

Understanding The Twelve Steps A Guide For Counselors Therapists And Recovering People

Recovery--the Sacred Art One Breath at a Time 12 Steps The Twelve Steps to Happiness Prayers for the Twelve Steps Twelve Steps to Spiritual Wholeness: A Christian Pathway [The Twelve Steps for Adult Children](#) Twelve Step Christianity The Twelve Steps For Smartphone Addiction Twelve Steps For Overeaters Step by Step The Twelve Steps Revisited [Life with Hope](#) [The Complete Twelve Step Collection: Living the Program](#) Al-Anon's Twelve Steps & Twelve Traditions CARL JUNG & ALCOHOLICS ANONYMOUS [The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition](#) Living the Twelve Traditions in Today's World The Twelve Steps to Holiness and Salvation 12 regels voor het leven 12 Steps and 12 Traditions Workbook Buddhism & the Twelve Steps Daily Reflections Sane [The Alternative 12 Steps](#) God Is at the Meeting [The Little Red Book. an Interpretation of the Twelve Steps of the Alcoholics Anonymous Program](#) [Clinician's Guide to the Twelve Step Principles](#) More God The Twelve Steps of Overeaters Anonymous Twelve Steps Chronic Illness and the Twelve Steps Wisdom of the Twelve Steps Keep It Simple [Step Up](#) A Mind Powered Disease™: Recognizing and Treating Alcoholism to Find Success In Life Through the 12 Step Program [Working the 12 Steps](#) [Prayer Steps to Serenity](#) [The Twelve Steps Journey](#) Codependents' Guide to the Twelve Steps Wisdom of the Twelve Steps [Twelve Steps to a Compassionate Life](#)

If you ally need such a referred Understanding The Twelve Steps A Guide For Counselors Therapists And Recovering People ebook that will find the money for you worth, get the no question best seller from us currently from several preferred authors. If you desire to hilarious books, lots of novels, tale, jokes, and more fictions collections are plus launched, from best seller to one of the most current released.

You may not be perplexed to enjoy every ebook collections Understanding The Twelve Steps A Guide For Counselors Therapists And Recovering People that we will completely offer. It is not on the costs. Its roughly what you craving currently. This Understanding The Twelve Steps A Guide For Counselors Therapists And Recovering People, as one of the most energetic sellers here will no question be along with the best options to review.

The Twelve Steps Revisited Nov 18 2021 Discusses the twelve steps of Alcoholics Anonymous and answers questions about their language, meaning and application

Twelve Steps For Overeaters Jan 20 2022 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.

Buddhism & the Twelve Steps Daily Reflections Jan 08 2021 A daily reader for people interested in using Buddhism as a guide to working the Twelve Steps. Includes meditation instructions, Buddhist teachings, Twelve Step, and recovery guidance.

[Prayer Steps to Serenity](#) [The Twelve Steps Journey](#) Sep 23 2019 Based on reader feedback to his original volume published in 2004, Parkhurst offers a revised edition with 12 new readings on the Serenity Prayer and how each part of the prayer corresponds with the 12 Step Program.

Step by Step Dec 19 2021 Since Muriel Zink began her own recovery work over thirty years ago, many people in self-help and anonymous recovery programs have shared their concern with her about finding concrete, practical ways to use the Twelve Step model, developed originally by Alcoholics Anonymous.

In STEP BY STEP, Muriel devotes each month of the year to an in-depth exploration of one of the Twelve Steps, with daily entries. The steps are presented in the chronological order of the months, though any of the meditations can be used out of sequence. No matter where we are in our recovery, these wise, inspiring messages and meditations can help us "step" our way to healthier, more productive lives.

Twelve Steps to Spiritual Wholeness: A Christian Pathway May 24 2022 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.

