

Steps To Solutions Sober House

Alcoholics AnonymousThe 30-Day Sobriety SolutionThe Sober TruthRecent Events and a Clue to Their SolutionSuccessful Sober HouseThe Steps We TookDrink and be SoberAs Bill Sees itThe Addiction Recovery Skills WorkbookBeing SoberThe Freedom Model for AddictionsTrauma and the Twelve StepsOfficial Reports of the Debates of the House of Commons of the Dominion of CanadaSober DadGet Your Loved One SoberA New Pair of GlassesWhen Prisoners Come HomeIntegrating 12-Steps and PsychotherapyIntegral RecoveryIntegrated Treatment for Dual DisordersGetting SoberThe Daily StoicTreatment Works!Can't Catch a BreakBlackout GirlInside RehabSeeds of SobrietyRainbow Resource DirectoryHouse of Commons Debates, Official ReportAddict in the HouseSlaying the Dragon: The History of Addiction Treatment and Recovery in AmericaWriting the Big BookThe 100% SolutionThe Language of the HeartSex in RecoveryLiving Sober Trade EditionSober for GoodTwelve Steps and Twelve Traditions Trade EditionThe Handbook of Community PracticeUS of AA

Alcoholics Anonymous

This comprehensive clinical handbook provides virtually everything needed to plan, deliver, and evaluate effective treatment for persons with substance abuse problems and persistent mental illness. From authors at the forefront of the dual disorders field, the book is grounded in decades of

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influential research. Presented are clear guidelines for developing integrated treatment programs, performing state-of-the-art assessments, and implementing a wide range of individual, group, and family interventions. Also addressed are residential and other housing services, involuntary interventions, vocational rehabilitation, and psychopharmacology for dual disorders. Throughout, the emphasis is on workable ways to combine psychiatric and substance abuse services into a cohesive, unitary system of care. Designed in a convenient large-size format with lay-flat binding for ease of photocopying, the volume contains all needed assessment forms, treatment planning materials, and client handouts, most with permission to reproduce.

The 30-Day Sobriety Solution

Twelve Steps to recovery.

The Sober Truth

An eye-opening tour of the addiction treatment industry explores the gap between what should happen and what does. What happens inside drug and alcohol rehabilitation centers and how rehab works are a mystery to those outside the industry – and sometimes even to those inside it. Anne M. Fletcher is a trusted New York Times bestselling health and medical writer who visited 15 addiction treatment centers—from outpatient programs for the indigent to famous celebrity rehabs; from the sites of renowned Twelve-Step centers to several unconventional

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programs—to find out what really happens. What she reveals ranges from inspirational to irresponsible, and, in some cases, potentially dangerous. **Real Stories:** As always with her books, Fletcher gets the inside story by turning to real people who “have been there,” interviewing more than 100 individuals whose compelling stories illustrate serious issues facing people in rehab and endemic in the rehab industry today. Connected Writer and Researcher who has earned the respect (and cooperation) of experts throughout the fields she’s taken on. **Inside Rehab** is no exception—Fletcher has interviewed more than 100 professionals working in the field, including a mix of rehab staffers and administrators as well as leading academics. Rehab is constantly covered in the media, as celebrities battle their drug and alcohol issues in the spotlight and reality TV puts recovery in prime time. Addiction is no longer only a personal struggle—it’s a pop culture phenomenon. **Myth Busting:** Fletcher exposes twelve supposed facts for the falsehoods they are, including “rehab is necessary for most people to recover from addictions;” “highly trained professionals provide most of the treatment in addiction programs;” and “drugs should not be used to treat a drug addict.” Fletcher’s most important finding is the alarming discrepancy between the treatments being employed at many rehab centers and the treatments recommended by leading experts and supported by scientific research. **Guidance and Practical Solutions:** **Inside Rehab** also highlights what is working, spotlights state-of-the-art programs and practices, and offers advice and guidance for people seeking quality care and treatment for themselves or those they care about. **Inside Rehab** is the first book

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to give readers a thoughtful, sensitive, and bracingly honest insider's view of the drug and alcohol rehab industry in America. For people seeking quality care for themselves or a loved one, Inside Rehab is essential reading, offering a wealth of accurate information and wise guidance.

