12 Steps Speakers Aa Na Ca Oa Al Anon

Anonymous, Hazelden

Alcoholics Anonymous Bill W.,2014-09-04 A 75th anniversary e-book version of the most important and practical self-help book ever written, Alcoholics Anonymous. Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement: Alcoholics Anonymous. This edition not only reproduces the original 1939 text of Alcoholics Anonymous, but as a special bonus features the complete 1941 Saturday Evening Post article "Alcoholics Anonymous" by journalist Jack Alexander, which, at the time, did as much as the book itself to introduce millions of seekers to AA's program. Alcoholics Anonymous has touched and transformed myriad lives, and finally appears in a volume that honors its posterity and impact.

A New Pair of Glasses Chuck C.,1984

Twelve Step Facilitation Therapy Manual Joseph Nowinski, Stuart Baker (M.A.), Kathleen M. Carroll, 1992

Twelve Steps and Twelve Traditions Trade Edition Bill W., 1953 Twelve Steps to recovery.

Chemically Dependent Anonymous, 2012-05-23

The Higher Power of the Twelve-Step Program Glenn Chesnut, 2001 Please use the cover you've already designed.

Twenty-Four Hours a Day Anonymous, Hazelden, 1992-02-01 Twenty Four Hours a Day Softcover (24 Hours)

The Sober Truth Lance Dodes, Zachary Dodes, 2015-03-17 A powerful exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction treatment model came to dominate America. "A humane, science-based, global view of addiction . . . an essential, bracing critique of the rehab industry and its ideological foundations that we have much to learn from." —Gabor Maté M.D., author of In The Realm of Hungry Ghosts Alcoholics Anonymous has become so infused in our society that it is practically synonymous with addiction recovery. Yet the evidence shows that AA has only a 5-10 percent success rate—hardly better than no treatment at all. Despite this, doctors, employers, and judges regularly refer addicted people to treatment programs and rehab facilities based on the 12-step model. In The Sober Truth, acclaimed addiction specialist Dr. Lance Dodes exposes the deeply flawed science that the 12-step industry has used to support its programs. Dr. Dodes analyzes dozens of studies to reveal a startling pattern of errors, misjudgments, and biases. He also pores over the research to highlight the best peer-reviewed studies available and discovers that they reach a grim consensus on the program's overall success. But The Sober Truth is more than a book about addiction. It is also a book about science and how and why AA and rehab became so popular, despite the discouraging data. Drawing from thirty-five years of clinical practice and firsthand accounts submitted by addicts, Dr. Dodes explores the entire story of AA's rise—from its origins in early fundamentalist religious and mystical beliefs to its present-day place of privilege in politics and media. A powerful response to the monopoly of the 12-step program and the myth that they are a universal solution to addiction, The Sober Truth offers new and actionable information for addicts, their families, and medical providers, and lays out better ways to understand addiction for those seeking a more effective and compassionate approach to this treata

The Twelve Steps of Overeaters Anonymous Overeaters Anonymous, Inc. (U.S.),1990

Alcoholics Anonymous Charles Bufe,1997-12-01 This well researched, painstakingly documented book provides detailed information on the right-wing evangelical organization (Oxford Group Movement) that gave birth to AA; the relation of AA and its program to the Oxford Group Movement; AA's similarities to and differences from religious cults; AA's remarkable ineffectiveness; and the alternatives to AA. The greatly expanded second edition includes a new chapter on AA's relationship to the treatment industry, and AA's remarkable influence in the media.

An Al-Anon Twelve Step Workbook George B,2012-04-01 This workbook is designed to help people study, learn, and practice the Twelve Steps of Al-Anon in their lives. It is used with the Al-Anon book Paths to Recovery.

When Society Becomes an Addict Anne Wilson Schaef, 1988-04-20 An incisive look at the system of addiction pervasive in Western society today.

Approaches to Drug Abuse Counseling ,2000

Al-Anons Twelve Steps & Twelve Traditions Al-Anon Family Group Headquarters, Inc, 2005-12-01

Treatment Matching in Alcoholism Thomas F. Babor, Frances K. Del Boca, 2003 This book describes the largest treatment study ever conducted with alcoholics, with new information on treatment effectiveness.