12 regels voor het leven Mar 10 2021 Wat moet iedereen in de moderne wereld weten? Om antwoord te geven op deze moeilijkste vraag der vragen combineert de gerenommeerde psycholoog Jordan B. Peterson de zwaarbevochten waarheden van oude tradities met verbluffende ontdekkingen van grensverleggend wetenschappelijk onderzoek. Op humoristische, verrassende en informatieve wijze vertelt Jordan Peterson ons waarom kinderen die aan het skateboarden zijn met rust gelaten moeten worden, welk verschrikkelijk noodlot mensen die te snel oordelen te wachten staat, en waarom je altijd een kat moet aaien als je er een tegenkomt. Peterson legt grote verbanden en distilleert daarbij uit alle kennis van de wereld 12 praktische en fundamentele leefregels. In 12 regels voor het leven maakt Jordan Peterson korte metten met de moderne clichés van wetenschap, geloof en de menselijke natuur, en tegelijkertijd transformeert en verrijkt hij de denkwijze van zijn lezers. Dr. Jordan B. Peterson (1962) is psycholoog, cultuurcriticus en hoogleraar psychologie aan de Universiteit van Toronto. Zijn wetenschappelijke artikelen hebben de moderne kijk op persoonlijkheid en creativiteit voorgoed veranderd. Peterson heeft honderdduizenden volgers op social media en zijn YouTube-clips zijn meer dan 27 miljoen keer bekeken. 'Peterson is vandaag de dag de invloedrijkste intellectueel van de westerse wereld. Voor miljoenen jonge mannen blijkt de methode-Peterson het perfecte tegengif voor de mengeling van knuffelen en beschuldigen waarin ze zijn grootgebracht.' - DAVID BROOKS, THE NEW YORK TIMES 'Hoewel ik in veel opzichten met Peterson van mening verschil, ben ik het hartgrondig eens met zijn nadruk op het zorgvuldig, zonder vooroordelen bekijken van grote maatschappelijke en persoonlijke kwesties om daar rationele, weloverwogen oplossingen voor te vinden. Dit boek staat er vol mee.' - LOUISE O. FRESCO 'Peterson stapt als een magiër door de ideeëngeschiedenis van het Westen, en hij maakt alles urgent, en stralend. Ja, er zijn regels voor het leven, met moeite gedistilleerd in de wildernis van het bestaan, gevoed met klassieke waarden en inzichten die de tand des tijds doorstaan, als wij volharden. Peterson is momenteel de belangrijkste "praktische" intellectueel.' - LEON DE WINTER 'Peterson is een genie op vele vlakken. 12 regels voor het leven is een groot, controversieel, ontvullend boek.' - THE TIMES 'Peterson is geen gebrek aan empathie te verwijten. Hij is als een vaderfiguur.' - TROUW

Al-Anon's Twelve Steps & Twelve Traditions Aug 15 2021 Twelve steps and 12 traditions are for people whose lives have been, or are being affected by alcoholism.

Twelve Steps to a Compassionate Life Jun 20 2019 The award-winning author of A History of God shares practical recommendations for promoting world peace by cultivating one's intrinsic tendencies for compassion, outlining a program for achieving mindfulness and engaging in acts of kindness.

Living the Twelve Traditions in Today's World May 12 2021 Living the Twelve Traditions In Today's World

A Mind Powered Disease™: Recognizing and Treating Alcoholism to Find Success In Life Through the 12 Step Program Nov 25 2019 Bob Anderson's communication flows out of 44 years of living experience in recovery. Gently and repetitively, he exposes the mind-powered nature of alcoholism as he teaches about recovery. He provides personal examples to reveal both the strange and hopeless world of his old life as well as the transformation into a happily, usefully whole new life by the Twelve Step Program. Although he speaks as an alcoholic with alcoholism, he puts Twelve Step Recovery in the reach of anyone. A Mind-Powered Disease™: • Dispels the misconception that alcoholism is

primarily an inability to control drinking. • Describes how the obsessive mind functions as a mind-powered disease and compels repeat performances, which results in confusion and despair. • Teaches how the application of the Twelve Step principles produces genuine recovery and true success in life through a change of character. • Helps the sufferer to find true happiness, freedom and peace of mind as a way of life.

The Twelve Steps to Happiness Jul 26 2022 For those of us working a Twelve Step program, here is a useful touchstone for anyone who has wrestled with questions like: "Am I really working my program to the fullest?" This classic handbook helps us find the tools to work our programs and see our way clear toward the happiness we deserve.

Clinician's Guide to the Twelve Step Principles Aug 03 2020 A detailed guide to the Twelve-Step method of addressing alcoholism and addiction. Prepares clinicians to use their skills and training in concert with this spiritual approach to recovery.

Working the 12 Steps Oct 25 2019 The Twelve Steps of A.A. are vital, life-saving tools. But how do we use them effectively? Keep It Simple Working The 12 Steps is a easy-to-read and understand workbook, we discover the core issues of the 12 Steps and how to work toward making them a daily part of our lives.