Recent Events and a Clue to Their Solution

The definitive history of writing and producing the "Big Book" of Alcoholics Anonymous, told through extensive access to the group's archives. Alcoholics Anonymous is arguably the most significant self-help book published in the twentieth century. Released in 1939, the "Big Book," as it's commonly known, has sold an estimated 37 million copies, been translated into seventy languages, and spawned numerous recovery communities around the world while remaining a vibrant plan for recovery from addiction in all its forms for millions of people. While there are many books about A.A. history, most rely on anecdotal stories told well after the fact by Bill Wilson and other early members—accounts that have proved to be woefully inaccurate at times. Writing the Big Book brings exhaustive research, academic discipline, and informed insight to the subject not seen since Ernest Kurtz's Not-God, published forty years ago. Focusing primarily on the eighteen months from October 1937, when a book was first proposed, and April 1939 when Alcoholics Anonymous was published, Schaberg's history is based on eleven years of research into the wealth of 1930s documents

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currently preserved in several A.A. archives. Woven together into an exciting narrative, these real-time documents tell an almost week-by-week story of how the book was created, providing more than a few unexpected turns and surprising departures from the hallowed stories that have been so widely circulated about early A.A. history. Fast-paced, engaging, and contrary, *Writing the Big Book* presents a vivid picture of how early A.A. operated and grew and reveals many previously unreported details about the colorful cast of characters who were responsible for making that group so successful.

Successful Sober House

Integrating 12 Steps and Psychotherapy: Helping Clients Find Sobriety and Recovery presents a practical and applied approach to working with substance dependent clients. Designed to be accessible to a wide and multidisciplinary audience of helpers at all skill levels, this text helps future practitioners fully understand the clinical challenges with substance dependence, adjust their thinking and technique in order to match their client's phase of recovery, and optimize client retention and treatment outcomes. Utilizing educator, training, and practice perspectives, authors Kevin A. Osten and Robert Switzer explore relevant theory and techniques in integrating 12-Steps across a broad range of clinical issues including: the assessment and treatment of resistant and ambivalent pre-recovery clients; boundary setting, undoing antisocial adaption; processing counter transference reactions; and the

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intersection between biological functioning and ability in early recovery.

The Steps We Took

In US of AA, Miller shares the never-before-told story of how in the aftermath of prohibition America's top scientists helped launch a movement that would give rise to a multi-million-dollar treatment industry and a new government agency devoted to alcoholism that has made available millions of dollars for research. Despite the fact that this research showed that alcoholism is a complex disease requiring an array of treatment strategies, among which Alcoholics Anonymous (AA) is one of the least effective, money continued to flow to treatment facilities using approaches similar to AA. Five years in the making, his brilliant, in-depth investigative reporting into the history, politics and science of alcoholism will show how AA became our nation's de facto treatment policy, even as evidence for more effective remedies accumulated. US of AA is a character-driven, beautifully written exposé, full of secrecy, irony, liquor industry money, the shrillest of scare tactics and, at its center, a grand deception. In the tradition of Crazy by Pete Earley, and David Goldhill's Catastrophic Care, US of AA shines a much-needed spotlight on the addiction treatment industry. It will forever change the way we think about the entire enterprise.

Drink and be Sober

The first general consumer book ever on the powerful,

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award-winning, scientifically proven new system of intervention that is turning the recovery field on its head. Historically there have been few options available for individuals seeking help for treatment-resistant loved ones suffering from substance abuse. Co-author Dr. Robert Meyers spent ten years developing a treatment program that helps Concerned Significant Others (CSOs) both improve the quality of their lives and to learn how to make treatment an attractive option for their partners who are substance abusers. *Get Your Loved One Sober* describes this multi-faceted program that uses supportive, non-confrontational methods to engage substance abusers into treatment. Called Community Reinforcement and Family Training (CRAFT), the program uses scientifically validated behavioral principles to reduce the loved one's substance use and to encourage him or her to seek treatment. Equally important, CRAFT also helps loved ones reduce personal stress and introduce meaningful, new sources of satisfaction into their life. **Key Features:** CRAFT is more effective than other types of interventions. This breakthrough new system is sweeping the recovery field. This is its first introduction to the general public. Contains simple exercises readers can practice at their own pace, with no costly or heart-breaking interventions. Proven successful for numerous addictions, not just alcoholism.

