

Free download Drop the rock removing character defects steps six and seven [PDF]

a practical guide to letting go of the character defects that get in the way of true and joyful recovery resentment fear self pity intolerance anger as bill p explains these are the rocks that can sink recovery or at the least block further progress based on the principles behind steps six and seven drop the rock combines personal stories practical advice and powerful insights to help readers move forward in recovery the second edition features additional stories and a reference section drop the rock first edition drop the rock the ripple effect provides multiple perspectives from people successfully working a twelve step program showing step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude when drop the rock removing character defects was first published in 1999 it quickly became the standard resource for working steps 6 and 7 two of the most challenging of the twelve steps for many people in recovery learning what it means to fully surrender character defects frees you to make amends with steps 8 and 9 realize the big book s promises and move on to step 10 in this new follow up resource fred h explores what he calls the ripple effect that can be created by using step 10 to practice steps 6 and 7 every day and avoid picking up the rock again drawing on his years of lecturing on the big book of alcoholics anonymous and twelve steps and twelve traditions he reveals step 10 as the natural culmination of working the previous steps providing a crash course on renewing your recovery program through the daily practice of twelve step principles like its predecessor drop the rock the ripple effect provides multiple perspectives from people successfully working a twelve step program showing step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude fred h has worked in the field of addiction and recovery for over three decades and is the director of the retreat center for a leading addiction treatment program he is a popular international speaker on the big book and the principles of the twelve steps this popular book provides thirty one daily reminders on commonly encountered aa problems during an alcoholic s way of life stools and bottles offers penetrating insights into the first four steps from a well known a a talk the author who also wrote the little red book describes a three legged stool the legs of which represents steps one two and three they support the seat which symbolizes the alcoholic an excellent aid to the daily application of the a a program an old time classic drop the rock is one of the best selling recovery books ever with more than 200 000 copies sold to date it s companion piece drop the rock the ripple effect has already sold thousands of copies now it s easy for you to get both of these essential recovery books in a convenient e book bundle about drop the rock second edition resentment fear self pity intolerance anger as bill p explains these are the rocks that can sink recovery or at the least block further progress based on the principles behind steps six and seven drop the rock combines personal stories practical advice and powerful insights to help readers move forward in recovery the second edition features additional stories and a reference section about drop the rock the ripple effect in this follow up to drop the rock removing character defects fred h explores the ripple effect that can be created by using step 10 to practice steps 6 and 7 every day to avoid picking up the rock also known as resentment fear and self pity again drawing on his years of lecturing on the big book of alcoholics anonymous and twelve steps and twelve traditions fred h reveals step 10 as the natural culmination of working the previous steps providing a crash course on renewing your recovery program through the daily practice of twelve step principles drop the rock the ripple effect provides multiple perspectives from people successfully working a twelve step program and shows step 10 as a

key to a sober life free of fear and resentment and filled with serenity and gratitude steps six and seven prepare clients to be entirely ready to become what the author refers to as god s instrument placing emphasis on a higher power in order to move further along the road of recovery this pamphlet explains that god must remove all of our character flaws and shortcomings to make way for a new enlightened person patience perseverance and faith are at the heart of steps 6 and 7 and along the journey to recovery as part of the 11 pamphlet set outlining the 12 step recovery program this packet focuses solely on steps 6 and 7 steps six and seven prepare clients to be entirely ready to become what the author refers to as god s instrument placing emphasis on a higher power in order to move further along the road of recovery this pamphlet explains that god must remove all of our character flaws and shortcomings to make way for a new enlightened person patience perseverance and faith are at the heart of steps 6 and 7 and along the journey to recovery at the core is a blueprint for character transformation that is both biblical and practical jennie newbrough defines character and describes how to recognize and cure character defects which are often deeper than we can see character is a choice character determines destiny at the core brings understanding to what shapes our character gives direction to overcome character defects and reveals god s process of forming his character within us the challenge is for everyone to make conscious character choices at the core will encourage individuals going through recovery spiritual growth step programs and everyday challenges as it effectively addresses defects of character an interpretation and guide to the 12 steps of acoholics anonymous p how many of us have felt like phillip z he has a staunch belief in the twelve steps yet struggles with the concept of a higher power p p in em a skeptic s guide to the 12 steps em the author investigates each of the twelve steps to gain a deeper understanding of a higher power he examines what may seem like unsettling concepts to us including surrendering one s will and life to god and he encourages us to understand the spiritual journey of recovery despite our skepticism p this book presents the twelve steps of recovery groups as a way to grow to move toward a spiritual awakening an awareness of our true self in god every page bears gentle reassurance that fulfillment of the twelve steps inspires a cleansing sense of wholeness a renewed spirit that helps readers break free from negative and sinful influences in their lives twelve steps and twelve traditions of greysheeters anonymous can t stop eating many have found recovery from compulsive eating obesity food addiction binge eating anorexia or bulimia in greysheeters anonymous gsa the twelve steps and twelve traditions of greysheeters anonymous offers readings questions for reflection and shared experiences interested ask yourself the following questions are you tired of looking for a solution about your weight problem are you ready to try something different are you ready to have freedom from food and the constant thoughts that have kept you imprisoned are you ready to go to any lengths to experience freedom from the phenomenon of craving gsa is a twelve step program in which the physical aspect allergy addiction of our disease is addressed by the greysheet food plan while the mental emotional and spiritual aspects are addressed by the program s twelve steps and twelve traditions we have no dues or fees we are not affiliated with any other organization the only requirement for membership is a desire to stop eating compulsively the foods that we eat can be purchased in markets and many restaurants what we eat is abundant delicious and portable can the shambhala buddhist path of the four dignities be a tool for recovery can the tools and teachings of shambhala work with the twelve step recovery principles to overcome that seeming hopeless state of mind and body understanding our own basic goodness we can face the world free from addiction without doubt or fear to engage the world helping others break the cocoons of addiction seventeen years ago iam was on the verge of either dying or being locked up for a very long time instead he became a very active member of aa and has stayed in the middle of aa ever since and has been sponsoring new members for over sixteen years he loves aa so much that other members laugh when they hear him sing his favorite jingle i am stuck on aa cause aas stuck on me today iam lives in southwest florida with his wonderful al anon wife

