

# Paths To Recovery Al Anons Steps Traditions And Concepts

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*The 12-Step Buddhist*  
Darren Littlejohn  
2009-03-10 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

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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.

Cumulative Book Index

1998 A world list of books in

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the English language.  
*Gelukkig ben ik niet de enige* Brené Brown  
2014-04-30 De zoektocht naar perfectie is vermoeiend en meedogenloos. We worden constant opgejaagd door sociale verwachtingen die ons leren dat imperfect zijn synoniem is aan niet goed genoeg zijn. Overal wordt ons verteld wie, wat en hoe we moeten zijn. Hierdoor laten we niet zien waar we mee worstelen en beschermen we onszelf tegen schaamte, oordelen, kritiek en verwijten door te doen alsof we het allemaal perfect voor elkaar hebben. Op basis van haar jarenlange onderzoek en honderden interviews komt Brené Brown in *Gelukkig ben ik niet de enige* met een belangrijke waarheid: we zijn juist met elkaar verbonden door onze onvolmaaktheden. Kwetsbaarheid is geen zwakte, maar een reminder om ons hart en verstand open te houden voor de

realiteit dat we allemaal in hetzelfde schuitje zitten. *Ontwenning* Leslie Jamison  
2018-06-25 Alle verhalen over verslaving lijken op elkaar, maar iedere verslaafde gelooft dat hij op zijn eigen manier ongelukkig is. Dat is wat Leslie Jamison beseft als ze haar eerste bijeenkomsten voor anonieme alcoholisten bijwoont: ze drinkt omdat ze haar tekortkomingen wil verbergen en ten koste van alles bijzonder wil zijn. Ze zou alleen herstellen als ze haar obsessie voor originaliteit zou kunnen loslaten. Op indringende wijze vertelt ze over haar afhankelijkheid van alcohol en spiegelt zij zichzelf aan de populaire mythes van verslaafde genieën zoals Raymond Carver, Billie Holiday, David Foster Wallace en vele anderen. Door de ongepolijste stijl is *Ontwenning* ook een boek over een ander soort afhankelijkheid: de manier waarop onze verlangens ons allemaal kunnen veranderen

in 'lekkende kranen van hunkering', zoals zij het zelf formuleert. Het gaat over de specifieke eenzaamheid van de menselijke beleving - het verlangen naar liefde dat ons verslindt en ons maakt tot degenen wie we zijn. Ontwenning is daarmee zowel een diep persoonlijk boek als een cultuurgeschiedenis en literaire kritiek - slim, ontroerend, oprecht en van onverwachte schoonheid.

**De innerlijke criticus ontmaskerd** Hal Stone  
2016-10-08 Iedereen herkent de Innerlijke Criticus. Hij fluistert, jammert, scheldt en houdt ons eronder. Hij beïnvloedt onze gedachten en ons gedrag, en weerhoudt ons ervan om actie te ondernemen. Hij denkt dat hij ons beschermt tegen afkeuring, pijn of eenzaamheid, maar deze kritische, innerlijke stem is een bron van schaamte, zorgen, depressiviteit, uitputting en gebrek aan eigenwaarde. Dit heeft een

destructief effect op ons functioneren in relaties en op ons werk. De psychologen Hal & Sidra Stone zijn de bedenkers van 'Voice Dialogue'. Deze methode verandert de Innerlijke Criticus van een meedogenloze tegenstander in een bondgenoot met wie je vruchtbaar kunt samenwerken. De Innerlijke Criticus ontmaskerd is een praktisch boek, want d.m.v. levendige voorbeelden laten de Stones ons zien hoe we de Innerlijke Criticus kunnen herkennen en begrijpen, hoe we een 'Criticusaanval' kunnen hanteren en wat zeer belangrijk is: hoe de Innerlijke Criticus een intelligente, alerte en ondersteunende levenspartner kan worden.

**Soul Silence** Peter Amato  
2010-11 The millions of recovering addicts who attend Twelve Step programs around the world each day for issues ranging from alcoholism to overeating, codependence,

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gambling, and even chronic lateness quickly learn that sobriety and abstinence hinge on a decision to turn over their will and life to a Power greater than themselves. They also learn, through the program's 11th Step, that prayer and meditation are vital tools for making this conscious contact with a Higher Power of their understanding.