As Bill Sees it

From the team that brought you *The Obstacle Is the*

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Way and Ego Is the Enemy, a beautiful daily devotional of Stoic meditations—an instant Wall Street Journal and USA Today Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. The Daily Stoic offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

The Addiction Recovery Skills Workbook

This book was written to improve your life, and all those that you touch by using the methods written here. The more you help others, the more your own life is improved. Potential people that can and will be helped are obviously the alcoholic or drug addict. In addition are the families and extended families of these alcoholics and addicts. Further, society as a

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whole is improved as the negative actions of these people are changed to positive actions. Finally, you will become not only enlightened, but by helping enough people you can become rich beyond belief. Your financial security helps the financial security of the entire country, and inevitably the world. You do your part and you can and will affect the lives of hundreds, thousands, and potentially hundreds of thousands of people. Yes, you can make a change in this world, and this book is here to show you the way. You can save lives!

Being Sober

The Freedom Model for Addictions

The Second Edition of The Handbook of Community Practice is expanded and updated with a major global focus and serves as a comprehensive guidebook of community practice grounded in social justice and human rights. It utilizes community and practice theories and encompasses community development, organizing, planning, social change, policy practice, program development, service coordination, organizational cultural competency, and community-based research in relation to global poverty and community empowerment. This is also the first community practice text to provide combined and in-depth treatment of globalization and international development practice issues—including impacts on communities in the United States and on international development work. The Handbook is grounded in

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participatory and empowerment practices, including social change, social and economic development, feminist practice, community-collaborative, and engagement in diverse communities. It utilizes the social development perspective and employs analyses of persistent poverty, asset development, policy practice, and community research approaches as well as providing strategies for advocacy and social and legislative action. The handbook consists of forty chapters which challenge readers to examine and assess practice, theory, and research methods. As it expands on models and approaches, delineates emerging issues, and connects policy and practice, the book provides vision and strategies for local to global community practice in the coming decades. The handbook will continue to stand as the central text and reference for comprehensive community practice, and will be useful for years to come as it emphasizes direction for positive change, new developments in community approaches, and focuses attention on globalization, human rights, and social justice. It will continue to be used as a core text for multiple courses within programs, will have long term application for students of community practice, and will provide practitioners with new grounding for development, planning, organizing, and empowerment and social change work.

Trauma and the Twelve Steps

Official Reports of the Debates of the House of Commons of the Dominion of

Canada

Sober Dad

"This is the remarkable story of America's personal and institutional responses to alcoholism and other addictions. It is the story of mutual aid societies: the Washingtonians, the Blue Ribbon Reform Clubs, the Ollapod Club, the United Order of Ex-Boozers, the Jacoby Club, Alcoholics Anonymous and Women for Sobriety. It is a story of addiction treatment institutions from the inebriate asylums and Keeley Institutes to Hazelden and Parkside. It is the story of evolving treatment interventions that range from water cures and mandatory sterilization to aversion therapies and methadone maintenance. William White has provided a sweeping and engaging history of one of America's most enduring problems and the profession that was birthed to respond to it" -- BACK COVER.

Get Your Loved One Sober

"This is a straightforward, rich resource for anyone who lives with, and loves, an addict." —Publishers Weekly Everyone suffers when there's an addict in the family. Written by an expert in alcohol and drug addiction and recovery, this no-nonsense guide will help you understand the causes of addiction, end enabling behaviors, support your loved one's recovery, and learn how to cope with relapses. If you're the family member of an addict, you may feel

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confused, guilty, and scared of doing the wrong thing. And when you don't know how to help, you may find yourself in a codependent role, trying so hard to keep your addicted loved one alive, out of jail, or emotionally appeased that you may actually prevent them from realizing they need help. Drawing on her own personal experience with her brother's addiction, *Addict in the House* offers a pragmatic, step-by-step guide to dealing with a loved one's addiction, from accepting the reality of the disease to surviving what may be repeated cycles of recovery and relapse. You'll learn how to encourage your addicted loved one to get help without forcing it, and finally find the strength to let go of codependence. With this revealing and straightforward book, you'll have the support you need to take an honest look at how addiction has affected the family, cope with the emotional hurdles of having an addicted family member, create and maintain firm boundaries, and make informed decisions about how to best help your loved one.