and their happy seven year old daughter and delightful eight month old baby boy iam junior my steps to serenity a journey through the aa steps to recovery by ann lewis ann lewis s story of recovery from alcohol and drug addiction is nothing short of a miracle relying on her experience as a proud member of alcoholics anonymous lewis used the twelve steps of aa as a guide to change her once miserable life to a life of serenity and peace discover what discipline and a faith in a higher power could do just by being willing to follow these steps claim the spiritual freedom that waits beyond the suffering and slavery of addiction one of the important similarities between aa and jewish spirituality is the statement in step 12 to practice these principles in all our affairs there is no dichotomy of sacred versus secular jewish spirituality applies to how we eat sleep work socialize and recreate there is nothing that is external to the relationship of human being to god from the foreword a major new jewish contribution to 12 step spirituality this easy to read exploration from a jewish perspective is the first comprehensive approach to successfully integrate classic jewish spirituality with the 12 steps of alcoholics anonymous aa and other recovery resources with clarity and passion rabbi paul steinberg masterfully weaves traditional jewish wisdom with the experience strength and hope of aa he draws on jewish resources theological psychological and ethical that speak to the spiritual dimension of the disease and shows how the principles of jewish spiritual recovery directly align with those of the aa 12 steps along the way he courageously shares his own personal struggles with alcoholism and addiction in a way that will help others find guidance and a new life path and stay on it herb k who is also the author of twelve step guide to using the alcoholics anonymous big book continues sharing his insights to the twelve steps by explaining the how and why using his own experience along with traditional and universal spiritual wisdom this book illuminates a path from the dark world of alcoholism and brokenness to a life of peace purpose and fulfillment herb k leads twelve step workshops retreats and teaches spirituality and recovery throughout the u s and the world twelve step sponsorship is the first truly comprehensive look at sponsorship a role recovering people benefit from both as sponsees and ultimately as sponsors sponsorship is a rich and enduring part of tradition of alcoholics anonymous twelve step sponsorship delivers both the theory and practice how to do it and why in a clear step by step presentation written by the author of getting started in aa a widely acclaimed guide for the newcomer to the program of aa twelve step sponsorship is the first truly comprehensive look at sponsorship a role recovering people benefit from both as sponsees and ultimately as sponsors twelve step sponsorship includes informative sections that deal with finding a sponsor and being a sponsor twelve step sponsorship offers a welcome reinforcement to the tradition of passing it on from one generation of sponsors to the next a revised and expanded edition of the recovery classic by patrick carnes ph d a leading expert on addictive behaviors a revised and expanded edition of the recovery classic by patrick carnes ph d a leading expert on addictive behaviors the twelve steps tap into the essential human process of change and will be regarded as one of the intellectual and spiritual landmarks in human history patrick carnes it was out of his reverence and respect for the wisdom and therapeutic value of the twelve steps that carnes wrote a gentle path through the 12 steps now a recovery classic and self help staple for anyone looking for guidance for life s hardest challenges hundreds of thousands of people have found in this book a personal portal to the wisdom of the twelve steps with updated and expanded concepts and a focus on the spiritual principles that lead to lifelong growth and fulfillment carnes new edition invites a fresh generation of readers to the healing and rewarding experience of twelve step recovery a treasure chest a rich and powerful resource for anyone working a twelve step program wendy maltz m s w this book emphasizes the common themes at the heart of all twelve step fellowships and offers an especially clear explanation of what working the program means claudia black ph d patrick j carnes phd is the founder of the international institute for trauma and addiction professionals iitap and gentle path press his extensive background in the field of addiction therapy led dr carnes to develop multiple cutting

edge recovery programs aimed at treating addictive disorders he serves as executive director of the gentle path program a residential treatment program for sexual addiction in hattiesburg miss with more than 30 years in the sexual addiction treatment field dr carnes continues to spread his extensive knowledge as a speaker presenter and interview subject his assessment tools and related materials deliver an unprecedented approach to addiction recovery for practitioners of addiction treatment and sexual addicts an inclusive research based guide to working the 12 steps a trauma informed approach for clinicians sponsors and those in recovery step 1 you admit that you re powerless over your addiction now what 12 step programs like alcoholics anonymous aa and narcotics anonymous na have helped countless people on the path to recovery but many still feel that 12 step programs aren t for them that the spiritual emphasis is too narrow the modality too old school the setting too triggering or the space too exclusive some struggle with an addict label that can eclipse the histories traumas and experiences that feed into addiction or dismisses the effects of adverse experiences like trauma in the first place advances in addiction medicine trauma neuropsychiatry social theory and overall strides in inclusivity need to be integrated into modern day 12 step programs to reflect the latest research and what it means to live with an addiction today dr jamie marich an addiction and trauma clinician in recovery herself builds necessary bridges between the 12 step s core foundations and up to date developments in trauma informed care foregrounding the intersections of addiction trauma identity and systems of oppression marich s approach treats the whole person not just the addiction to foster healing transformation and growth written for clinicians therapists sponsors and those in recovery marich provides an extensive toolkit of trauma informed skills that explains how trauma impacts addiction recovery and relapse celebrates communities who may feel excluded from the program like atheists agnostics and lgbtq folks welcomes outside help from the fields of trauma dissociation mindfulness and addiction research explains the differences between being trauma informed and trauma sensitive and discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality based approaches to healing a workbook to guide members through steps 1 12 two book bundle essential twelve step recovery guides from renown author patrick carnes ph d two book bundle essential twelve step recovery guides from renown author patrick carnes ph d a gentle path through the twelve steps updated and expanded it was out of his reverence and respect for the wisdom and therapeutic value of the twelve steps that carnes wrote a gentle path through the 12 steps now a recovery classic and self help staple for anyone looking for guidance for life s hardest challenges hundreds of thousands of people have found in this book a personal portal to the wisdom of the twelve steps with updated and expanded concepts and a focus on the spiritual principles that lead to lifelong growth and fulfillment carnes new edition invites a fresh generation of readers to the healing and rewarding experience of twelve step recovery the face of addiction and alcoholism is a face that many have seen before it may be a celebrity a colleague or even a family member and though the 12 step program by itself can often bring initial success many addicts find themselves relapsing back into old ways and old patterns or replacing one addiction with another author darren littlejohn has been there and back and presents a complimentary guide for recovery to the traditional twelve step program out of his own struggles and successes through the study of zen and tibetan buddhism working with the traditional 12 step philosophy the author first shares his own life path and how he came to find the spiritual solace that has greatly enhanced his life in recovery then he details out how his work integrating buddhism into the traditional twelve step programs validates both aspects of the recovery process while being careful not to present himself as a tibetan lama or zen master the author shows how each step such as admitting there is a problem seeking help engaging in a thorough self examination making amends for harm done and helping other drug addicts who want to recover fits into the bodhisattva path this integration makes buddhism accessible for addicts and the 12 steps understandable for buddhists who may otherwise be at a loss to help those in need the