**ADDICTION: WHY THEY USE (A handbook for anyone that loves an alcoholic or addict)**

Emmanuel S. John  
2011-12-31 Addiction is perhaps one of the most emotionally painful issues we can observe in someone we love. Because of the complex emotional nature of the problem it is without question one of the most confusing human health issues we have ever faced as a society. Addiction often leaves loved ones worried, tortured and full of guilt. Addictive disease creates excessive levels of fear,

stress and anxiety. It leaves family members living in a toxic state of fear for what the future might bring, as well as overwhelming physical and emotional exhaustion resulting from worry and blame. For those who love the addicted many crucial questions have remained unanswered for far too long. "Why They Use" bridges the information gaps for loved ones in very simplified and understandable terms. No longer are the loved ones of alcoholics and addicts left alone in fear. I understand your suffering because I have experienced it too! I wrote this book for you.

*Readings* 1998

**Stammi vicino** Libby Cataldi 2013-07-05 "Ero costretta ad affrontare la realtà: mio figlio era un tossico. Era incomprensibile. Dovevo accettarlo, ma come fa una madre ad accettare di perdere il figlio?" Questo il dolore che lacera Libby, educatrice di professione e

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genitore premuroso, quando vede il suo brillante Jeff trasformarsi nell'immagine sbiadita di ciò che era. Al principio la droga è solo una bravata da ragazzini, ma presto prende il sopravvento e mostra il suo volto più feroce: la dipendenza, la schiavitù. Tra alti e bassi, Jeff riesce a mantenere un profilo rispettabile: nessuno può immaginare che dietro a quell'uomo affermato si nasconda un'esistenza miserabile fondata su un bisogno che non si può saziare. Ma quando Libby lo vede alla sua porta esausto, quando gli carezza la fronte durante l'ennesima crisi d'astinenza, fatica a riconoscere il figlio in quel corpo scheletrico, violato e senza forza. Combattente nata, non si perde d'animo: riuole il suo Jeff. In un intenso percorso di scoperta personale e familiare, Libby si spinge fino alle sue radici e riscopre il legame con l'Italia: al primo viaggio ne seguono molti altri, per

periodi sempre più lunghi, durante i quali entra in contatto con la comunità di San Patrignano. È qui che riceve l'insegnamento più prezioso: "Stagli vicino". Dopo quattordici anni di perdizione e sconforto, di suppliche e minacce, di disintossicazione forzata e inevitabili ricadute, le viene chiesto il sacrificio più grande: credere nel figlio al punto tale da lasciarlo andare. Solo Jeff può decidere di liberarsi. Con sincerità disarmante, Libby racconta la sua storia di madre ossessionata dai sensi di colpa e dall'impotenza, la sua lotta per salvare un figlio deciso a perdersi e la faticosa risalita che glielo restituirà forse meno perfetto ma degno di un amore ancora più grande.

In het oranje ochtendlicht  
Nina Riggs 2017-07-31 In het onberispelijke oranje licht van Nina Riggs is het hartverscheurende verhaal van een vrouw die licht vond in de diepste

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duisternis. 'Doodgaan is niet het einde van de wereld,' vertrouwt haar moeder, die op dat moment niet lang meer te leven heeft, Nina Riggs toe. Dat neemt niet weg dat de klap groot is als Riggs op haar achtendertigste te horen krijgt dat ze een ongeneeslijke vorm van kanker heeft. De dood zit haar op de hielen. Wat is de betekenis van leven als de dood nadert? Hoe bereid je je voor op een definitief afscheid van je dierbaren? Met de weergalozes essays van Montaigne en Emerson als leidraad beschrijft Riggs hoe het is als schrijver, als moeder en als echtgenote verder te leven na zulk intens droevig nieuws. Van de kleine, dagelijkse handelingen tot de moeilijke gesprekken die ze moet voeren met haar twee jonge zoontjes: Riggs beschrijft haar laatste maanden vol warmte, met lichtheid en humor. In het onberispelijke oranje licht is een inspirerend, ontroerend en

vooral enorm levensbevestigend boek over onze sterfelijkheid. [Paths to Recovery](#) Al-Anon Family Groups (Australia). 2013  
**Paths to Recovery** Al-Anon Family Group Headquarters, Inc 1997 Al-Anon's steps, traditions and concepts.  
**Intimate Spirituality** Gordon J. Hilsman 2007-03-05 In Intimate Spirituality: The Catholic Way of Love and Sex, Gordon J. Hilsman presents sexual loving as integral to rather than separate from most people's spiritual lives. His coalescing of intimate love with traditional Catholic concepts—virtues, capital sins, fruits of the Spirit, sacraments—augments the pervasively moral view of sex with a spiritual perspective that highlights its beauty and power to shape the virtue of peoples lives. Seeing sexual attraction as built into humanity by the Creator to