Chronic Illness and the Twelve Steps Mar 30 2020 A self-help guide for those who are chronically ill. When we live with a chronic illness or disability, our spirit is tested. And though we may have no say in our sickness, how we meet its spiritual challenge is entirely up to us. This is the message of Martha Cleveland's heartening book, which maps the spiral of emotional pain that steals the energy of the chronically ill--and shows how to turn this spiral into a path toward spiritual growth. Cleveland herself turned to the Twelve Steps for support during almost two decades of a recurring illness that defied diagnosis. In this book, she shares what the Twelve Step program teaches her about living with chronic illness--coping with feelings of pain, anger, hopelessness, and isolation--and about offsetting such negative emotions with spiritual wellness. An invitation to choose joy over despair, her book reveals how chronic illness can open the spirit to acceptance, serenity, and fulfillment.

More God Jul 02 2020

One Breath at a Time Sep 28 2022 Merging Buddhist mindfulness practices with the Twelve Step program, this updated edition of the bestselling recovery guide One Breath at a Time will inspire and enlighten you to live a better, healthier life. Many in recovery turn to the Twelve Steps to overcome their addictions, but struggle with the spiritual program. But what they might not realize is that Buddhist teachings are intrinsically intertwined with the lessons of the Twelve Steps, and offer time-tested methods for addressing the challenges of sobriety. In what is considered the cornerstone of the most significant recovery movement of the 21st century, Kevin Griffin shares his own extraordinary journey to sobriety and how he integrated the Twelve Steps of recovery with Buddhist mindfulness practices. With a new foreword by William Alexander, the author of Ordinary Recovery, One Breath at a Time takes you on a journey through the Steps, examining critical ideas like Powerlessness, Higher Power, and Moral Inventory through the lens of the core concepts of Buddhism—the Four Noble Truths, the Eightfold Path, mindfulness, loving-kindness, and more. The result is a book that presents techniques and meditations for fi

Wisdom of the Twelve Steps Jul 22 2019 The Wisdom of the Twelve Steps is one in a series of workbooks specifically written to assist the entire recovering community. Regardless your type of addiction, compulsivity, or codependency, these lessons will assist you on your journey toward peace and serenity. Learn from the stories, explanations, exercises, and meditations. Add to that learning by working the thought provoking questions designed to nudge you toward new discoveries and the wonders of the Twelve Steps. In the fearless pursuit of happiness, many people find stress relief when they look inwardly to find their strength. One of the best stress relievers is working 12-Step Program such as AA, NA, Al-Anon, Adult Children of Alcoholics. Other self-help books available: Love is Not Enough, and Gilligan's Notes. Enjoy other books of inspiration poetry: Professor of Pain, Iron Mask, and Red Roses 'n Pinstripes. This book is also a marriage builder often used in conjunction with marriage

counseling and those addictive to love. Wisdom of the Twelve Steps includes serenity quotes, happy love quotes, and happy life quotes. It fits well with those embrace love peace quotes and serenity prayer quotes. Enjoy reading about healing of addiction using the 12 steps. Alcoholics anonymous, AA, NA, codependency, Al Anon, drug addiction, compulsive gambling, compulsive eating, process addiction, sex addiction, SSA, SA, ACOA, ACA, INTERNET ADDICTION, change, sponsor, treatment center, steps, working the steps, twelve steps, workbook, 12 step workbook, 1st step, 2nd step, 3rd step, 4th step, 5th Step, 6th Step.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition Jun 13 2021
The Complete Twelve Step Collection: Living the Program Sep 16 2021 The Complete Twelve Step Collection: Living the Program is a compilation of Hazelden Publishing's Twelve Step pamphlets. This eBook is a sure way to gain a basic, yet thorough, understanding of the significance of each Step. Each pamphlet can also be purchased separately. The Twelve Step program has been a universal model for recovery from substance use disorder since the 1930s. These pamphlets explore the concepts of the Twelve Steps of Alcoholics Anonymous and discuss how we can apply them in today's world. Although the Steps remain the same, we can learn how to approach them differently over time.