A New Pair of Glasses

The director of an addiction treatment center for more than four decades, Joe McQ has become an internationally respected teacher and lecturer on the Twelve Step method introduced by Alcoholics Anonymous and since adopted by dozens of recovery groups. In *The Steps We Took*, Joe offers countless analogies, insights, explanations and elucidations of these principles, drawing from his own recovery experience and those of the hundreds he has helped.

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The title, taken from the words spoken at .

When Prisoners Come Home

"At last--a global plan that actually adds up."--James Hansen, former director, NASA Goddard Institute for Space Studies The world must reach negative greenhouse gas emissions by 2050 to avoid the most catastrophic effects of climate change. Yet no single plan has addressed the full scope of the problem--until now. In *The 100% Solution*, Solomon Goldstein-Rose--a leading millennial climate activist and a former Massachusetts state representative--makes clear what needs to happen to hit the 2050 target: the manufacturing booms we must spur, the moonshot projects we must fund, the amount of CO2 we'll have to sequester from the atmosphere, and much more. Most importantly, he shows us the more prosperous and equitable world we can build by uniting the efforts of activists, industries, governments, scientists, and voters to get the job done. This is the guide we've been waiting for. As calls for a WWII-scale mobilization intensify--especially among youth activists--this fully illustrated, action-oriented book arms us with specific demands, sets the stakes for what our leaders must achieve, and proves that with this level of comprehensive thinking we can still take back our future.

Integrating 12-Steps and Psychotherapy

Language of the Heart contains all of AA cofounder

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Bill W.'s Grapevine, including a vivid description of how he came to organize the Steps.

Integral Recovery

"Honest, direct, comprehensive, and practical."

--Bestselling author Mary Pipher "Kelly Madigan Erlandson's book will help many who are beginning their trudge on the road to happy destiny."

--Christopher Kennedy Lawford, author of Symptoms of Withdrawal: A Memoir of Snapshots and Redemption Already hailed as "a thoughtful and comprehensive guide to those early, crucial days of sobriety," this groundbreaking new book is different from anything else on the market. As an alcohol and drug counselor for more than 20 years who has helped thousands into recovery, the author does not focus on trying to diagnose the problem; instead, she compassionately guides you through the first 30 days of sobriety--the most crucial part of recovery. She gives you practical, day-by-day advice for becoming and staying sober--from removing alcohol and alcohol-related items from your house to picking the recovery program that fits your needs.

Integrated Treatment for Dual Disorders

RAVE REVIEWS FOR xSeeds of SobrietySeeds of Sobriety also gives hints on coping with different issues without drinking or using.

Getting Sober

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Every year, hundreds of thousands of jailed Americans leave prison and return to society. Largely uneducated, unskilled, often without family support, and with the stigma of a prison record hanging over them, many if not most will experience serious social and psychological problems after release. Fewer than one in three prisoners receive substance abuse or mental health treatment while incarcerated, and each year fewer and fewer participate in the dwindling number of vocational or educational pre-release programs, leaving many all but unemployable. Not surprisingly, the great majority is rearrested, most within six months of their release. What happens when all those sent down the river come back up--and out? As long as there have been prisons, society has struggled with how best to help prisoners reintegrate once released. But the current situation is unprecedented. As a result of the quadrupling of the American prison population in the last quarter century, the number of returning offenders dwarfs anything in America's history. What happens when a large percentage of inner-city men, mostly Black and Hispanic, are regularly extracted, imprisoned, and then returned a few years later in worse shape and with dimmer prospects than when they committed the crime resulting in their imprisonment? What toll does this constant "churning" exact on a community? And what do these trends portend for public safety? A crisis looms, and the criminal justice and social welfare system is wholly unprepared to confront it. Drawing on dozens of interviews with inmates, former prisoners, and prison officials, Joan Petersilia convincingly shows us how the current system is failing, and failing badly. Unwilling merely to sound

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the alarm, Petersilia explores the harsh realities of prisoner reentry and offers specific solutions to prepare inmates for release, reduce recidivism, and restore them to full citizenship, while never losing sight of the demands of public safety. As the number of ex-convicts in America continues to grow, their systemic marginalization threatens the very society their imprisonment was meant to protect. America spent the last decade debating who should go to prison and for how long. Now it's time to decide what to do when prisoners come home.

The Daily Stoic

Treatment Works!