12 step buddhist is designed to be a complimentary practice to the traditional 12 step journey not a replacement while traditional twelve step programs help addicts become sober by removing the drug of choice and providing a spiritual path they rarely delve deep into what causes people to suffer in the first place the integration of buddhism with the traditional process provides the wisdom and meditations that can help addicts truly find a deep spiritual liberation from all causes and conditions of suffering for good who is the typical alcoholic among the 12 5 million living in the united states now many if not most of us when asked that question would envision a skid row bum or someone at least out of work or with little education locked into a low skill low paying job but that is not accurate according to the results of a national study released in june 2007 by the national institutes of alcohol abuse and alcoholism the niaaa determined that alcoholics in the united states really fall into five subtypes including nearly 20 percent who are highly functional alcoholics well educated with good incomes they include corporate presidents powerful politicians police lawyers doctors scientists and other highly skilled highly educated people who are middle to high income and by most accounts successful in this unprecedented book mental health counselor sarah benton takes us into the worlds and minds of so called high functioning alcoholics to understand how people so intelligent and achievement oriented get drawn into states in which they secretly cannot control their liquor consumption but still manage to excel in their careers the book includes a look at celebrity alcoholics like singer eric clapton and actor comedian robin williams as well as alcoholics in high positions including chris albrecht former chairman and ceo of hbo other high profile people included in this book are miss usa 2007 tara conner and football legend joe namath with her own story of alcoholism and her recovery woven into the text benton takes us into the lives and challenges of these well educated and successful people seeking to understand how when and why they became addicted as well as the reasons their alcoholism is for most so hard to admit cope with and recover from this book contains commentaries on the twelve step and twelve traditions as adapted from the original principles of alcoholics anonymous as written by members of sexual compulsives anonymous sca they provide experience strength and hope in working the twelve steps and practical wisdom in the observance of the twelve traditions the primary focus of recovery in sca is establishing the boundaries between healthy sex and intimacy and the compulsive behaviors that ultimately caused many of the same problems for sca members as alcohol did for aa members nevertheless the principles developed by aa in the twelve steps and twelve traditions diligently applied provide a spiritual foundation for recovery in sca keywords 12 step recovery sex addiction sexual compulsion compulsive masturbation spirituality anonymous sex romantic obsession written by a certified alcoholism and drug abuse counselor with more than twenty years of experience this book offers a wealth of wisdom knowledge and genuine support for anyone in recovery millions of people have transformed their lives by working the twelve steps of alcoholics anonymous their success has come from their ability to truly understand these principles and to apply them in their daily lives yet for many embarking on the road to recovery the steps can seem vague even confusing this practical no nonsense guide takes the mystery out of the twelve steps presenting a straightforward explanation of what each step means as well as examples of how it translates to real life written by a certified alcoholism and drug abuse counselor with more than twenty years of experience it offers a wealth of wisdom knowledge and genuine support for anyone in recovery understanding the twelve steps features clear easy to understand interpretation of the twelve steps the vital building blocks of recovery checklists that summarize the tasks and objectives of each step the twelve promises the positive changes you can expect in your life if you follow the twelve steps what happens at twelve step meetings and why it is important to have a sponsor the experiences strength and hope of other recovering people articles stories slogans and prayers written specifically for women highlight key twelve step recovery topics includes a daily reading guide articles stories slogans and prayers written specifically for women highlight key twelve step recovery

topics includes a daily reading guide this compassionate insightful book is an adaptation of the twelve steps of alcoholics anonymous for anyone seeking a practical path to spiritual and emotional freedom this classic twelve step book has sold more than one half million copies to date a caring adaptation of the twelve steps of alcoholics anonymous for anyone seeking a practical path to spiritual and emotional freedom this compassionate insightful book is written in the language of the heart and is used by both lay people and professionals author c a wyatt was introduced to drugs and alcohol in his youth seeking the acceptance of others while growing up in the predominant culture of sex drugs and rock and roll in the seventies in out of numbness wyatt shares his life history and experiences from his days of active addiction through his search for a spiritual solution in recovery as a young man he began a promising career as an aerospace engineer in 1976 but his self destructive addiction prompted endless nights of clubbing and drug use when his father passed away in the early eighties wyatt was haunted by the death when his mentally ill mother moved in with him he was unable to cope he found himself constantly brokenhearted by unstable romantic relationships begun with women he met in bars disillusioned with nightlife wyatt finally set out on the road to rehabilitation in 1985 when he was introduced to a new way of life although he experienced drama and setbacks in the chaos of life the spiritual enlightenment of recovery has served as his guiding force ever since this memoir seeking to offer understanding and hope for those struggling with addiction shares one man s lifelong experiences on the path to recovery this male perspective on the twelve step program offers insight into the unique needs of men through articles reflections and affirmations this male perspective on the twelve step program offers insight into the unique needs of men through articles reflections and affirmations it presents workable examples and ideas for positive personal and spiritual growth is there really any hope for a spiritual way of living that actually works admiration comfort love power success pleasure escape control we re all addicted to something whether we realize it or not in this deeply heartfelt book author john ortberg offers a guide for transformation when we know something needs to change but we can t do it on our own rooted in the teachings of jesus and using the framework of aas 12 steps as a guide ortberg offers all of us a freeing roadmap for giving up our exhausting and fruitless efforts to fix manage and control our own lives distinguishing between when willpower is essential and when it is futile discovering how god can do for us what we can t do for ourselves and living authentically joyfully and in communion with god and other people ortberg shows us how to discover our spiritual attachment styles our core doubts the benefits of practices like prayer meditation and mindfulness god s sufficiency in our inadequacy in steps find what s needed to experience a new freedom a new fellowship and a new happiness no matter our circumstances the author of the popular food for thought takes a fresh in depth look at the twelve steps of overeaters anonymous the author of the popular food for thought takes a fresh in depth look at the twelve steps of overeaters anonymous each chapter carefully examines and interprets each of the individual steps 2024 hardcover reprint of the 1955 edition some years ago the author of the little red book worked out a novel presentation of the first four steps of the a a program visual aids consisting of a three legged stool and eight empty whiskey bottles were used to portray the intangible factors of these fundamental steps the book provides thirty one daily reminders they deal with a a problems commonly encountered by alcoholics who try to make a a their way of life issued in hardcover for the first time to commemorate its ten year anniversary the classic recovery handbook takes readers through the 12 step program at alcoholics anonymous the twelve steps of twelve step programs can be used to attain spiritual transformation and unshackle the true self from the constraints of the ego incorporating concepts of carl jung spiritual transformation in the twelve steps is a workbook that provides exercises and an in depth psycho spiritual analysis of how each step is designed to be practiced to achieve this spiritual awakening whether or not you believe in god it describes a powerful process of personal transformation anyone can use but is particularly