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feed and challenge virtually all persons worldwide, he illustrates how intimate loving is actually a neglected aspect of Christian spirituality that has never been developed as fully as the individual and the communal. Hilsman calls upon theologians and spiritual leaders to further develop the understanding of intimate loving as a genuinely beautiful spiritual aspect of life. Many Christians (Catholics and Protestants alike) who take both their love lives and their Christian faith seriously, will find the positive, healthy view of sexuality presented in this book illuminating and helpful. So will those who counsel them.

Onder mijn huid Kate Holden 2009-10-31 `Ik keek naar de voorbijflitsende koplampen, de voorruit van de tegemoetkomende auto s: een serie vlakken met het silhouet van een mannelijke bestuurder. Een van hen stopte; ik bukte,

opende de deur en gleeed naar binnen. De geur van een onbekende auto. Een man van middelbare leeftijd keek me aan. `Hoi, zei ik. `Hoe gaat het? Heb je je ooit afgevraagd hoe gewone, hoogopgeleide mensen in de onderwereld van drugs en prostitutie terecht kunnen komen? De Australische Kate Holden lijkt op het eerste gezicht een doorsnee twintiger: afgestudeerd in kunstgeschiedenis, afkomstig uit een middenklasse gezin, dromerig, onschuldig. Maar ondertussen is ze een jonge vrouw die als geen ander weet welke geheimen achter mensen schuilgaan. Van het beschermde leventje in de lommerrijke buitenwijken van Melbourne komt ze terecht in een wereld van seks en geld een schimmige onderwereld van achterafstraatjes, achterbanken en bordelen. In deze dappere en meeslepende vertelling vertelt Kate Holden zonder

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enige schroom en met de nodige humor over haar reis door deze onbekende wereld, en hoe het haar uiteindelijk lukt om eruit te geraken.

Learning to Love

Differently: A Healing Pathway for Families of Addicts Candace Hartzler MA/LICDC 2018-09-29

Today's new media offers detailed coverage of "the epidemic," but offers little insight into a healing process for family members impacted by a loved one's substance use disorder.

Learning to Love Differently guides families through that rocky landscape. It offers:

- A definition of addiction and codependency without shame/blame
- A clear and simple look at how complex love becomes during addiction
- Personal recovery stories from author, from addicts and family members
- Tools for self-reflection, referred to as "Story Pages," at end of each chapter
- A name for the family pain as well as

strategies for change

Het einde van mijn verslaving 2009

**Maximizing the Triple Bottom Line Through Spiritual Leadership** Louis W. Fry 2013-01-09

Maximizing the Triple Bottom Line through Spiritual Leadership draws on the emerging fields of workplace spirituality and spiritual leadership to teach leaders and their constituencies how to develop business models that address issues of ethical leadership, employee well-being, sustainability, and social responsibility without sacrificing profitability, growth, and other metrics of performance excellence. While this text identifies and discusses the characteristics necessary to be a leader, its major focus is on leadership—engaging stakeholders and enabling groups of people to work together in the most meaningful ways. The authors offer real-world

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examples of for-profit and non-profit organizations that have spiritual leaders and which have implemented organizational spiritual leadership. These cases are based on over ten years of research, supported by the International Institute of Spiritual Leadership, that demonstrates the value of the Spiritual Leadership Balanced Scorecard Business Model presented in the book. "Pracademic" in its orientation, the book presents a general process and tools for implementing the model.

*Красивый мальчик* Дэвид Шефф Дэвид Шефф рассказывает об опыте долгой борьбы с наркозависимостью сына, анализируя собственные ошибки и исследуя пути к исцелению.

Alice, het wolvenmeisje  
Kristin Hannah 2015-10-27  
Dr. Julia Cates is een beroemde kinderpsychiater, tot een schandaal haar carrière ruïneert. In

ongenade keert zij terug naar Rain Valley, het stadje in de buurt van Washington waar ze is opgegroeid. Daar komt Julia in aanraking met een bijzonder zesjarig meisje, dat helemaal alleen vanuit de donkere bossen her stadje komt binnenlopen. Het wilde, vervuilde meisje kan of wil niet praten en is opgesloten in een wereld van onvoorstelbare angst en isolatie.

