

NY NA MEETINGS

RC SCHANK

📖 *GIVING CLEAN: THE JOURNEY CONTINUES* FELLOWSHIP OF NARCOTICS ANONYMOUS, 2012

📖 *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.

📖 *THE IMPOSSIBLE DREAM*, 2015-03-21

📖 *DAILY REFLECTIONS* A A, AA WORLD SERVICES INC, 2017-07-27 THIS IS A BOOK OF REFLECTIONS BY A.A. MEMBERS FOR A.A. MEMBERS. IT WAS FIRST PUBLISHED IN 1990 TO FULFILL A LONG- FELT NEED WITHIN THE FELLOWSHIP FOR A COLLECTION OF REFLECTIONS THAT MOVES THROUGH THE CALENDAR YEAR--ONE DAY AT A TIME. EACH PAGE CONTAINS A REFLECTION ON A QUOTATION FROM A.A. CONFERENCE-APPROVED LITERATURE, SUCH AS ALCOHOLICS ANONYMOUS, TWELVE STEPS AND TWELVE TRADITIONS, AS BILL SEES IT AND OTHER BOOKS. THESE REFLECTIONS WERE SUBMITTED BY MEMBERS OF THE A.A. FELLOWSHIP WHO WERE NOT PROFESSIONAL WRITERS, NOR DID THEY SPEAK FOR A.A. BUT ONLY FOR THEMSELVES, FROM THEIR OWN EXPERIENCES IN SOBRIETY. THUS THE BOOK OFFERS SHARING, DAY BY DAY, FROM A BROAD CROSS SECTION OF MEMBERS, WHICH FOCUSES ON THE THREE LEGACIES OF ALCOHOLICS ANONYMOUS: RECOVERY, UNITY AND SERVICE. DAILY REFLECTIONS HAS PROVED TO BE A POPULAR BOOK THAT AIDS INDIVIDUALS IN THEIR PRACTICE OF DAILY MEDITATION AND PROVIDES INSPIRATION TO GROUP DISCUSSIONS EVEN AS IT PRESENTS AN INTRODUCTION FOR SOME TO A.A. LITERATURE AS A WHOLE.

📖 *REFUGE RECOVERY* NOAH LEVINE, 2014-06-10 BESTSELLING AUTHOR AND RENOWNED BUDDHIST TEACHER NOAH LEVINE ADAPTS THE BUDDHA'S FOUR NOBLE TRUTHS AND EIGHT FOLD PATH INTO A PROVEN AND SYSTEMATIC APPROACH TO RECOVERY FROM ALCOHOL AND DRUG ADDICTION—AN INDISPENSABLE ALTERNATIVE TO THE 12-STEP PROGRAM. WHILE MANY DESPERATELY NEED THE HELP OF THE 12-STEP RECOVERY PROGRAM, THE TRADITIONAL AA MODEL'S FOCUS ON AN EXTERNAL HIGHER POWER CAN ALIENATE PEOPLE WHO DON'T CONNECT WITH ITS RELIGIOUS TENETS. REFUGE RECOVERY IS A SYSTEMATIC METHOD BASED ON BUDDHIST

PRINCIPLES, WHICH INTEGRATES SCIENTIFIC, NON-THEISTIC, AND PSYCHOLOGICAL INSIGHT. VIEWING ADDICTION AS CRAVINGS IN THE MIND AND BODY, LEVINE SHOWS HOW A PATH OF MEDITATIVE AWARENESS CAN ALLEVIATE THOSE DESIRES AND EASE SUFFERING. REFUGE RECOVERY INCLUDES DAILY MEDITATION PRACTICES, WRITTEN INVESTIGATIONS THAT EXPLORE THE CAUSES AND CONDITIONS OF OUR ADDICTIONS, AND ADVICE AND INSPIRATION FOR FINDING OR CREATING A COMMUNITY TO HELP YOU HEAL AND AWAKEN. PRACTICAL YET COMPASSIONATE, LEVINE'S SUCCESSFUL REFUGE RECOVERY SYSTEM IS DESIGNED FOR ANYONE INTERESTED IN A NON-THEISTIC APPROACH TO RECOVERY AND REQUIRES NO PREVIOUS EXPERIENCE OR KNOWLEDGE OF BUDDHISM OR MEDITATION.