Can't Catch a Break

Blackout Girl

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

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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.”

Inside Rehab

Admit it. You’ve been looking for that once-in-a-lifetime opportunity to show everyone the great man you know you are. Well, congratulations. That moment is here. You are a parent (or you’re about to become one). A father! A sober dad. If the word sober led you to pick up this book, you are on the right track. You know you want to be a sober dad. Physically sober. Emotionally sober. Here’s your guide to giving up being a “guy” and to becoming a better man, so that you become a better dad. You aren’t going to get everything right. Everything isn’t going to be perfect. Perfectly imperfect is okay. Your role as

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a dad will last a lifetime. You'll soon see that perfection isn't the point. Showing up, being present, getting up, and trying again with your eyes wide open and crystal clear—that's what counts. That's what separates the guys from the sober dads. Those are the things your kids will remember.

Seeds of Sobriety

Rainbow Resource Directory

An Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book Recommendation. Winner of the 4Th International Beverly Hills Book Awards in the category of Addiction & Recovery! Is your addiction taking control of your life? This book provides an integrative, seven-step program to help you finally overcome drug and alcohol addiction, once and for all. If you struggle with addiction, seeking treatment is a powerful, positive first step toward eventual recovery. But gaining an understanding of the causes of addiction—such as feelings of helplessness or loss of control—is also crucial for recovery. In this book, addiction expert Suzette Glasner-Edwards offers evidence-based techniques fusing cognitive behavioral therapy (CBT), motivational interviewing, and mindfulness-based relapse prevention to help you move past your addictive behaviors. On the long road to addiction recovery, you need as many tools as possible to help you stay sober and reach your destination. That's why this is the first book to combine research-proven motivational techniques,

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CBT, and mindfulness-based strategies to help you create your own unique recovery plan. The book can be used on its own or as an adjunct to rehab or therapy. It also makes a wonderful resource for loved ones and professionals treating addiction. If you're ready to take that important first step toward recovery, this book can help you beat your addiction and get back to living a full, meaningful life.

House of Commons Debates, Official Report

Addict in the House

An exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction-treatment model came to dominate America. AA 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

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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. 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. *The Sober Truth* includes true stories from Dr. Dodes's thirty-five years of clinical practice, as well as firsthand accounts submitted by addicts through an open invitation on the *Psychology Today* website. These stories vividly reveal the experience of walking the steps and attending some of the nation's most famous rehabilitation centers. *The Sober Truth* builds a powerful response to the monopoly of the 12-step program and explodes the myth that these programs offer an acceptable or universal solution to the deeply personal problem of addiction. This book 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 treatable problem.

Slaying the Dragon: The History of Addiction Treatment and Recovery in America

A riveting memoir of what happens to a teenage girl whose life is awash in alcohol, drugs, and the trauma of rape. Jennifer Storm's *Blackout Girl* is a can't-tear-yourself-away look at teenage addiction and redemption. At age six, Jennifer Storm was stealing

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sips of her mother's cocktails. By age 13, she was binge drinking and well on her way to regular cocaine and LSD use. Her young life was awash in alcohol, drugs, and the trauma of rape. She anesthetized herself to many of the harsh realities of her young life--including her own misunderstandings about her sexual orientation--, which made her even more vulnerable to victimization. *Blackout Girl* is Storm's tender and gritty memoir, revealing the depths of her addiction and her eventual path to a life of accomplishment and joy.

Writing the Big Book

"A groundbreaking program to help you cut back or quit drinking entirely--in the privacy of your own home"--

The 100% Solution

Finally someone has gone straight to the real experts: hundreds of men and women who have resolved a drinking problem. The best-selling author Anne M. Fletcher asked them a simple question: how did you do it? The result is the first completely unbiased guide for problem drinkers, one that shatters long-held assumptions about alcohol recovery. Myth: AA is the only way to get sober. Reality: More than half the people Fletcher surveyed recovered without AA. Myth: You can't get sober on your own. Reality: Many people got sober by themselves. Myth: One drink inevitably leads right back to the bottle. Reality: A small number of people find they can have an occasional drink.