**How Al-Anon Works for Families & Friends of Alcoholics** Al-Anon Family Groups 2018-08-01

Al-Anon's basic book is ideal for sharing widely with newcomers as a way of "paying our gratitude forward."

**Forthcoming Books** Rose Arny 1997

**Clinical Work with Substance-Abusing Clients, Third Edition** Shulamith Lala Ashenberg Straussner 2013-12-13 A leading professional resource and course text, this book provides practical

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guidance for treating clients with substance use disorders in a variety of contexts. Expert contributors present major assessment and treatment approaches together with detailed recommendations for intervening with particular substances. Clinical techniques are clearly explained and illustrated with helpful case examples. Important topics include harm reduction; strategies for working with family members; and ways to meet the needs of specific populations, including women, adolescents, older adults, LGBT clients, and those with frequently encountered co-occurring problems. New to This Edition \*Revised to reflect current research and clinical advances; updated for DSM-5. \*Chapters on trauma-informed care, cognitive-behavioral therapy, and complementary/alternative approaches. \*Chapters on neurobiology and behavioral

addictions. \*Significantly revised chapters on family treatment and dual disorders.

### **Loving At the Edge: Recovery Emerging**

Suzanne L. Noel, CFT

*A Paths to Recovery Twelve Traditions Workbook*

George B 2013-10-24 This

portion of the book "Paths to Recovery" presents the traditions followed by all Al-Anon Groups. The workbook is intended to help people thoroughly study the book.

*Stay Close* Libby Cataldi

2009-04-28 During his early

teens, Jeff Bratton started using drugs. At first, alcohol

and pot, but quickly he spiraled into using cocaine,

ketamine, crystal meth and eventually heroin. How

could this wonderful son, loving brother, and star

athlete lose himself to drugs? How could his

parents be so clueless? How could his mother, the long-

term head of a private

school, be so blind? "Stagli vicino", an Italian

recovering addict told the

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author. "Stay close—never leave him, even when he is most unlovable." This is not a book about saving a child. It is a book about what it means to stay close to a loved one gripped by addiction. It is about one son who came home and one mother who never gave up hope. Stay Close is one mother's tough, honest, and intimate tale that chronicles her son's severe drug addiction, as it corroded all relationships from the inside out. It is a story of deep trauma and deep despair, but also of deep hope—and healing. Here is Libby Cataldi's story about dealing with addiction without withdrawing love, learning to trust again while remaining attuned to lies, and the cautious triumph of staying clean one day at a time. He told her, "Mom, never quit believing." And she didn't.

**Spirituality in the Workplace** Stephen J. Broadhurst 2021-04-27 As we become more and more

of a global trading world, the challenges of leading and managing within this turbulent environment and its associated, complex, interconnected markets and disconnected relationships are indisputable, so just how far can any change requirements be practically engaged with, whilst also keeping the employee at the organisation's central core? Today's business world cries out for people who can lead with a cross-cultural global perspective, who can lead from the heart as well as the mind and address and manage problems on not just an integrated local level, but also with a healthy, holistic perspective. The subject of spirituality has long been discussed within academic research, but there still seems to be a misunderstanding and stagnation of both its real meaning and application amongst business academics, the population and organisations alike.

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This book aims to provide a realistic message to help those who are looking for some answers; for those who are looking for a way to advance their own skill-set and progress both their careers and the organisation's current standing; to move from being confused and insecure about strategies and tactics, to positively contributing to not only their own, but also to the employees' well-being and the business's overall purpose and intention. By basing the content upon real and relevant, interesting, modern-day perspectives, applications, requirements, opportunities and benefits, all combined into a manual for thought and a practical framework for action, this book will significantly and realistically move the subject of spirituality forward. This book will be of interest to researchers, academics and students with a special interest in

the, positive, influence of spirituality within the workplace and everyday healthy living.