Life with Hope Oct 17 2021 Similar to The Big Book of Alcoholics Anonymous, Life with Hope thoroughly explains the 12 Steps and 12 Traditions as they relate to marijuana addicts and those with cannabis use disorder. This is an essential resource for anyone seeking recovery through Marijuana Anonymous (MA). "How can we tell you how to recover? We cannot. All we can do is share with you our own experiences and recovery through the Twelve Steps of Marijuana Anonymous." Similar to The Big Book of Alcoholics Anonymous, Life with Hope thoroughly explains the Twelve Steps and Twelve Traditions as they relate to individuals with cannabis use disorder. The text includes the 12 Steps and the 12 Traditions, fifteen personal stories from Marijuana Anonymous members, and the section, A Doctor's Opinion about Marijuana Addiction. Life with Hope is an essential resource for the marijuana addict and for anyone with a cannabis use disorder who is seeking recovery through Marijuana Anonymous (MA). The text is ideal for newcomers, people who are in active addiction, and anyone interested learning more about how marijuana addiction affects people's lives.

Prayers for the Twelve Steps Jun 25 2022 This inspirational guide, designed to be used alone or with the book, The Twelve Steps--A Spiritual Journey, shows how prayer is vital to every step of the 12 Steps program.

The Twelve Steps of Overeaters Anonymous Jun 01 2020

The Little Red Book. an Interpretation of the Twelve Steps of the Alcoholics Anonymous Program Sep 04 2020 2010 Reprint of 1951 Edition. Full facsimile of the original edition, not reproduced with Optical Recognition Software. The little Red Book evolved from a series of notes originally prepared for "Twelve Step" suggestions to A.A. beginners. It lends supplementary aid to the study of the book "Alcoholics Anonymous" and contains many helpful topics for discussion meetings. Many groups have adopted this brief summarization of the A.A. Recovery Program expounded in the Big Book.

Keep It Simple Jan 28 2020 Life can be complicated and hectic, but when we keep things simple, we can bring them down to a manageable size. These meditations focus on the Twelve Steps, stressing the importance of putting into practice new beliefs, slogans, and fellowship.

Step Up Dec 27 2019 If you're brand new to the twelve steps - either in an online community because of the coronavirus pandemic, or safely joining meetings some other way, this book can help you find your feet and start your journey. Twelve Step programs can sometimes be intimidating. Before you walk into that meeting, you want to know the scoop and what it's really like to work a Twelve Step recovery program. Michael Graubart is here to tell you. If you're ready to take the first steps in a new direction, you don't have to walk them alone. Step up to your best life, alongside the millions of people who have embraced Twelve Step programs as a way to gratefully recover from their substance use, alcoholism, and addictions. In Step Up: Unpacking Steps One, Two, and Three with Someone Who's Been There, the first book in Hazelden Publishing's Step In to Recovery Series, Michael Graubart provides straightforward explanations on working a Twelve Step program, starting with the first three Steps.

Graubart honestly addresses the most common questions about the Twelve Step fellowship. As someone who's been where you are today, he shows you what it's like to not only maintain sobriety, but to find a different way of life through a Twelve Step program.

Sane Dec 07 2020 Marya Hornbacher, author of the international best-sellers *Madness and Wasted*, offers an enlightening examination of the Twelve Steps for those with co-occurring addiction and mental health disorders. Marya Hornbacher, author of the international best sellers *Madness: A Bipolar Life and Wasted: A Memoir of Anorexia and Bulimia*, offers an enlightening examination of the Twelve Steps for those with co-occurring addiction and mental health disorders. In this beautifully written recovery handbook, New York Times best-selling author Marya Hornbacher applies the wisdom earned from her struggle with a severe mental illness and addiction to offer an honest and illuminating examination of the Twelve Steps of Alcoholics Anonymous for those with co-occurring addiction and mental health disorders. Relaying her recovery experiences, and those of the people with whom she has shared her journey, Hornbacher guides readers through the maze of special issues that make working each Step a unique challenge for those with co-occurring disorders. She addresses the difficulty that many with a mental illness have with finding support in a recovery program that often discourages talk about emotional problems, and the therapy and medication that they require. At the same time, Hornbacher reveals how the Twelve Steps can offer insights, spiritual sustenance, and practical guidance to enhance stability for those who truly have to approach sanity and sobriety one day at a time.

God Is at the Meeting Oct 05 2020 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.