📖 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.

📖 LIVING SOBER TRADE EDITION ANONYMOUS, 1975 TIPS ON LIVING SOBER.

📖 RISK MANAGEMENT FOR MEETINGS AND EVENTS JULIA RUTHERFORD SILVERS, 2009-11-04 EVENTS OF ALL TYPES ARE PRODUCED EVERY DAY FOR ALL MANNER OF PURPOSES, ATTRACTING ALL SORTS OF PEOPLE. CREATING AND MANAGING THE ENVIRONMENT IN WHICH THESE PEOPLE WILL GATHER CARRIES WITH IT AWESOME RESPONSIBILITIES — LEGAL, ETHICAL, AND FINANCIAL. TO PROVIDE A SAFE AND SECURE SETTING AND TO OPERATE IN A MANNER THAT ENSURES THE HOSTING ORGANIZATIONS OR INDIVIDUALS ACHIEVE THEIR OBJECTIVES IN A PROPER AND PROFITABLE WAY, EVENT RISK MANAGEMENT MUST BE FULLY INTEGRATED INTO ALL EVENT PLANS AND THROUGHOUT THE EVENT MANAGEMENT PROCESS. RISK MANAGEMENT FOR MEETINGS AND EVENTS EXAMINES THE PRACTICES, PROCEDURES, AND SAFEGUARDS ASSOCIATED WITH THE IDENTIFICATION, ANALYSIS, RESPONSE PLANNING, AND CONTROL OF THE RISKS SURROUNDING EVENTS OF ALL TYPES. WRITTEN BY AN EXPERIENCED AUTHOR IT: * PROVIDES A SOLID, EASY-TO-READ CONCEPTUAL FOUNDATION BASED ON PROVEN RISK MANAGEMENT TECHNIQUES * INCLUDES READY-TO-USE TEMPLATES DESIGNED SPECIFICALLY AS LEARNING EXERCISES FOR STUDENTS AND PROFESSIONALS * COMPREHENSIVELY DISCUSSES EFFECTIVE STRATEGIES FOR MANAGING THE RISKS ASSOCIATED WITH DESIGN, PLANNING AND PRODUCTION OF PUBLIC AND PRIVATE EVENTS RISK MANAGEMENT FOR MEETINGS AND EVENTS IS A COMPREHENSIVE AND PRACTICAL GUIDE WHICH SUPPORTS ACADEMIC AND PROFESSIONAL DEVELOPMENT PROGRAMS THAT PREPARE

INDIVIDUALS FOR ENTERING OR ADVANCEMENT IN THE MEETING AND EVENT MANAGEMENT INDUSTRY.