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oriented to those in addiction and codependency recovery the twelve steps are based upon universal principles which provide an effective model for living working the steps not only frees you of addiction but also holds the promise of a personality transformation attested to by thousands of members of twelve step programs renowned psychiatrist carl jung had a major influence on the founder of alcoholics anonymous bill wilson jung believed that each person has a personal journey of transformation to enable expression of his or her innate potential jung felt that this transformation involved replacing the ego with the larger self as the driving force of one's life and that spirit replacing spirits could cure alcoholism maurice c received the gift of sobriety more than twenty five years ago through membership in alcoholics anonymous through aa maurice found the ability to let go of the past and let god take the future in god is at the meeting maurice gives insight into a world where hurt and shame lead people to feel that they are less than and that they must build walls to protect themselves those walls get higher and higher until alcohol or drugs seem to be the only relief once enslaved the alcoholic tries desperately to maintain and strengthen the walls of self protection to do it all on his or her own until finally the effort becomes too exhausting if this is you listen you don't have to live that way any longer there is a way out and this way out has worked for thousands of people just like you for more than seventy five years if you will let him god will walk with you through the twelve steps to sobriety and a life without walls this book is not meant in any way to replace the time tested books of alcoholics anonymous it is one man's insight into finding leaning on and growing into a stronger relationship with god as you work through the steps recovery a to z second edition is the perfect reference for anyone in the twelve step community contains useful and relevant meeting and fellowship etiquette loaded with faqs and general facts regarding various twelve step recovery programs user friendly format with definitions of words phrases and slogans common to the community updated resource listing appeals to an even broader audience the essential recovery guide for women new to sobriety written by the director of clinical services at hazelden's new cutting edge treatment facility for women whether you are just embarking down the road of recovery or are well into the journey consider brenda iliff's a woman's guide to recovery your companion and guide brenda iliff is a leading hazelden clinician she developed this guide to help women handle issues and challenges that come with their new life of recovery how can you balance self care with family responsibilities what do you do about friends who aren't comfortable with your newfound sobriety how do you rebuild family relationships a woman's guide to recovery offers real life insight into what it means and what it takes to sustain healthy lasting recovery if you're in active addiction of any kind you may feel like you're in a battle for your life your future or even your next twenty four hours you may feel like you're losing the war feeling exposed vulnerable and weary but when you enter recovery the active addiction battle ends and the battle for recovery begins in twelve steps of armor author angela pedigo offers a faith based recovery program centered around the armor of god as a means of sustaining recovery from addictions codependence character defects and life events that hinder growth the core of the material is designed around ephesians and explains how the armor works as it relates to recovery and the risks of old habits returning if we leave our armor behind interactive in nature the program engages the participants with visual representations and or activities which create a deeper level of involvement and understanding the importance of armoring up pedigo shares that people can become clean from substances and destructive habits but to live soberly is to be sober minded actively practicing these steps daily while growing a relationship with god and with others if you have significant contact with a person involved in a twelve step program understanding twelve step programs is intended for you that person may be a friend family member parishioner patient or employee this book may also be useful if you have been told that you could benefit from a twelve step program but have yet to get involved in a group or if you are still new to twelve step programs this book is not clinical rather i present the material as an experienced insider

its topics include what goes on in meetings addiction and withdrawal how each step works sponsorship spirituality anonymity helping addicts and recovery for friends and family my purpose is to de mystify twelve step programs and to help you better understand the nature of recovery brown provides us with an insightful look into the world of recovery as a substance abuse therapist i will find this a valuable tool in helping others understand 12 step work i liked the book very much and believe it will be a useful tool to ministers lay people and those considering 12 step meetings lisa b creef l c s w l c a s brown has accurately assessed the value of healing communities and their immeasurable impact for personal recovery his practical and experiential knowledge of 12 step programs can lend us expert assistance for transformative ministry j bruce ritter senior pastor christian life center bruce brown came into his first twelve step program in early 1993 since then he has attended at least ten different types of twelve step programs his recovery has involved meetings in fifteen states covering all regions of the u s as well as online meetings he has sponsored over twenty people and worked intensely with ten sponsors of his own bruce has spoken at many gatherings and served his twelve step fellowships at local regional and national levels as a result his experience is broad enough to make generalizations about twelve step programs that go beyond one type of fellowship or one region because of bruce s focus on written step work he has been labeled a step nazi he has worked the twelve steps numerous times

Drop the Rock

2009-06-03

a practical guide to letting go of the character defects that get in the way of true and joyful recovery resentment fear self pity intolerance anger as bill p explains these are the rocks that can sink recovery or at the least block further progress based on the principles behind steps six and seven drop the rock combines personal stories practical advice and powerful insights to help readers move forward in recovery the second edition features additional stories and a reference section

Drop the Rock

1992-05

drop the rock first edition

Drop the Rock--The Ripple Effect

2016-05-24

drop the rock the ripple effect provides multiple perspectives from people successfully working a twelve step program showing step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude when drop the rock removing character defects was first published in 1999 it quickly became the standard resource for working steps 6 and 7 two of the most challenging of the twelve steps for many people in recovery learning what it means to fully surrender character defects frees you to make amends with steps 8 and 9 realize the big book s promises and move on to step 10 in this new follow up resource fred h explores what he calls the ripple effect that can be created by using step 10 to practice steps 6 and 7 every day and avoid picking up the rock again drawing on his years of lecturing on the big book of alcoholics anonymous and twelve steps and twelve traditions he reveals step 10 as the natural culmination of working the previous steps providing a crash course on renewing your recovery program through the daily practice of twelve step principles like its predecessor drop the rock the ripple effect provides multiple perspectives from people successfully working a twelve step program showing step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude fred h has worked in the field of addiction and recovery for over three decades and is the director of the retreat center for a leading addiction treatment program he is a popular international speaker on the big book and the principles of the twelve steps