Wisdom of the Twelve Steps Feb 27 2020 *The Wisdom of the Twelve Steps* is one in a series of workbooks specifically written to assist the entire recovering community. Regardless your type of addiction, compulsivity, or codependency, these lessons will assist you on your journey toward peace and serenity. Learn from the stories, explanations, exercises, and meditations. Add to that learning by working the thought provoking questions designed to nudge you toward new discoveries and the wonders of the Twelve Steps. In the fearless pursuit of happiness, many people find stress relief when they look inwardly to find their strength. One of the best stress relievers is working 12-Step Program such as AA, NA, Al-Anon, Adult Children of Alcoholics. Other self-help books available: *Love is Not Enough*, and *Gilligan's Notes*. Enjoy other books of inspiration poetry: *Professor of Pain*, *Iron Mask*, and *Red Roses 'n Pinstripes*. This book is also a marriage builder often used in conjunction with marriage counseling and those addictive to love. *Wisdom of the Twelve Steps* includes serenity quotes, happy love quotes, and happy life quotes. It fits well with those embrace love peace quotes and serenity prayer quotes. Enjoy reading about healing of addiction using the 12 steps. Alcoholics anonymous, AA, NA, codependency, Al Anon, drug addiction, compulsive gambling, compulsive eating, process addiction, sex addiction, SSA, SA, ACOA, ACA, INTERNET ADDICTION, change, sponsor, treatment center, steps, working the steps, twelve steps, workbook, 12 step workbook, 1st step, 2nd step, 3rd step, 4th step, 5th Step, 6th Step.

CARL JUNG & ALCOHOLICS ANONYMOUS Jul 14 2021

Codependents' Guide to the Twelve Steps Aug 23 2019 Provides a detailed explanation of the Twelve-Step program designed by Alcoholics Anonymous, accompanied by advice on how to apply the

program to codependent issues and cross-addiction

12 Steps and 12 Traditions Workbook Feb 09 2021

The Twelve Steps for Adult Children Apr 23 2022 Offers guidance for adult children of alcoholics, based on the twelve steps of Alcoholics Anonymous, to begin working on recovery.

Twelve Steps Apr 30 2020 When I first entered Alcoholics Anonymous (AA), I started hearing the stories of people. Regardless of culture, racial origin, economic stature, or sex, all of the stories reflected the journeys alcoholics took to arrive at AA's doorstep. It was in hearing the journeys of others that I began to get well. My alcoholism was not stronger than my humanity. Thank God! In the years of working in the treatment of addictions, I have learned that the journeys of alcoholics and drug addicts are very similar. The primary difference is drug of choice. Addiction is the disease. That is why both AA and NA (Narcotics Anonymous) and the many twelve-step groups that have been birthed from the original all use the basic twelve steps, substituting different words for the powerless concept. What a powerful gift Bill Wilson and Dr. Bob Smith have given the world! We need our separate groups and communities, but we come together in the twelve steps. For this reason, I have shared my understanding of the twelve steps to alcoholics, cocaine addicts, pill addicts, gamblers, food addicts, and sex addicts, to name a few. The formula to recovery is the twelve steps. Although I present this book mainly in the language of Alcoholics Anonymous, it is intended to be used for any person in recovery from the disease of addiction. Also, I have written this book from my Christian faith and experience. However, the core principle of AA is a belief in a Higher Power as you understand the meaning of that term, which is all inclusive. Alcoholics Anonymous is not aligned to any particular sect, denomination, religion, organization, etc. I grew up with a storyteller. My father was more entertaining than any of the television personalities. I have remembered the joy of listening to his stories and retained the messages long after the life of his words. The stories in this book were heard in meetings, sermons, retreats, or simply told by a friend, and are stories that touched me personally in my recovery and have sustained me through the years, helping me work anew the twelve-step program. I offer this book as a tool to help in the use of the twelve steps. The book is my personal interpretation of the steps. It is my hope that it will benefit you in your personal journey of recovery.

Twelve Step Christianity Mar 22 2022 Twelve Step Christianity teaches Christians in recovery to connect their faith with their program--and shows any Christian a clear path to a more intimate relationship with Christ. Genuine Christianity is more than a set of beliefs--it is a relationship with Jesus Christ that involves hearing His voice and following His directions. But how does one do this? What tools or spiritual disciplines enable Christians to live out their lives in dynamic submission to God's will? Perhaps no set of principles is better suited to help Christians hear God's voice and submit to His will than the Twelve Steps. As a Christian who practices the Steps, Saul Selby knows them to be an invaluable tool for living out the Christian faith. Selby brings his knowledge to bear in Twelve Step Christianity, which teaches Christians in recovery to connect their faith with their program--and shows any Christian a clear path to a more intimate relationship with Christ. Laid out in a workbook format, with room for readers to write answers and track their progress, Twelve Step Christianity explores the roots of Twelve Step spirituality, Examines the connections and distinctions between Christianity and Twelve Step programs and offers readers a deeper and broader understanding of the myriad powerful reasons for applying the Twelve Steps to their lives.

