

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

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.

Understanding the Twelve Steps An Interpretation and Guide for Recovering Simon and Schuster
Humans are biologically programmed to seek out pleasurable experiences. These experiences are processed in the mesolimbic system, also referred to as the "reward center" of the brain, where a number of chemical messengers work in concert to provide a net release of dopamine in the Nucleus Accumbens. In some genetically predisposed individuals, addiction occurs when the mechanisms of the mesolimbic system are disrupted by the use of various drugs of abuse. Since Alcoholics Anonymous was founded in 1935, its 12 step program of spiritual and character development has helped countless alcoholics and drug addicts curb their self-destructive behaviors. However, the program was developed at a time when comparatively little was known about the function of the brain and it has never been studied scientifically. This is the first book to take a systematic look at the molecular neurobiology associated with each of the 12 steps and to review the significant body of addiction research literature that is pertinent to the program.

A fresh interpretation of the healing process established by the Twelve Steps, with an eye toward the social, cultural, and psychological factors that affect men--and thus their recovery from addiction. In *A Man's Way through the Twelve Steps*, author Dan Griffin uses interviews with men in various stages of recovery, excerpts from relevant Twelve Step literature, and his own experience to offer the first holistic approach to sobriety for men. Readers work through each of the Twelve Steps, learn to reexamine negative masculine scripts that have shaped who they are and how they approach recovery, and strengthen the positive and affirming aspects of manhood. This groundbreaking book offers the tools needed for men to work through key issues with which they commonly struggle, including difficulty admitting powerlessness, finding connection with a Higher Power, letting go of repressed anger and resentment, contending with sexual issues, and overcoming barriers to intimacy and meaningful

relationships. A Man's Way through the Twelve Steps offers practical advice and inspiration for men to define their own sense of masculinity and thus heighten their potential for a lifetime of sobriety.

A Clinical Research Guide for Therapists Treating Individuals with Alcohol Abuse and Dependence

Recovery

The Twelve Steps for Everyone...

A Catholic Journey through Recovery

A Book of Reflections by A.A. Members for A.A. Members

Twelve Jewish Steps to Recovery

Alcoholics Anonymous Comes of Age,

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 finding clarity and awareness in your life, just as it has for thousands of addicts and alcoholics.

A profound and practical approach to the Twelve Steps and how to incorporate them into daily life. +

Twelve Steps to recovery.

The basic text for Alcoholics Anonymous.

A Guide for Counselors, Therapists, and Recovering People

Understand and Complete The 12 Steps of Alcoholics Anonymous

Alcoholics Anonymous for the 21st Century

A Woman's Way through the Twelve Steps

Codependents' Guide to the Twelve Steps

Fahrenheit 451

The Little Book

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.

In A Skeptic's Guide to the 12 Steps, 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.

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.

OUR DEAR YOUNG MEN AND YOUNG WOMEN, we have great confidence in you. You are beloved sons and daughters of God and He is mindful of you. You have come to earth at a time of great opportunities and also of great challenges. The standards in this booklet will help you with the important choices you are making now and will yet make in the future. We promise that as you keep the covenants you have made and these standards, you will be blessed with the companionship of the Holy Ghost, your faith and testimony will grow stronger, and you will enjoy increasing happiness.

Geared specifically to women, this book brings a feminine perspective to the Twelve Step program, searching out the healing messages beneath the male-oriented words. Recovery is not a man's world, and yet to a woman it can sometimes seem that way. Geared specifically to that woman, this book brings a feminine perspective to the Twelve Step program, searching out the healing messages beneath the male-oriented words. Based on an open exploration and a flexible interpretation of the Twelve Steps, this new perspective takes into account the psychological development of women as it relates to addiction and recovery, as well as the social and cultural factors that affect women in particular. Acknowledging that recovery raises special issues for women--from questions about sexuality, relationships, and everyday life to anxieties about speaking up at mixed-gender meetings--A Woman's Way through the Twelve Steps focuses directly on the feminine experience of addiction and healing. The author explores the Twelve Steps one by one, reiterating each in its traditional language, then explaining and illustrating it in a way that highlights a woman's experience--empowering the reader to take ownership of her own recovery process as well as her growth as a woman.