Stools and Bottles

2010-02-19

2023-01-22

this popular book provides thirty one daily reminders on commonly encountered aa problems during an alcoholic s way of life stools and bottles offers penetrating insights into the first four steps from a well known a a talk the author who also wrote the little red book describes a three legged stool the legs of which represents steps one two and three they support the seat which symbolizes the alcoholic an excellent aid to the daily application of the a a program an old time classic

Drop the Rock: 2-Book Bundle

2016-12-06

drop the rock is one of the best selling recovery books ever with more than 200 000 copies sold to date it s companion piece drop the rock the ripple effect has already sold thousands of copies now it s easy for you to get both of these essential recovery books in a convenient e book bundle about drop the rock second edition resentment fear self pity intolerance anger as bill p explains these are the rocks that can sink recovery or at the least block further progress based on the principles behind steps six and seven drop the rock combines personal stories practical advice and powerful insights to help readers move forward in recovery the second edition features additional stories and a reference section about drop the rock the ripple effect in this follow up to drop the rock removing character defects fred h explores the ripple effect that can be created by using step 10 to practice steps 6 and 7 every day to avoid picking up the rock also known as resentment fear and self pity again drawing on his years of lecturing on the big book of alcoholics anonymous and twelve steps and twelve traditions fred h reveals step 10 as the natural culmination of working the previous steps providing a crash course on renewing your recovery program through the daily practice of twelve step principles drop the rock the ripple effect provides multiple perspectives from people successfully working a twelve step program and shows step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude

Steps 6 and 7 AA Ready Willing and Able

2010-09-08

steps six and seven prepare clients to be entirely ready to become what the author refers to as god s instrument placing emphasis on a higher power in order to move further along the road of recovery this pamphlet explains that god must remove all of our character flaws and shortcomings to make way for a new enlightened person patience perseverance and faith are at the heart of steps 6 and 7 and along the journey to recovery as part of the 11 pamphlet set outlining the 12 step recovery program this packet focuses solely on steps 6 and 7 steps six and seven prepare clients to be entirely ready to become what the author refers to as god s instrument placing emphasis on a higher power in order to move further along the road of recovery this pamphlet explains that god must remove all of our character flaws and shortcomings to make way for a new enlightened person patience perseverance and faith are at the heart of steps 6 and 7 and along the journey to recovery

At the Core

2008-03

at the core is a blueprint for character transformation that is both biblical and practical jennie newbrough defines character and describes how to recognize and cure character defects which are often deeper than we can see character is a choice character determines destiny at the core brings understanding to what shapes our character gives direction to overcome character defects and reveals god s process of forming his character within us the challenge is for everyone to make conscious character choices at the core will encourage individuals going through recovery spiritual growth step programs and everyday challenges as it effectively addresses defects of character

Understanding the Twelve Steps

1991-04-15

an interpretation and guide to the 12 steps of acoholics anonymous

A Skeptic's Guide to the 12 Steps

1990-10-01

p how many of us have felt like phillip z he has a staunch belief in the twelve steps yet struggles with the concept of a higher power p p in em a skeptic s guide to the 12 steps em the author investigates each of the twelve steps to gain a deeper understanding of a higher power he examines what may seem like unsettling concepts to us including surrendering one s will and life to god and he encourages us to understand the spiritual journey of recovery despite our skepticism p

Twelve Steps to Spiritual Wholeness

2010-05-18

this book presents the twelve steps of recovery groups as a way to grow to move toward a spiritual awakening an awareness of our true self in god every page bears gentle reassurance that fulfillment of the twelve steps inspires a cleansing sense of wholeness a renewed spirit that helps readers break free from negative and sinful influences in their lives

TWELVE STEPS AND TWELVE TRADITIONS of GreySheeters Anonymous

2015-11-12

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twelve steps and twelve traditions of greysheeters anonymous can't stop eating many have found recovery from compulsive eating obesity food addiction binge eating anorexia or bulimia in greysheeters anonymous gsa the twelve steps and twelve traditions of greysheeters anonymous offers readings questions for reflection and shared experiences interested ask yourself the following questions are you tired of looking for a solution about your weight problem are you ready to try something different are you ready to have freedom from food and the constant thoughts that have kept you imprisoned are you ready to go to any lengths to experience freedom from the phenomenon of craving gsa is a twelve step program in which the physical aspect allergy addiction of our disease is addressed by the greysheet food plan while the mental emotional and spiritual aspects are addressed by the program's twelve steps and twelve traditions we have no dues or fees we are not affiliated with any other organization the only requirement for membership is a desire to stop eating compulsively the foods that we eat can be purchased in markets and many restaurants what we eat is abundant delicious and portable

Basic Sobriety: Shambhala Buddhism and the Twelve Steps

2018-05-07

can the shambhala buddhist path of the four dignities be a tool for recovery can the tools and teachings of shambhala work with the twelve step recovery principles to overcome that seeming hopeless state of mind and body understanding our own basic goodness we can face the world free from addiction without doubt or fear to engage the world helping others break the cocoons of addiction

12-Step Workbook for Recovering Alcoholics, Including Powerful 4th-Step Worksheets

2015-08-07

seventeen years ago iam was on the verge of either dying or being locked up for a very long time instead he became a very active member of aa and has stayed in the middle of aa ever since and has been sponsoring new members for over sixteen years he loves aa so much that other members laugh when they hear him sing his favorite jingle i am stuck on aa cause aas stuck on me today iam lives in southwest florida with his wonderful al anon wife and their happy seven year old daughter and delightful eight month old baby boy iam junior

My Steps to Serenity

2021-09-02

my steps to serenity a journey through the aa steps to recovery by ann lewis ann lewis's story of recovery from alcohol and drug addiction is nothing short of a miracle relying on her experience as a proud member of alcoholics anonymous lewis used the twelve steps of aa as a guide to change her once miserable life to a life of serenity and peace discover what discipline

2023-01-22

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and a faith in a higher power could do just by being willing to follow these steps

