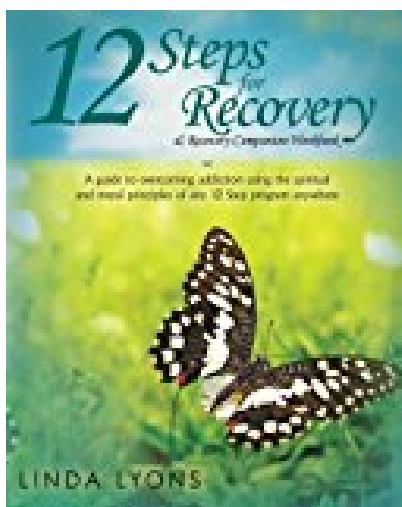


12 Steps for Recovery & Recovery Companion Workbook A guide to overcoming addiction using the spiritual and moral principles of any 12 steps program anywhere



BOOK DETAILS

- Author : Linda Lyons
- Pages : 312 Pages
- Publisher : VisionPoint Publications
- Language : English
- ISBN : 057807494X

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BOOK SYNOPSIS

"12 Steps for Recovery & Recovery Companion Workbook" is a spiritual and practical guide through the 12 Steps allowing alcoholics, addicts and dysfunctional individuals to engage in a hands-on recovery process. Demonstrating insight that comes from the perspective of long-term sobriety, the author has crafted a book and workbook synthesizing concepts of psychology, spirituality, and cognitive and behavioral aspects of the 12 Steps originated by Alcoholics Anonymous. Many who seek recovery can now experience a "user-friendly" format and explanation of a program that has been misunderstood. With humor and warmth, Ms. Lyons illustrates the internal concepts and practical applications of each Step and includes a special section on Relapse Prevention. People who suffer from addictions, their friends, family, employers and co-workers and others interested in the components of the 12 program can learn valuable strategies for recovery. The material and workbook exercises can also be used by addiction specialists and healthcare providers as an interactive tool for individual and group therapies, while educating their clients/patients about 12 Step ideology. The Steps are part of a holistic treatment program that must include therapy, trauma counseling, if indicated, education, self-examination, and strategies and tools to support the restructuring of thoughts and beliefs that contribute to continued addiction and dysfunction.

12 STEPS FOR RECOVERY & RECOVERY COMPANION WORKBOOK A GUIDE TO OVERCOMING ADDICTION USING THE SPIRITUAL AND MORAL PRINCIPLES OF ANY 12 STEPS PROGRAM ANYWHERE

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