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Myth: There's nothing you can do for someone with a drinking problem until he or she is ready. Reality: Family and friends can make a big difference if they know how to help. Weaving together the success stories of ordinary people and the latest scientific research on the subject, Fletcher uncovers a vital truth: no single path to sobriety is right for every individual. There are many ways to get sober - and stay sober. SOBER FOR GOOD is for anyone who has ever struggled not to drink, coped with someone who has a drinking problem, or secretly wondered, "Do I drink too much?"

The Language of the Heart

Brings Integral Theory to addiction treatment, offering a more holistic vision of recovery and powerful practices for achieving it.

Sex in Recovery

****As Featured on The Dr. Oz Show in Special Addiction Episode with Steven Tyler**** The disease of addiction affects 1 out of 10 people in the United States, and is a devastating--often, fatal--illness. Now, from the physician director of the renowned Betty Ford Center, comes a step-by-step plan with a realistic "one-day-at-a-time" approach to a disease that so often seems insurmountable. With a focus on reclaiming the power that comes from a life free of dependency, *Being Sober* walks readers through the many phases of addiction and recovery without judgment or the overly "cultish" language of traditional 12-step plans.

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It also addresses the latest face of this disease: the "highly functioning" addict, or someone who is still able to achieve personal and professional success even as they battle a drug or alcohol problem. Dr. Haroutunian tackles this provocative issue head-on, offering new insight into why you don't have to "bottom out" to get help. Dr. Haroutunian is himself a recovering alcoholic and knows firsthand the challenges of sobriety. His background and expertise in the field of alcohol and drug treatment give him a powerful edge and perspective that is unparalleled in his field. Using clear, straightforward language, *Being Sober* offers a proven path toward an emotional sobriety and a rewarding new life based on gratitude, dignity, and self-respect. Includes a Foreword written by Steven Tyler.

Living Sober Trade Edition

Sober for Good

Twelve Steps and Twelve Traditions Trade Edition

Based on five years of fieldwork in Boston, *Can't Catch a Break* documents the day-to-day lives of forty women as they struggle to survive sexual abuse, violent communities, ineffective social and therapeutic programs, discriminatory local and federal policies, criminalization, incarceration, and a broad cultural consensus that views suffering as a

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consequence of personal flaws and bad choices. Combining hard-hitting policy analysis with an intimate account of how marginalized women navigate an unforgiving world, Susan Sered and Maureen Norton-Hawk shine new light on the deep and complex connections between suffering and social inequality.

The Handbook of Community Practice

Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Basic, essential information from Alcoholics Anonymous. As the book states, "Anyone can get sober. . .the trick is to live sober."

US of AA

Criticism of 12-step recovery is nothing new; however, 12-step programs are increasingly getting a bad rap for being too "one size fits all," or not applicable to individuals struggling with issues beyond the scope of simple alcoholism or addiction, especially issues surrounding traumatic stress. "Trauma and the Twelve Steps: A Complete Guide to Enhancing Recovery" takes the posture that there is nothing wrong with using 12-step recovery principles in treatment or in continuing care with individuals who are affected by trauma-related issues. However, this

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book also explains how rigid application of 12-step principles can do more harm than good for a traumatized person, and that learning some simple accommodations based on the latest knowledge of traumatic stress can enhance the 12-step recovery experiences for trauma survivors. Written for professionals, sponsors, and those in a position to reach out and help recovering addicts, the user-friendly language in this book will teach you how to unify the traditional knowledge of 12-step recovery with the latest findings on healing trauma. In doing so, you will be able to help others, and maybe even yourself, "work a recovery" program like never before! _____ "At last, someone has thoughtfully and intelligently reconciled the practical wisdom of the 12 steps with best practices for posttraumatic stress. In "Trauma and the Twelve Steps," Jamie Marich tosses aside the rigid orthodoxies that have hampered both fields and delivers - in beautiful, eminently readable English - a coherent treatment approach that is sure to maximize sobriety and healing." -Belleruth Naparstek, Author of Invisible Heroes: Survivors of Trauma and How They Heal; creator of the Health Journeys guided imagery audio series "It's critically important for people in 12 step based-treatment to keep trauma in mind and not re-traumatize people with coercive practices like forced 4th and 5th steps or misguided ideas that addiction has nothing to do with trauma. I support these efforts, promoted in Dr. Marich's work, to help those whose choice of recovery paths is within the 12-step framework." -Maia Szalavitz, Journalist and best-selling author of Born for Love and The Boy Who Was Raised as a Dog

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