### **American Families in Crisis** Jeffrey S. Turner

2009 An authoritative reference that helps general readers understand the varieties of crises impacting modern-day families and the intervention techniques designed to resolve them. \* The chronology highlights important moments in the study of family crises over the past 100 years, including statistics related to the topics presented in earlier chapters, notable achievements in family studies research, the formation of professional associations and organizations, births and deaths of notable scholars, and much more \* The Data and Documents chapter uses clear graphics to provide accurate and meaningful information, helping the reader to better understand the complexities of family stress and crisis

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*Beautiful Boy* David Sheff  
2018-01-11 THE NUMBER  
ONE NEW YORK TIMES  
BESTSELLER NOW A  
MAJOR FILM, STARRING  
STEVE CARELL AND  
BAFTA AND GOLDEN  
GLOBE NOMINATED  
TIMOTHEE CHALAMET  
'What had happened to my  
beautiful boy? To our  
family? What did I do  
wrong?' Those are the  
wrenching questions that  
haunted every moment of  
David Sheff's journey  
through his son Nic's  
addiction to drugs and  
tentative steps toward  
recovery. Before Nic Sheff  
became addicted to crystal  
meth, he was a charming  
boy, joyous and funny, a  
varsity athlete and honor  
student adored by his two  
younger siblings. After  
meth, he was a trembling  
wraith who lied, stole, and  
lived on the streets. With  
haunting candour, David  
Sheff traces the first subtle  
warning signs: the denial,  
the 3am phone calls (is it  
Nic? the police? the

hospital?), the attempts at  
rehab. His preoccupation  
with Nic became an  
addiction in itself, and the  
obsessive worry and stress  
took a tremendous toll. But  
as a journalist, he  
instinctively researched  
every avenue of treatment  
that might save his son and  
refused to give up on Nic.  
This story is a first: a  
teenager's addiction from  
the parent's point of view –  
a real-time chronicle of the  
shocking descent into  
substance abuse and the  
gradual emergence into  
hope. *Beautiful Boy* is a  
fiercely candid memoir that  
brings immediacy to the  
emotional rollercoaster of  
loving a child who seems  
beyond help. Read the other  
side of Nic Sheff's  
bestselling memoir, *Tweak*.  
Praise for *Beautiful Boy*:- 'A  
brilliant, harrowing,  
heartbreaking, fascinating  
story, full of beautiful  
moments and hard-won  
wisdom. This book will save  
a lot of lives and heal a lot  
of hearts'. Anne Lamott 'An

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important book... moving, timely and startlingly beautiful.' Richard Branson [Climbing Up the Downward Spiral](#) Dean C. Jones 2010-09-01 Climbing Up the Downward Spiral takes a holistic approach in looking at practical, neurological, and spiritual issues, as it walks readers through the shadows of some of the most difficult problems of our time: financial loss; drug and alcohol abuse and addiction; mental illness; and suicide. The authors also share from their considerable personal experience with these problems. Bringing together some twenty years of work with people in programs of downtown, late-night ministry in different cities as well as personal experiences with illegal drugs, bipolar disorder, and a serious suicide attempt, Jones and Joseph walk readers through the shadows of our lives, offering encouragement, methods of coping, and

above all, hope.

**Addiction** Howard Padwa 2010-01 Presents alphabetically-arranged entries covering major figures, organizations, events, and United States government policies covering a variety of addictive substances and addictive behaviors.

**Al-Anon Narratives** Grazyna Zajdow 2002 Details and analyzes the ways in which women in Al-Anon deal with the problem drinking of their spouses.

**Older Americans Information Directory** 1999

**Opening Our Hearts, Transforming Our Losses** Al-Anon Family Groups 2021-12-21 Grief and loss affect almost every aspect of living—or having lived—with alcoholism. Members share how they have learned to acknowledge and accept these losses with the help of Al-Anon Family Groups.

Indexed

*It's Not About You, Except*

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*When It Is* Barbara Victoria  
2012-10-16 Straight-talking  
self-preservation tools and  
techniques for parents of  
addicts in or out of  
recovery.