The Twelve Steps to Holiness and Salvation Apr 11 2021 The 12 virtues we must all acquire to be happy in this world and to save our souls. Many of our readers rate this the most beautiful and inspiring book they have ever read. For absolutely all! One of TAN's top 5 best-selling books. Impr. 210 pgs, PB

The Twelve Steps For Smartphone Addiction Feb 21 2022 An effective solution to the challenge of Smartphone Addiction based on the rich and successful tradition of the Twelve Steps. Smartphone Addiction is a new and troubling phenomenon that has burst upon an unprepared society with alarming speed. Many people crave the use of Smartphone Technology and its constant and effective system of sensory rewards in a strikingly similar way to any other addict. Smartphones and the complex software they run have been architected to promote continued and progressive usage. This sophisticated

technology clearly feeds on natural addictive tendencies, and recent evidence suggests Smartphones are intentionally designed to be addictive. The Twelve Steps are one of the most effective methods for treating addiction in human history. Originating with Alcoholics Anonymous in 1939, the Twelve Steps have since been used to treat a variety of other addictions, including drugs, sex, gambling, eating disorders, and many others. Now in this groundbreaking work the Twelve Steps are applied to the complex and evolving contemporary phenomenon of Smartphone Addiction. About the Author Jim Sugel is a Digital Marketing Consultant with many years of professional coding and consulting experience. He also struggled with addiction to drugs and alcohol and is now clean and sober in a Twelve-Step program for over 15 years. This unique combination of Twelve-Step experience and technology expertise led him to create the Twelve Steps for Smartphone Addiction.

12 Steps Aug 27 2022 A self-help guide and program for adult survivors of childhood abuse from dysfunctional families that emphasizes the use of spiritual life based on Biblical teachings.

Recovery--the Sacred Art Oct 29 2022 Deepen Your Capacity to Live Free from Addiction--and from Self and Selfishness "Twelve Step recovery is much more than a way to escape the clutches of addictive behaviors. Twelve Step recovery is about freeing yourself from playing God, and since almost everyone is addicted to this game, Twelve Step recovery is something from which everyone can benefit." --from the Introduction In this hope-filled approach to spiritual and personal growth, the Twelve Steps of Alcoholics Anonymous are uniquely interpreted to speak to everyone seeking a freer and more God-centered life. This special rendering makes them relevant to those suffering from specific addictions--alcohol, drugs, gambling, food, sex, shopping--as well as the general addictions we wrestle with daily, such as anger, greed, and selfishness. Rami Shapiro describes his personal experience working the Twelve Steps as adapted by Overeaters Anonymous and shares anecdotes from many people working the Steps in a variety of settings. Drawing on the insights and practices of Christianity, Judaism, Buddhism, Taoism, Hinduism, and Islam, he offers supplementary practices from different religious traditions to help you move more deeply into the universal spirituality of the Twelve Step system.

The Alternative 12 Steps Nov 06 2020 In 1991, two women were successfully working the 12-Step program... and they were atheists. They knew the program worked, and translated the Steps into secular terms. This ground-breaking book - as valuable today as it was when it was first written - is their sharing of this secular translation. In The Alternative 12 Steps: A Secular Guide to Recovery, Martha Cleveland and Arlys G. show how the 12-Step program can be interpreted and worked by those who simply do not believe in an interventionist deity. At the same time the authors conscientiously maintain the intention and integrity of the program - its values, scope and depth. A chapter is devoted to each Step. The language is clear, engaging and personal. The Foreword to this Second Edition of the book begins with a striking quote from Chapter Three which captures the essence of both the book and the 12 Steps: "We can learn the universal, generic pattern of life's dance from the 12 Steps. But in our individual dance of life, we choose our own music and dance our own dance." This is a unique, inspiring and helpful book for anyone - regardless of belief or lack of belief - who would like to work the 12 Step program.