Recovery, the 12 Steps and Jewish Spirituality

2014-09-18

claim the spiritual freedom that waits beyond the suffering and slavery of addiction one of the important similarities between aa and jewish spirituality is the statement in step 12 to practice these principles in all our affairs there is no dichotomy of sacred versus secular jewish spirituality applies to how we eat sleep work socialize and recreate there is nothing that is external to the relationship of human being to god from the foreword a major new jewish contribution to 12 step spirituality this easy to read exploration from a jewish perspective is the first comprehensive approach to successfully integrate classic jewish spirituality with the 12 steps of alcoholics anonymous aa and other recovery resources with clarity and passion rabbi paul steinberg masterfully weaves traditional jewish wisdom with the experience strength and hope of aa he draws on jewish resources theological psychological and ethical that speak to the spiritual dimension of the disease and shows how the principles of jewish spiritual recovery directly align with those of the aa 12 steps along the way he courageously shares his own personal struggles with alcoholism and addiction in a way that will help others find guidance and a new life path and stay on it

Twelve Steps to Spiritual Awakening

2016-09-21

herb k who is also the author of twelve step guide to using the alcoholics anonymous big book continues sharing his insights to the twelve steps by explaining the how and why using his own experience along with traditional and universal spiritual wisdom this book illuminates a path from the dark world of alcoholism and brokenness to a life of peace purpose and fulfillment herb k leads twelve step workshops retreats and teaches spirituality and recovery throughout the u s and the world

Twelve Step Sponsorship

2009-09-29

twelve step sponsorship is the first truly comprehensive look at sponsorship a role recovering people benefit from both as sponsees and ultimately as sponsors sponsorship is a rich and enduring part of tradition of alcoholics anonymous twelve step sponsorship delivers both the theory and practice how to do it and why in a clear step by step presentation written by the author of getting started in aa a widely acclaimed guide for the newcomer to the program of aa twelve step sponsorship is the first truly comprehensive look at sponsorship a role recovering people benefit from both as sponsees and ultimately as

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sponsors twelve step sponsorship includes informative sections that deal with finding a sponsor and being a sponsor twelve step sponsorship offers a welcome reinforcement to the tradition of passing it on from one generation of sponsors to the next

A Gentle Path through the Twelve Steps

2012-06-01

a revised and expanded edition of the recovery classic by patrick carnes ph d a leading expert on addictive behaviors a revised and expanded edition of the recovery classic by patrick carnes ph d a leading expert on addictive behaviors the twelve steps tap into the essential human process of change and will be regarded as one of the intellectual and spiritual landmarks in human history patrick carnes it was out of his reverence and respect for the wisdom and therapeutic value of the twelve steps that carnes wrote a gentle path through the 12 steps now a recovery classic and self help staple for anyone looking for guidance for life s hardest challenges hundreds of thousands of people have found in this book a personal portal to the wisdom of the twelve steps with updated and expanded concepts and a focus on the spiritual principles that lead to lifelong growth and fulfillment carnes new edition invites a fresh generation of readers to the healing and rewarding experience of twelve step recovery a treasure chest a rich and powerful resource for anyone working a twelve step program wendy maltz m s w this book emphasizes the common themes at the heart of all twelve step fellowships and offers an especially clear explanation of what working the program means claudia black ph d patrick j carnes phd is the founder of the international institute for trauma and addiction professionals iitap and gentle path press his extensive background in the field of addiction therapy led dr carnes to develop multiple cutting edge recovery programs aimed at treating addictive disorders he serves as executive director of the gentle path program a residential treatment program for sexual addiction in hattiesburg miss with more than 30 years in the sexual addiction treatment field dr carnes continues to spread his extensive knowledge as a speaker presenter and interview subject his assessment tools and related materials deliver an unprecedented approach to addiction recovery for practitioners of addiction treatment and sexual addicts

Trauma and the 12 Steps, Revised and Expanded

2020-07-07

an inclusive research based guide to working the 12 steps a trauma informed approach for clinicians sponsors and those in recovery step 1 you admit that you re powerless over your addiction now what 12 step programs like alcoholics anonymous aa and narcotics anonymous na have helped countless people on the path to recovery but many still feel that 12 step programs aren t for them that the spiritual emphasis is too narrow the modality too old school the setting too triggering or the space too exclusive some struggle with an addict label that can eclipse the histories traumas and experiences that feed into addiction or dismisses the effects of adverse experiences like trauma in the first place advances in addiction medicine trauma neuropsychiatry social theory and overall strides in inclusivity need to be integrated into modern day 12 step programs to reflect the latest research and what it means to live with an addiction today dr jamie marich an addiction and

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trauma clinician in recovery herself builds necessary bridges between the 12 step s core foundations and up to date developments in trauma informed care foregrounding the intersections of addiction trauma identity and systems of oppression marich s approach treats the whole person not just the addiction to foster healing transformation and growth written for clinicians therapists sponsors and those in recovery marich provides an extensive toolkit of trauma informed skills that explains how trauma impacts addiction recovery and relapse celebrates communities who may feel excluded from the program like atheists agnostics and lgbtq folks welcomes outside help from the fields of trauma dissociation mindfulness and addiction research explains the differences between being trauma informed and trauma sensitive and discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality based approaches to healing

Nar-Anon 36 (Steps 1-12)

2012-07-17

a workbook to guide members through steps 1 12

A Gentle Path Through the 12 Steps and 12 Principles Bundle

2009-03-10

two book bundle essential twelve step recovery guides from renown author patrick carnes ph d two book bundle essential twelve step recovery guides from renown author patrick carnes ph d a gentle path through the twelve steps updated and expanded it was out of his reverence and respect for the wisdom and therapeutic value of the twelve steps that carnes wrote a gentle path through the 12 steps now a recovery classic and self help staple for anyone looking for guidance for life s hardest challenges hundreds of thousands of people have found in this book a personal portal to the wisdom of the twelve steps with updated and expanded concepts and a focus on the spiritual principles that lead to lifelong growth and fulfillment carnes new edition invites a fresh generation of readers to the healing and rewarding experience of twelve step recovery

The 12-Step Buddhist

2009-02-27

the face of addiction and alcoholism is a face that many have seen before it may be a celebrity a colleague or even a family member and though the 12 step program by itself can often bring initial success many addicts find themselves relapsing back into old ways and old patterns or replacing one addiction with another author darren littlejohn has been there and back and presents a complimentary guide for recovery to the traditional twelve step program out of his own struggles and successes through the study of zen and tibetan buddhism working with the traditional 12 step philosophy the author first shares his own life path and how he came to find the spiritual solace that has greatly enhanced his life in recovery then he details out how

