

RRP 128 — Anthony Good / It's All Good: Recovery, Fatherhood, and Starting Over

Presenters: Julie P. Lewis and Peter B. Dowell

Episode length: 1 hour

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Anthony Good spent years in prison, lived through relapse, and had to learn how to build a life he had never really known. In this honest conversation, he talks about four and a half years clean, fatherhood, integrity, mental health, and the moment he decided to leave behind the name Demon and become Anthony. He also explains why he created **It's All Good Recovery**, an open and personal meeting space where people can share honestly, give themselves positive affirmations, and take recovery one moment at a time.

Key points

- **04:00** Anthony introduces his recovery story, four and a half years clean, years in prison, and the role his children played in helping him keep moving forward.
- **08:00** He reflects on prison, parole, guilt, shame, and the belief that he would not change the experiences that shaped him.
- **11:00** Anthony describes relapsing after getting a job, a car, and college, then losing all of it and becoming homeless within two weeks.
- **13:00** He talks about shedding the name Demon, deciding he was going to be a father, and learning how to live with anxiety and anger.
- **20:00** Integrity becomes central to his recovery, including doing difficult things, staying accountable, and helping people who genuinely want help.
- **29:00** Anthony explains the idea behind “one moment at a time” and why twenty-four hours can feel like too much time for him to think.
- **38:00** He talks about how long it can take to feel normal after prison and addiction, and why recovery takes as long as it takes.
- **44:00** Anthony tells listeners how to find It's All Good Recovery through Facebook and Anthony W. Good.
- **51:00** His words of wisdom are simple: live with integrity, do the right things when nobody notices, find the recovery that works for you, and build a support system.

Websites and resources discussed

- [It's All Good Recovery on Facebook](#), Anthony's online recovery meeting and community
- **It's All Good Recovery Zoom meetings:** Thursday at 6:00 PM, Saturday at 2:00 PM, and Sunday at 6:00 PM. Meeting ID: **465 403 0507**. Password: **123456**.
- [Download the It's All Good Recovery meeting flyer](#)
- [Willamette Family](#), treatment and recovery services in Eugene and nearby communities
- [Adult & Teen Challenge PacWest](#), a recovery program Anthony mentions while describing his efforts to connect people with help

- [Hilbert College Human Services program](#), where Anthony is studying human services with a substance-abuse focus
- [Wellbriety Meetings](#), a recovery resource Anthony discusses
- [Real Recovery Podcast](#)

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“You're gonna have to do a lot of the right things when nobody notices.”

— *Anthony Good*

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