Daily Reflections

Father Fred and the Twelve Steps

Modern 12 Step Recovery

A Personal Guide to Turning from Alcoholism and Other Addictions

Twelve Steps to Spiritual Enlightenment

An Interpretation and Guide for Recovering

Designed as an aid for the study of the book, Alcoholics Anonymous, The Little Red Book contains many helpful topics for discussion meetings. This is the original study guide to the Big Book, Alcoholics Anonymous. Filled with practical information for those first days of sober living, this little book: offers newcomers advice about the program, how long it takes, and what to look for in a sponsor provides in-depth discussions of each of the Twelve Steps and related character defects poses common questions about AA and helping others, identifying where to find answers in the Big Book features non-sexist language.

The twelve step addiction recovery process often comes in many variations and interpretations; while each variation may focus on different aspects of recovery, they all stem from the groundbreaking work of Bill W. and Dr. Bob Smith, the founders of the organization known as Alcoholics Anonymous. Twelve Steps to Spiritual Freedom: Understanding the Christian Roots of Twelve Step Programs aligns this 20th century construct with its roots in centuries old practices. This sensible approach brings together the deep spiritual tradition of Christianity to complement and support the hands-on, daily work of twelve-step programs. Interspersed with personal experiences, Understanding the Christian Roots of Twelve Step Programs identifies and contextualizes the natural connections between Christian mysticism and the wisdom of twelve step programs and makes this information usable for readers. With her intelligent and pragmatic approach, author Joanna Thyer speaks to those who struggle within twelve step programs and to the counselors, therapists, social workers, and family and friends who support their recovery efforts. Knowing the origins can make the journey through addiction recovery grounded, personal, and rooted in faith.

Modern 12 Step Recovery is a user-friendly, secular guide to the 12 Step program of Alcoholics Anonymous (AA). This book includes updated Steps, information from science and psychology, and a working guide to the 12 Step program that makes the program welcoming to people of all ages and beliefs. This "modernization" was achieved without making any fundamental changes to the AA program. Modern 12 Step Recovery is 100% compatible with pursuing a program of recovery within

the traditional AA mutual support network. This includes AA meetings, sponsor relationships, and other activities. The information in this book is also relevant to people in recovery from co-dependency (Al-Anon) and other 12 Step-based programs.

The Twelve Steps for Everyone

12 Step Workbook

A Novel

For the Strength of Youth

An Inclusive Guide to Enhancing Recovery

The Story of how Many Thousands of Men and Women Have Recovered from Alcoholism

Living the Program

Understanding the Twelve Steps

This twelve-month manual brings the serious student of consciousness to an ongoing awareness of unity. Dr. Regardie revised this edition (originally published as Twelve Steps to Spiritual Enlightenment) to progress from the physical disciplines of body awareness, relaxation, and rhythmic breathing, through concentration, developing will, mantra practice, to the ultimate awareness that All is God.

James Patterson presents this emotionally resonant novel that shows that while some broken things can't be put back exactly the way they were, they can be repaired and made even stronger. Kira's Twelve Steps To A Normal Life 1. Accept Grams is gone 2. Learn to forgive Dad 3. Steal back ex-boyfriend from best friend... And somewhere between 1 and 12, realize that when your parent's an alcoholic, there's no such thing as "normal." When Kira's father enters rehab, she's forced to leave everything behind -- her home, her best friends, her boyfriend...everything she loves. Now her father's sober (again) and Kira is returning home, determined to get her life back to normal...exactly as it was before she was sent away. But is that what Kira really wants? Life, love, and loss come crashing together in this visceral, heartfelt story by BuzzFeed writer Farrah Penn about a girl who struggles to piece together the shards of her once-normal life before his alcoholism tore it apart.

This guide is in an 8 1/2' x 11" size. Working with a Big Book guide can help tremendously when trying to understand what the particular step is asking and even promising. To be effective, this guide needs to be used alongside your Big Book of Alcoholics Anonymous. Not instead of it. While this guide may help you to better understand the steps it does not cover many of the other chapters (outside of the chapters containing the steps) this incredible book contains. So be sure to have your own copy of the Big Book of Alcoholics Anonymous so you don't miss out on what it has to offer. Perhaps once you see some of the finer points contained in this guide you will want to know more about the other chapters in the Big Book. Grab this guide now and get started on a whole new level of understanding the depth of the 12 Steps so you can pass it on to your own people when you are ready to sponsor. That was the promise I made to my own mentor who spent so many hours teaching me and patiently showing me the path to exciting sobriety. Read the reviews and I think you'll agree, this guide will help you in a big way!