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his work integrating buddhism into the traditional twelve step programs validates both aspects of the recovery process while being careful not to present himself as a tibetan lama or zen master the author shows how each step such as admitting there is a problem seeking help engaging in a thorough self examination making amends for harm done and helping other drug addicts who want to recover fits into the bodhisattva path this integration makes buddhism accessible for addicts and the 12 steps understandable for buddhists who may otherwise be at a loss to help those in need the 12 step buddhist is designed to be a complimentary practice to the traditional 12 step journey not a replacement while traditional twelve step programs help addicts become sober by removing the drug of choice and providing a spiritual path they rarely delve deep into what causes people to suffer in the first place the integration of buddhism with the traditional process provides the wisdom and meditations that can help addicts truly find a deep spiritual liberation from all causes and conditions of suffering for good

Understanding the High-Functioning Alcoholic

2021-08-05

who is the typical alcoholic among the 12 5 million living in the united states now many if not most of us when asked that question would envision a skid row bum or someone at least out of work or with little education locked into a low skill low paying job but that is not accurate according to the results of a national study released in june 2007 by the national institutes of alcohol abuse and alcoholism the niaaa determined that alcoholics in the united states really fall into five subtypes including nearly 20 percent who are highly functional alcoholics well educated with good incomes they include corporate presidents powerful politicians police lawyers doctors scientists and other highly skilled highly educated people who are middle to high income and by most accounts successful in this unprecedented book mental health counselor sarah benton takes us into the worlds and minds of so called high functioning alcoholics to understand how people so intelligent and achievement oriented get drawn into states in which they secretly cannot control their liquor consumption but still manage to excel in their careers the book includes a look at celebrity alcoholics like singer eric clapton and actor comedian robin williams as well as alcoholics in high positions including chris albrecht former chairman and ceo of hbo other high profile people included in this book are miss usa 2007 tara conner and football legend joe namath with her own story of alcoholism and her recovery woven into the text benton takes us into the lives and challenges of these well educated and successful people seeking to understand how when and why they became addicted as well as the reasons their alcoholism is for most so hard to admit cope with and recover from

Twelve Steps and Twelve Traditions - Sexual Compulsives Anonymous (SCA)

2012-09-11

this book contains commentaries on the twelve step and twelve traditions as adapted from the original principles of alcoholics anonymous as written by members of sexual compulsives anonymous sca they provide experience strength and hope in working the twelve steps and practical wisdom in the observance of the twelve traditions the primary focus of recovery in sca

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is establishing the boundaries between healthy sex and intimacy and the compulsive behaviors that ultimately caused many of the same problems for sca members as alcohol did for aa members nevertheless the principles developed by aa in the twelve steps and twelve traditions diligently applied provide a spiritual foundation for recovery in sca keywords 12 step recovery sex addiction sexual compulsion compulsive masturbation spirituality anonymous sex romantic obsession

Understanding the Twelve Steps

2013-11-05

written by a certified alcoholism and drug abuse counselor with more than twenty years of experience this book offers a wealth of wisdom knowledge and genuine support for anyone in recovery millions of people have transformed their lives by working the twelve steps of alcoholics anonymous their success has come from their ability to truly understand these principles and to apply them in their daily lives yet for many embarking on the road to recovery the steps can seem vague even confusing this practical no nonsense guide takes the mystery out of the twelve steps presenting a straightforward explanation of what each step means as well as examples of how it translates to real life written by a certified alcoholism and drug abuse counselor with more than twenty years of experience it offers a wealth of wisdom knowledge and genuine support for anyone in recovery understanding the twelve steps features clear easy to understand interpretation of the twelve steps the vital building blocks of recovery checklists that summarize the tasks and objectives of each step the twelve promises the positive changes you can expect in your life if you follow the twelve steps what happens at twelve step meetings and why it is important to have a sponsor the experiences strength and hope of other recovering people

Living In Balance Supplemental Session 14 The Twelve Steps - Item 2242

2010-12-21

articles stories slogans and prayers written specifically for women highlight key twelve step recovery topics includes a daily reading guide articles stories slogans and prayers written specifically for women highlight key twelve step recovery topics includes a daily reading guide

Stepping Stones To Recovery For Women

2015-11-05

this compassionate insightful book is an adaptation of the twelve steps of alcoholics anonymous for anyone seeking a practical path to spiritual and emotional freedom this classic twelve step book has sold more than one half million copies to date a caring adaptation of the twelve steps of alcoholics anonymous for anyone seeking a practical path to spiritual and emotional freedom this compassionate insightful book is written in the language of the heart and is used by both lay people

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and professionals

The Twelve Steps for Everyone

2013-11-05

author c a wyatt was introduced to drugs and alcohol in his youth seeking the acceptance of others while growing up in the predominant culture of sex drugs and rock and roll in the seventies in out of numbness wyatt shares his life history and experiences from his days of active addiction through his search for a spiritual solution in recovery as a young man he began a promising career as an aerospace engineer in 1976 but his self destructive addiction prompted endless nights of clubbing and drug use when his father passed away in the early eighties wyatt was haunted by the death when his mentally ill mother moved in with him he was unable to cope he found himself constantly brokenhearted by unstable romantic relationships begun with women he met in bars disillusioned with nightlife wyatt finally set out on the road to rehabilitation in 1985 when he was introduced to a new way of life although he experienced drama and setbacks in the chaos of life the spiritual enlightenment of recovery has served as his guiding force ever since this memoir seeking to offer understanding and hope for those struggling with addiction shares one man s lifelong experiences on the path to recovery

Out of Numbness

2025-02-04

this male perspective on the twelve step program offers insight into the unique needs of men through articles reflections and affirmations this male perspective on the twelve step program offers insight into the unique needs of men through articles reflections and affirmations it presents workable examples and ideas for positive personal and spiritual growth

Stepping Stones To Recovery For Men

2010-03-26

is there really any hope for a spiritual way of living that actually works admiration comfort love power success pleasure escape control we re all addicted to something whether we realize it or not in this deeply heartfelt book author john ortberg offers a guide for transformation when we know something needs to change but we can t do it on our own rooted in the teachings of jesus and using the framework of aas 12 steps as a guide ortberg offers all of us a freeing roadmap for giving up our exhausting and fruitless efforts to fix manage and control our own lives distinguishing between when willpower is essential and when it is futile discovering how god can do for us what we can t do for ourselves and living authentically joyfully and in communion with god and other people ortberg shows us how to discover our spiritual attachment styles our core doubts the benefits of practices like prayer meditation and mindfulness god s sufficiency in our inadequacy in steps find