Disentangle Nancy L.  
Johnston 2004-03-01

### **Twelve Steps to Religionless Spirituality**

Ward B. Ewing 2021-09-09  
The Twelve Steps of  
Alcoholics Anonymous  
provides a spiritual program  
dramatically distinct from  
religion. Twelve Step  
spirituality is based on  
experience, not doctrine; it  
is pragmatic, focusing on  
what works and not on  
theory; it is centered in a  
community that is inclusive,  
welcoming all who desire to  
stop drinking; it seeks  
rigorous honesty even when  
that honesty involves  
painful questioning; and it  
centers upon service to the  
still suffering alcoholic. The  
power found in working the  
Steps is transformational,  
moving participants from  
despair to hope, from self-  
focused resentment to

concern for others, and  
from angry efforts to control  
to gratitude for gifts  
received. It works for  
atheists and agnostics,  
secularists and free  
thinkers, Christians, Jews,  
Muslims, and other faiths.  
At a time when more and  
more people identify  
themselves as spiritual but  
not religious and the  
traditional religious  
institutions are in decline in  
Western culture, Twelve  
Step spirituality provides  
insights that can assist in  
the renewal and  
reinvigoration of our  
churches, synagogues, and  
mosques. In our time of  
dramatic social polarization,  
it can provide a foundation  
for bridging differences.  
Largely unknown outside  
the recovery community,  
this book examines how this  
transformative program can  
be relevant to today.

*From Rehab to Recovery*  
Janice L Witt 2013-11-26 In  
a decade virtually exploding  
with drug addiction books,  
Janice Witt writes this one

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to the Parents, Husbands, Wives, and loved ones of those who suffer with the disease of addiction and are wondering if drug rehab or alcohol rehab is the best course of action. Desperate and frightened, those who love addicted people suffer tremendously. This book addresses the issues surrounding drug addiction recovery, with research-based opinions regarding what kind of drug rehabilitation works best and for whom. In our society, drug addicts and drug addiction are demonized. What continues to fuel the perpetual prejudice, against this disease and those who have it, is a culturally accepted array of misinformation and misunderstanding. It is toward the end of ignorance that the Author writes a brief, research-based primer explicating the nature of addiction and effective drug addiction rehabilitation. In recovery for over 25 years, herself,

Janice Witt has been helping other addicts and alcoholics get well for nearly 24 of them. This is not one of your average addiction recovery books. Janice not only educates the reader, but invites everyone to the journey of learning more about the disease of addiction and then in advocating on the behalves of those who suffer from it. At the end of the book you will find a website address, allowing you to download a FREE resource guide of addiction professionals and quality addiction treatment facilities recommended by the Author.

**Understanding Twelve-Step Programs** Bruce Brown 2009-11 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

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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. As a result, his experience is broad enough to make generalizations about

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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.

### **The 12-Step Buddhist 10th Anniversary Edition**

Darren Littlejohn

2019-11-19 Rediscover the classic guide for recovery with this tenth anniversary edition "that transcends genres by seamlessly integrating the 12-Step approach, Buddhist principles, and a compelling personal struggle with addiction and a quest for spiritual awakening" (Donald Altman, author of *Living Kindness*). The face of addiction and alcoholism is recognizable to many—it may be a celebrity, a colleague, or even a loved one. 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. Working with the traditional 12-step philosophy, Darren Littlejohn first shares his own journey, 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 12-step programs validates both aspects of the recovery process. With accessible prose and in-depth research, he illustrates 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 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-

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Step Buddhist is designed to be a complimentary practice to the traditional 12-step journey, not a replacement. While traditional 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. In this “unique synthesis of the traditional 12-Step model and the liberating wisdom of Dharma” (Mandala Magazine), addicts can truly find a deep, spiritual liberation from all causes and conditions of suffering—for good.

**Dig Deep in One Place** Bill Fifield; Sandy Fifield  
2011-10-10 “Dig Deep in One Place: A Couple's Journey to a Spiritual Life” explains the actual recipe that the Twelve Steps of Alcoholics Anonymous are and how they can assist anyone in the transformation of their lives. The title of our book explains how we have lived

our lives together moving through our relationship, marriage, codependency, addiction, and health issues to happy, joyous freedom. The Steps are way to rise above fear and live a happy and peaceful life. We have no desire to tell anyone how to do the Twelve Steps but to begin to scrape away the mystery surrounding them using our own practical experience to show how unbelievably simple it is to change from negativity to freedom. “Dig Deep” tells the simultaneous stories of this couple's pilgrimage using two views of the same events. The book tells of the depths of depression, addiction, codependency, fear and the miracle of recovery. It is filled with tears and laughter. The truth is The Twelve steps are not self-help--but helpfulness to others. The mere reading of this book will fill everyone with hope! Hope is not the promise of a good outcome; it is the realization that somebody

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truly understands and there  
is a way out of any difficulty  
you may have. Doing the

Twelve Steps will stop you  
from forging the chains that  
bind you. Free at last!