📖 **THE LAST LECTURE** RANDY PAUSCH, 2008-04-08 AFTER BEING DIAGNOSED WITH TERMINAL CANCER, A PROFESSOR SHARES THE LESSONS HE'S LEARNED—ABOUT LIVING IN THE PRESENT, BUILDING A LEGACY, AND TAKING FULL ADVANTAGE OF THE TIME YOU HAVE—IN THIS LIFE-CHANGING CLASSIC. WE CANNOT CHANGE THE CARDS WE ARE DEALT, JUST HOW WE PLAY THE HAND. —RANDY PAUSCH A LOT OF PROFESSORS GIVE TALKS TITLED THE LAST LECTURE. PROFESSORS ARE ASKED TO CONSIDER THEIR DEMISE AND TO RUMINATE ON WHAT MATTERS MOST TO THEM. AND WHILE THEY SPEAK, AUDIENCES CAN'T HELP BUT MULL OVER THE SAME QUESTION: WHAT WISDOM WOULD WE IMPART TO THE WORLD IF WE KNEW IT WAS OUR LAST CHANCE? IF WE HAD TO VANISH TOMORROW, WHAT WOULD WE WANT AS OUR LEGACY? WHEN RANDY PAUSCH, A COMPUTER SCIENCE PROFESSOR AT CARNEGIE MELLON, WAS ASKED TO GIVE SUCH A LECTURE, HE DIDN'T HAVE TO IMAGINE IT AS HIS LAST, SINCE HE HAD RECENTLY BEEN DIAGNOSED WITH TERMINAL CANCER. BUT THE LECTURE HE GAVE—REALLY ACHIEVING YOUR CHILDHOOD DREAMS—WASN'T ABOUT DYING. IT WAS ABOUT THE IMPORTANCE OF OVERCOMING OBSTACLES, OF ENABLING THE DREAMS OF OTHERS, OF SEIZING EVERY MOMENT (BECAUSE TIME IS ALL YOU HAVE . . . AND YOU MAY FIND ONE DAY THAT YOU HAVE LESS THAN YOU THINK). IT WAS A SUMMATION OF EVERYTHING RANDY HAD COME TO BELIEVE. IT WAS ABOUT LIVING. IN THIS BOOK, RANDY PAUSCH HAS COMBINED THE HUMOR, INSPIRATION AND INTELLIGENCE THAT MADE HIS LECTURE SUCH A PHENOMENON AND GIVEN IT AN INDELIBLE FORM. IT IS A BOOK THAT WILL BE SHARED FOR GENERATIONS TO COME.

📖 **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.

THE TWELVE STEPS AND THE SACRAMENTS SCOTT WEEMAN, 2017-11-10
 WINNER OF A 2018 CATHOLIC PRESS ASSOCIATION AWARD: SACRAMENTS. (SECOND PLACE). IN THE FIRST BOOK TO DIRECTLY INTEGRATE THE TWELVE STEPS WITH THE PRACTICE OF CATHOLICISM, SCOTT WEEMAN, FOUNDER AND DIRECTOR OF CATHOLIC IN RECOVERY, PAIRS HIS PERSONAL STORY WITH COMPASSIONATE STRAIGHT TALK TO SHOW CATHOLICS HOW TO BRIDGE THE COMMONLY FELT GAP BETWEEN THE HIGHER POWER OF TWELVE-STEP PROGRAMS AND THE MERCIFUL GOD THAT HE REDISCOVERED IN THE HEART OF THE SACRAMENTS. WEEMAN ENTERED SOBRIETY FROM ALCOHOL AND DRUGS ON OCTOBER 10, 2011, AND HE’S MADE IT HIS FULL-TIME MINISTRY TO HELP OTHERS WHO STRUGGLE WITH VARIOUS TYPES OF ADDICTION TO FIND SPIRITUAL WHOLENESS THROUGH CATHOLIC IN RECOVERY, AN ORGANIZATION HE FOUNDED AND DIRECTS. IN THE TWELVE STEPS AND THE SACRAMENTS, WEEMAN CANDIDLY TACKLES THE STRUGGLE HE AND OTHER ADDICTS HAVE WITH GETTING TO KNOW INTIMATELY THE UNNAMED HIGHER POWER OF RECOVERY. HE SHARES STORIES OF HIS COMPULSION TO FIND A PERSONAL RELATIONSHIP WITH GOD AND HOW HIS TENTATIVE STEPS BACK TO THE CATHOLIC CHURCH OPENED NEW DOORS OF HEALING AND BROUGHT HIM SURPRISING JOY AS HE CAME TO KNOW CHRIST IN THE SACRAMENTS. CATHOLICS IN RECOVERY AND THOSE MOVING TOWARD IT, AS WELL AS THE PEOPLE WHO LOVE THEM WILL RECOGNIZE