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

Freedom from Our Addictions

Interpreted By The Hazelden Foundation

RECOVERY 2.0

12 Rules for Life

A Practical Handbook for Understanding and Working the Twelve Step Programs for Alcoholism, Codependency, Eating Disorders, and Other Addictions

If You Work It, It Works!

The Complete Twelve Step Collection: Living the Program

This is the newly released print edition by popular request! This is the 6" x 9" size. This book has all Twelve Steps of Recovery in Alcoholics Anonymous. Read the reviews to see what others have been saying for years about this book. The 12 Steps of Recovery with Alcoholics Anonymous are responsible for the restoration of families, jobs, homes and relationships. Not to mention the ability for a person with the disease of alcoholism to stay sober and happy. Just like the saying "The longest journey begins with the first step" this process opens the door to the man or woman looking to begin their journey to freedom through recovery. This book will show the full impact behind the 12 Steps for the person who has alcoholism and wants a way out. Enjoy the book!

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

A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery "This manual for self-realization comes not from a mountain but from the mud...My qualification is not that I am better than you but I am worse." —Russell Brand With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his fourteen years of recovery. Brand speaks to those suffering along the full spectrum of addiction—from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not "Why are you addicted?" but "What pain is your addiction masking? Why are you running—into the wrong job, the wrong life, the wrong person's arms?" Russell has been in all the twelve-step fellowships going, he's started his own men's group, he's a therapy regular and a practiced yogi—and while he's worked on this material as part of his comedy and previous

bestsellers, he's never before shared the tools that really took him out of it, that keep him clean and clear. Here he provides not only a recovery plan, but an attempt to make sense of the ailing world.

Gain a clear understanding of the science and latest research behind the success of the Twelve Steps, a critical program used by millions of people around the world to stay sober and one of the greatest social movements of our time. Since the publication of Alcoholics Anonymous in 1939, the Twelve Steps have been central to staying sober for millions of people around the world. Countless recovery and treatment organizations have adopted the Steps as their program for abstaining from addictive behaviors. But recently a growing chorus of critics has questioned the science behind this model. In this book, Nowinski calls upon the latest research, as well as his own seminal Project MATCH study, to show why systematically working a Twelve Step program yields predictable and successful outcomes.

Whether you're thinking of joining a Twelve Step group, or simply want to understand the science fueling one of the greatest social movements of our time, this book is for you. As any AA member will tell you, "It works if you work it."

The 12 Steps Program and Fellowship

A Collection of Alternative 12 Steps

The Twelve Steps and the Sacraments

The "Twelve and Twelve" — Essential Alcoholics Anonymous reading

New Stories

Twelve Steps to Normal

The One Year Manual

A totalitarian regime has ordered all books to be destroyed, but one of the book burners suddenly realizes their merit.

By presenting a Jewish perspective on The Twelve Steps and offering consolation, inspiration, and motivation towards recovery, this guide explains how the Twelve Steps of Alcoholics Anonymous are relevant for Jewish people as well as Christians. Afterword on "Where to Go for Help" by The JACS Foundation (Jewish Alcoholics, Chemically Dependent Persons and Significant Others). Illustrations by Maty Grunberg.

Offers information on understanding and applying the steps in everyday life and interprets the principles behind the AA program

Winner of a 2018 Catholic Press Association Award: Sacraments. (Second Place). In the first book to directly integrate the Twelve Steps with the practice of Catholicism, Scott Weeman, founder and director of Catholic in Recovery, pairs his personal story with compassionate straight talk to show Catholics how to bridge the commonly felt gap between the Higher Power of twelve-step programs and the merciful God that he rediscovered in the heart of the sacraments. Weeman entered sobriety from alcohol and drugs on

October 10, 2011, and he's made it his full-time ministry to help others who struggle with various types of addiction to find spiritual wholeness through Catholic in Recovery, an organization he founded and directs. In *The Twelve Steps and the Sacraments*, Weeman candidly tackles the struggle he and other addicts have with getting to know intimately the unnamed Higher Power of recovery. He shares stories of his compulsion to find a personal relationship with God and how his tentative steps back to the Catholic Church opened new doors of healing and brought him surprising joy as he came to know Christ in the sacraments. Catholics in recovery and those moving toward it, as well as the people who love them will recognize Weeman's story and his spiritual struggle to personally encounter God. He tells us how: Baptism helps you admit powerlessness over an unmanageable problem, face your desperate need for God, and choose to believe in and submit to God's mercy. Reconciliation affirms and strengthens the hard work of examining your life, admitting wrongs, and making amends. The Eucharist provides ongoing sustenance and draws you to the healing power of Christ. The graces of Confirmation strengthen each person to keep moving forward and to share the good news of recovery and new life in Christ. Weeman's words are boldly challenging and brimming with compassion and through them you will discover inspiration, hope, sage advice, and refreshingly practical help.

