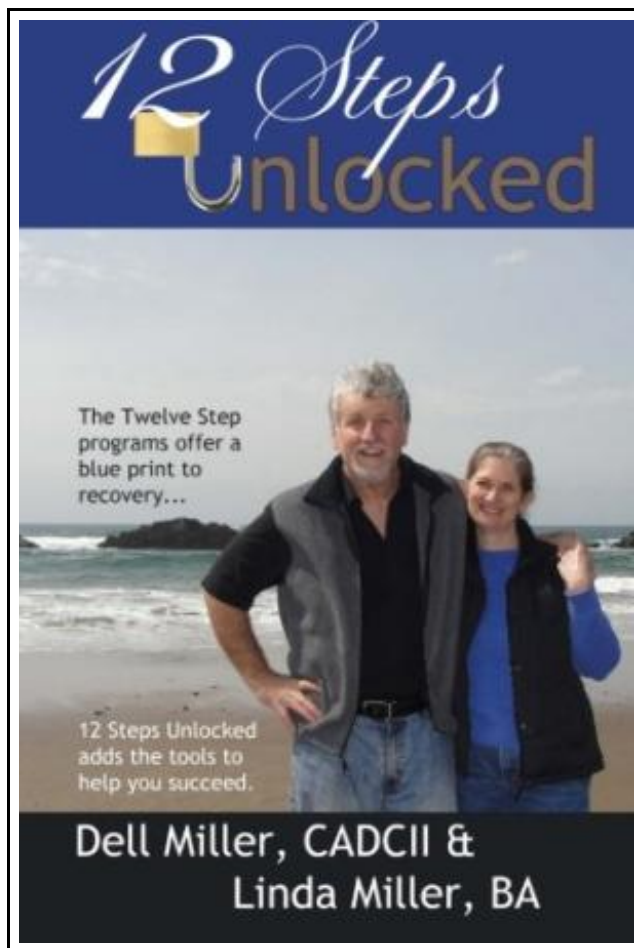


12 Steps Unlocked



Filesize: 8.49 MB

Reviews

The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).

(Payton Miller)

12 STEPS UNLOCKED

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Heron Publications. Paperback. Book Condition: New. Paperback. 206 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. This book has been written to give a fundamental, nuts and bolts understanding of how the Twelve Steps work for men and women in recovery. The manuscript was written by both a man and woman in Twelve Step recovery offering a perspective for both genders. There is clear presentation not only of addictions, but how Twelve Step programs aid in restoring recovering addicts lives. The book breaks out of the generalities about spirituality and gives specific and clear implementation of Twelve Step programs that anyone from the agnostic to the believer can follow. It was written in part by a recovering alcoholic and addict, who also has been a Clinician in the field of addictions over the past thirty years. We will look at how addictions grow into taking control of our lives and a simple understanding of how denial works and how it replaces self-awareness. This book examines characteristics of addictions that seem to follow three distinctive patterns, which will be reviewed in depth. This is one of the first books to describe, in detail, characteristics of the binge alcoholic addict. It gives clear insight into the two other patterns of addiction involving the victim and the offender. We will show how addictions deteriorate the fabric of our relationships and ourselves. We break down character defects into three specific categories. We will give a clear understanding of the architecture of the Twelve Steps with insight into motive and purpose of how the Steps can be implemented. The stories of those who have had the courage to make the program part of their lives are used for illustrating how the program works. This book breaks down the Steps, offering tools in building a higher awareness of...



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