A Woman's Way through the Twelve Steps Stephanie Convington, 2024-01-23 This guide to the Twelve Steps from Dr. Stephanie S. Covington, a pioneer in the field of women's issues, addiction, and recovery, preserves the spirit of the Alcoholics Anonymous program with a focus on healing language with women's needs in mind. Published in 1994, A Woman's Way through the Twelve Steps has long been a unique resource that helps women find their own paths in recovery—paths shaped by the way women experience not only addiction and recovery, but also relationships, self, sexuality, spirituality, and everyday life. Now, stories from five new voices expand the perspective of this recovery classic. Over the past thirty years, what it means to identify as a woman in recovery has broadened to include transgender, nonbinary, and other gender-diverse people. This new edition includes updated, inclusive language to be more trauma-sensitive and welcoming to all women. This compilation of diverse voices and wisdom from real people illuminates how women understand the Twelve Steps of Alcoholics Anonymous (AA) and offers inspiring stories of how they travel through the Steps and discover what works for them. The book can be used alone or as a companion to AA's Twelve Steps and Twelve Traditions. By identifying and addressing the special issues that recovery presents for women, this book empowers women to take ownership of their own journeys and to grow and flourish in recovery.

Big Book Awakening Dan Sherman,1992-01-01 Written to be used in conjunction with, not instead of the Big Book of Alcoholics anonymous. This book will help guide you through a personal experience with all Twelve Steps as they are outlined in the AA Big Book. You write notes and questions from the Big Book Awakening into your own Big Book for personal consideration. After you have completed this process yourself your Big Book is now a powerful working with others book with questions and considerations that will help you work with others both one-on-one and in workshops. They them selves write the same notes into their own Big Book to one day do the same.

Eating Disorders Anonymous Eating Disorders Anonymous (EDA),2016-11-21 Eating Disorders Anonymous: The Story of How We Recovered from Our Eating Disorders presents the accumulated experience, strength, and hope of many who have followed a Twelve-Step approach to recover from their eating disorders. Eating Disorders Anonymous (EDA), founded by sober members of Alcoholics Anonymous (AA), have produced a work that emulates the "Big Book" in style and substance. EDA respects the pioneering work of AA while expanding its Twelve-Step message of hope to include those who are religious or seek a spiritual solution, and for those who are not and may be more comfortable substituting "higher purpose" for the traditional "Higher Power." Further, the EDA approach embraces the development and maintenance of balance and perspective, rather than abstinence, as the goal of recovery. Initial chapters provide clear directions on how to establish a foothold in recovery by offering one of the founder's story of hope, and collective voices tell why EDA is suitable for readers with any type of problem eating,

including: anorexia nervosa, bulimia, binge eating, emotional eating, and orthorexia. The text then explains how to use the Twelve Steps to develop a durable and resilient way of thinking and acting that is free of eating disordered thoughts and behaviors, including how to pay it forward so that others might have hope of recovery. In the second half of the text, individual contributors share their experiences, describing what it was like to have an eating disorder, what happened that enabled them to make a start in recovery, and what it is like to be in recovery. Like the "Big Book," these stories are in three sections: Pioneers of EDA, They Stopped in Time, and They Lost Nearly All. Readers using the Twelve Steps to recover from other issues will find the process consistent and reinforcing of their experiences, yet the EDA approach offers novel ideas and specific guidance for those struggling with food, weight and body image issues. Letters of support from three, highly-regarded medical professionals and two, well-known recovery advocates offer reassurance that EDA's approach is consistent with that supported by medical research and standards in the field of eating disorders treatment. Intended as standard reading for members who participate in EDA groups throughout the world, this book is accessible and appropriate for anyone who wants to recover from an eating disorder or from issues related to food, weight, and body image.

Staying Sober Without God Jeffrey Munn, 2019-01-10 Staying Sober Without God is a guide for non-believers who want to get sober without an act of faith. Traditional 12-step programs push for a belief in God or a higher power. The practical 12 steps outlined in this book provide a path to lasting recovery that requires no belief in the supernatural.

Sex in Recovery Jennifer Matesa, 2016-09-01 Healthy sexuality within the context of recovery is rarely talked about openly, in part because the larger culture restricts the space required to name our experiences in open, honest ways. Matesa gives us that space by bringing the language of recovery to this more hidden part of our healing, allowing us to truly "practice these principles in all our affairs. Sexuality in the context of recovery is rarely talked about openly, in part because our broader culture may inhibit us from sharing our true experiences. For some, the prospect of sober sex feels like uncharted waters—in the past, we've rarely had sex without first numbing ourselves with drugs and alcohol. What does it mean to have an intimate relationship in sobriety? Exploring that question deepens our recovery journey. With this groundbreaking work, Jennifer Matesa uncovers the challenges real people encounter when they start taking their clothes off—without drinking or using in order to do so. Providing readers "a meeting between the covers," Matesa blends first-person accounts bravely shared by diverse members of the recovery community, insights from experts, and her own perspectives. The result is a book that creates a space for a vital, new dialogue about sexuality and intimacy. As we find a common language for this more hidden aspect of our healing, we can truly "practice these principles in all our affairs."

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