WEEMAN'S STORY AND HIS SPIRITUAL STRUGGLE TO PERSONALLY ENCOUNTER GOD. HE TELLS US HOW: BAPTISM HELPS YOU ADMIT POWERLESSNESS OVER AN UNMANAGEABLE PROBLEM, FACE YOUR DESPERATE NEED FOR GOD, AND CHOOSE TO BELIEVE IN AND SUBMIT TO GOD'S MERCY. RECONCILIATION AFFIRMS AND STRENGTHENS THE HARD WORK OF EXAMINING YOUR LIFE, ADMITTING WRONGS, AND MAKING AMENDS. THE EUCHARIST PROVIDES ONGOING SUSTENANCE AND DRAWS YOU TO THE HEALING POWER OF CHRIST. THE GRACES OF CONFIRMATION STRENGTHEN EACH PERSON TO KEEP MOVING FORWARD AND TO SHARE THE GOOD NEWS OF RECOVERY AND NEW LIFE IN CHRIST. WEEMAN'S WORDS ARE BOLDLY CHALLENGING AND BRIMMING WITH COMPASSION AND THROUGH THEM YOU WILL DISCOVER INSPIRATION, HOPE, SAGE ADVICE, AND REFRESHINGLY PRACTICAL HELP.

☐ **DEATH BY MEETING** PATRICK M. LENCIONI, 2010-06-03 A STRAIGHTFORWARD FRAMEWORK FOR CREATING ENGAGING AND EXCITING BUSINESS MEETINGS CASEY MCDANIEL HAD NEVER BEEN SO NERVOUS IN HIS LIFE. IN JUST TEN MINUTES, THE MEETING, AS IT WOULD FOREVER BE KNOWN, WOULD BEGIN. CASEY HAD EVERY REASON TO BELIEVE THAT HIS PERFORMANCE OVER THE NEXT TWO HOURS WOULD DETERMINE THE FATE OF HIS CAREER, HIS FINANCIAL FUTURE, AND THE COMPANY HE HAD BUILT FROM SCRATCH. "HOW COULD MY LIFE HAVE UNRAVELED SO QUICKLY?" HE WONDERED. IN HIS LATEST PAGE-TURNING WORK OF BUSINESS FICTION, BEST-SELLING AUTHOR PATRICK LENCIONI PROVIDES READERS WITH ANOTHER POWERFUL AND THOUGHT-PROVOKING BOOK, THIS ONE CENTERED AROUND A CURE FOR THE MOST PAINFUL YET UNDERESTIMATED PROBLEM OF MODERN BUSINESS: BAD MEETINGS. AND WHAT HE SUGGESTS IS BOTH SIMPLE AND REVOLUTIONARY. CASEY MCDANIEL, THE FOUNDER AND CEO OF YIP SOFTWARE, IS IN THE MIDST OF A PROBLEM HE CREATED, BUT ONE HE DOESN'T KNOW HOW TO SOLVE. AND HE DOESN'T KNOW WHERE OR WHO TO TURN TO FOR ADVICE. HIS STAFF CAN'T HELP HIM; THEY'RE AS DUMBFOUNDED AS HE IS BY THEIR TORTUOUS MEETINGS. THEN AN UNLIKELY ADVISOR, WILL PETERSON, ENTERS CASEY'S WORLD. WHEN HE PROPOSES AN UNCONVENTIONAL, EVEN RADICAL, APPROACH TO SOLVING THE MEETING PROBLEM, CASEY IS JUST DESPERATE ENOUGH TO LISTEN. AS IN HIS OTHER BOOKS, LENCIONI PROVIDES A FRAMEWORK FOR HIS GROUNDBREAKING MODEL, AND MAKES IT APPLICABLE TO THE REAL WORLD. DEATH BY MEETING IS NOTHING SHORT OF A BLUEPRINT FOR LEADERS WHO WANT TO ELIMINATE WASTE AND FRUSTRATION AMONG THEIR TEAMS AND CREATE ENVIRONMENTS OF ENGAGEMENT AND PASSION.

☐ **ADULT CHILDREN** ADULT CHILDREN OF ALCOHOLICS (ASSOCIATION), 2006 THIS IS THE OFFICIAL ACA FELLOWSHIP TEXT THAT IS ADULT CHILDREN OF ALCOHOLICS WORLD SERVICE ORGANIZATION (ACA WSO) CONFERENCE APPROVED LITERATURE. ADULT CHILDREN OF ALCOHOLICS/DYSFUNCTIONAL FAMILIES (ACA) IS AN INDEPENDENT 12 STEP AND 12 TRADITION ANONYMOUS PROGRAM.

