically focused on addiction and recovery but I always felt that recovery had saved my life and I wanted to help other people with theirs. When I found out about NSR, I realized this program is the perfect fit for what I want to do with my life. I have really enjoyed supporting other addicts who are so motivated to make a change in their lives.

### **Jack's advice for recovering addicts and their friends & family:**

Be patient. I went through an intensive wilderness therapy program when I was sixteen years old and continued to use drugs for seven more years before I began my recovery. I knew that I was an addict during that time and that drugs were the root cause of my suffering. What I've realized is that knowing that and then actually taking the steps to get clean are two different things. Addiction is never an easy thing to conquer, but there's always hope and you never know what will inspire somebody to embrace their recovery.

### **A little-known fact about Jack:**

I have a degree in Audio Engineering and love making music as a way to express myself. During my free time I also enjoy playing basketball, hiking with my dog, and reading books.