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what s needed to experience a new freedom a new fellowship and a new happiness no matter our circumstances

Steps

2024-03-27

the author of the popular food for thought takes a fresh in depth look at the twelve steps of overeaters anonymous the author of the popular food for thought takes a fresh in depth look at the twelve steps of overeaters anonymous each chapter carefully examines and interprets each of the individual steps

Twelve Steps For Overeaters

2005-12-27

2024 hardcover reprint of the 1955 edition some years ago the author of the little red book worked out a novel presentation of the first four steps of the a a program visual aids consisting of a three legged stool and eight empty whiskey bottles were used to portray the intangible factors of these fundamental steps the book provides thirty one daily reminders they deal with a a problems commonly encountered by alcoholics who try to make a a their way of life

Stools and Bottles

2014-10-09

issued in hardcover for the first time to commemorate its ten year anniversary the classic recovery handbook takes readers through the 12 step program at alcoholics anonymous

The Steps We Took

2011-09-20

the twelve steps of twelve step programs can be used to attain spiritual transformation and unshackle the true self from the constraints of the ego incorporating concepts of carl jung spiritual transformation in the twelve steps is a workbook that provides exercises and an in depth psycho spiritual analysis of how each step is designed to be practiced to achieve this spiritual awakening whether or not you believe in god it describes a powerful process of personal transformation anyone can use but is particularly oriented to those in addiction and codependency recovery the twelve steps are based upon universal principles which provide an effective model for living working the steps not only frees you of addiction but also a holds the promise of a personality transformation attested to by thousands of members of twelve step programs renowned psychiatrist

2023-01-22

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carl jung had a major influence on the founder of alcoholics anonymous bill wilson jung believed that each person has a personal journey of transformation to enable expression of his or her innate potential jung felt that this transformation involved replacing the ego with the larger self as the driving force of one s life and that spirit replacing spirits could cure alcoholism

Spiritual Transformation in the Twelve Steps

2011-06-01

maurice c received the gift of sobriety more than twenty five years ago through membership in alcoholics anonymous through aa maurice found the ability to let go of the past and let god take the future in god is at the meeting maurice gives insight into a world where hurt and shame lead people to feel that they are less than and that they must build walls to protect themselves those walls get higher and higher until alcohol or drugs seem to be the only relief once enslaved the alcoholic tries desperately to maintain and strengthen the walls of self protection to do it all on his or her own until finally the effort becomes too exhausting if this is you listen you dont have to live that way any longer there is a way out and this way out has worked for thousands of people just like you for more than seventy five years if you will let him god will walk with you through the twelve steps to sobriety and a life without walls this book is not meant in any way to replace the time tested books of alcoholics anonymous it is one mans insight into finding leaning on and growing into a stronger relationship with god as you work through the steps

God Is at the Meeting

2009-06-03

recovery a to z second edition is the perfect reference for anyone in the twelve step community contains useful and relevant meeting and fellowship etiquette loaded with faqs and general facts regarding various twelve step recovery programs user friendly format with definitions of words phrases and slogans common to the community updated resource listing appeals to an even broader audience

Recovery A to Z

2023-03-17

the essential recovery guide for women new to sobriety written by the director of clinical services at hazelden s new cutting edge treatment facility for women whether you are just embarking down the road of recovery or are well into the journey consider brenda iliff s a woman s guide to recovery your companion and guide brenda iliff is a leading hazelden clinician she developed this guide to help women handle issues and challenges that come with their new life of recovery how can you balance

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self care with family responsibilities what do you do about friends who aren't comfortable with your newfound sobriety how do you rebuild family relationships a woman's guide to recovery offers real life insight into what it means and what it takes to sustain healthy lasting recovery

A Woman's Guide to Recovery

2009-11

if you're in active addiction of any kind you may feel like you're in a battle for your life your future or even your next twenty four hours you may feel like you're losing the war feeling exposed vulnerable and weary but when you enter recovery the active addiction battle ends and the battle for recovery begins in twelve steps of armor author angela pedigo offers a faith based recovery program centered around the armor of god as a means of sustaining recovery from addictions codependence character defects and life events that hinder growth the core of the material is designed around ephesians and explains how the armor works as it relates to recovery and the risks of old habits returning if we leave our armor behind interactive in nature the program engages the participants with visual representations and or activities which create a deeper level of involvement and understanding the importance of armoring up pedigo shares that people can become clean from substances and destructive habits but to live soberly is to be sober minded actively practicing these steps daily while growing a relationship with god and with others

12 Steps of Armor

if you have significant contact with a person involved in a twelve step program understanding twelve step programs is intended for you that person may be a friend family member parishioner patient or employee this book may also be useful if you have been told that you could benefit from a twelve step program but have yet to get involved in a group or if you are still new to twelve step programs this book is not clinical rather i present the material as an experienced insider its topics include what goes on in meetings addiction and withdrawal how each step works sponsorship spirituality anonymity helping addicts and recovery for friends and family my purpose is to demystify twelve step programs and to help you better understand the nature of recovery brown provides us with an insightful look into the world of recovery as a substance abuse therapist i will find this a valuable tool in helping others understand 12 step work i liked the book very much and believe it will be a useful tool to ministers lay people and those considering 12 step meetings lisa b creef l c s w l c a s brown has accurately assessed the value of healing communities and their immeasurable impact for personal recovery his practical and experiential knowledge of 12 step programs can lend us expert assistance for transformative ministry j bruce ritter senior pastor christian life center bruce brown came into his first twelve step program in early 1993 since then he has attended at least ten different types of twelve step programs his recovery has involved meetings in fifteen states covering all regions of the u s as well as online meetings he has sponsored over twenty people and worked intensely with ten sponsors of his own bruce has spoken at many gatherings and served his twelve step fellowships at local regional and national levels

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as a result his experience is broad enough to make generalizations about twelve step programs that go beyond one type of fellowship or one region because of bruce s focus on written step work he has been labeled a step nazi he has worked the twelve steps numerous times

Understanding Twelve-Step Programs

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