📖 **CRYSTAL CLEAR**, 2011

📖 **OCCUPATIONAL OUTLOOK HANDBOOK** UNITED STATES. BUREAU OF LABOR STATISTICS, 1957

📖 **12-STEP HORROR STORIES** REBECCA FRANSWAY, 2000 SINCE LEAVING ALCOHOLICS ANONYMOUS AFTER 17 WASTED YEARS, FRANSWAY HAS DEVOTED HERSELF TO EXPOSING HORRIFYING FIRST-PERSON ACCOUNTS OF PHYSICAL, SEXUAL, AND EMOTIONAL ABUSE IN 12-STEP PROGRAMS.

📖 **GIVE AND TAKE** ADAM GRANT, 2014-03-25 A GROUNDBREAKING LOOK AT WHY OUR INTERACTIONS WITH OTHERS HOLD THE KEY TO SUCCESS, FROM THE BESTSELLING AUTHOR OF THINK AGAIN AND ORIGINALS FOR GENERATIONS, WE HAVE FOCUSED ON THE INDIVIDUAL DRIVERS OF SUCCESS: PASSION, HARD WORK, TALENT, AND LUCK. BUT IN TODAY'S DRAMATICALLY RECONFIGURED WORLD, SUCCESS IS INCREASINGLY DEPENDENT ON HOW WE INTERACT WITH OTHERS. IN GIVE AND TAKE, ADAM GRANT, AN AWARD-WINNING RESEARCHER AND WHARTON'S HIGHEST-RATED PROFESSOR, EXAMINES THE SURPRISING FORCES THAT SHAPE WHY SOME PEOPLE RISE TO THE TOP OF THE SUCCESS LADDER WHILE OTHERS SINK TO THE BOTTOM. PRAISED BY SOCIAL SCIENTISTS, BUSINESS THEORISTS, AND CORPORATE LEADERS, GIVE AND TAKE OPENS UP AN APPROACH TO WORK, INTERACTIONS, AND PRODUCTIVITY THAT IS NOTHING SHORT OF REVOLUTIONARY.

📖 **THE NARCOTICS ANONYMOUS STEP WORKING GUIDES**, 1998-01-01 NARCOTICS ANONYMOUS STEP WORKING GUIDES ARE MEANT TO BE USED BY NA MEMBERS AT ANY STAGE OF RECOVERY, WHETHER IT'S THE FIRST TIME THROUGH THE STEPS, OR WHETHER THEY HAVE BEEN A GUIDING FORCE FOR MANY YEARS. THIS BOOK IS INTENTIONALLY WRITTEN TO BE RELEVANT TO NEWCOMERS AND TO HELP MORE EXPERIENCED MEMEBERS DEVELOP A DEEPER UNDERSTANDING OF THE TWELVE STEPS.

📖 **EIGHT STEP RECOVERY (NEW EDITION)** VALERIE MASON-JOHN, 2018-06-01 THIS NEW EDITION INCLUDES A FOREWORD BY JON KABAT-ZINN, HOW TO RUN AN EIGHT STEP RECOVERY MEETING, AND HOW TO TEACH A MINDFULNESS BASED ADDICTION RECOVERY PROGRAMME, INCLUDING TEACHER'S NOTES AND HANDOUTS. ALL OF US CAN STRUGGLE WITH THE TENDENCY TOWARDS ADDICTION, BUT FOR SOME IT CAN DESTROY THEIR LIVES. IN OUR RECOVERY FROM ADDICTION, THE BUDDHA'S TEACHINGS OFFER AN UNDERSTANDING OF HOW THE MIND WORKS, TOOLS FOR HELPING A MIND VULNERABLE TO ADDICTION AND WAYS TO OVERCOME ADDICTIVE BEHAVIOUR, CULTIVATING A CALM MIND WITHOUT RESENTMENTS.

📖 **TWELVE STEPS AND TWELVE TRADITIONS TRADE EDITION** BILL W., 1953 TWELVE STEPS TO RECOVERY.

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