Twelve Steps and Twelve Traditions Trade Edition

Understanding the Christian Roots of Twelve Step Programs

One Breath at a Time

A Skeptic's Guide to the 12 Steps

Your Guide to All 12 Steps

The Twelve Steps Of Alcoholics Anonymous

The Twelve Steps to Happiness

"A celebration of the varieties of recovery experience." From the foreword by William L. White, author, "Slaying the Dragon: The History of Addiction Treatment and Recovery in America." "There are many versions of the 12-Step program of recovery. In fact, there are about as many versions as there are alcoholics in AA who use the program to get sober and to maintain their sobriety." Thus begins "The Little Book: A Collection of Alternative 12 Steps." Inside: * Twenty alternative versions of the 12 Steps reflecting a wide range of philosophical, professional, religious, and cultural perspectives and traditions. * Four interpretations of each of the Steps by well-known authors Stephanie Covington ("A Woman's Way through the Twelve Steps"), Therese Jacobs-Stewart ("Mindfulness and the 12 Steps"), Allen Berger ("The Therapeutic Value of the 12 Steps") and Gabor Mate ("In the Realm of Hungry Ghosts"). * Templates so the reader can write her or his own personal alternative 12 Steps as well as record insights into - and interpretations of - each of the Steps. * An essay that accurately and insightfully traces the origins of the AA 12-Step recovery program. The Little Book is a celebration of the many ways people are today adapting and interpreting the original 12 Steps of Alcoholics Anonymous in order to achieve a "personality change sufficient to bring about

recovery from alcoholism." "A beautiful testimony to AA's living history." Ernest Kurtz, author, "Not God: A History of Alcoholics Anonymous."

This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. Daily Reflections has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

Commonly referred to as the "Twelve and Twelve," Twelve Steps and Twelve Traditions comprises 24 foundational essays by Alcoholics Anonymous co-founder Bill W. that have helped millions of A.A. members worldwide both to get and stay sober "one day at a time," and to ensure that their "Fellowship" — Alcoholics Anonymous as a whole — will be there for them tomorrow. First published by Grapevine in 1952, the 12 essays in the book's opening expand upon each of A.A.'s landmark Twelve Steps — its program of recovery from alcoholism — with practical applications, helpful examples and personal insights, many of which enlarge upon themes raised in the Big Book of Alcoholics Anonymous. The second 12 illuminate the Twelve Traditions and explain how spiritual principles such as anonymity, humility and self-support serve to safeguard the unity of Alcoholics Anonymous and shield it from internal and external challenges. Whether read aloud at meetings, referred to while working with a sponsor, or turned to in a quiet moment, The Twelve Steps and Twelve Traditions can serve as a vital resource for those seeking a deeper understanding of the Steps and Traditions. Twelve Steps and Twelve Traditions has been approved by the General Service Conference.

The basic principles of many of the popular twelve step programs are combined in this book into one easy text, covering problems with: Alcohol Drugs Gambling Anger Food Relapse People, Places, & Things. This book will benefit anyone suffering from these destructive behaviors by using a series of open-ended questions to work the twelve steps of recovery programs.

Buddhism and the Twelve Steps

Twelve Steps to Spiritual Freedom

Molecular Neurobiology of Addiction Recovery

The Little Red Book

Who Really Wants Them

An Antidote to Chaos

Trauma and the 12 Steps, Revised and Expanded

#1 NATIONAL BESTSELLER #1 INTERNATIONAL BESTSELLER What does everyone in the modern world need to know? Renowned psychologist Jordan B. Peterson's answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. Humorous, surprising and informative, Dr. Peterson tells us why skateboarding boys and girls must be left alone, what terrible fate awaits those who criticize too easily, and why you should always pet a cat when you meet one on the street. What does the nervous system of the lowly lobster have to tell us about standing up straight (with our shoulders back) and about success in life? Why did ancient Egyptians worship the capacity to pay careful attention as the highest of gods? What dreadful paths do people tread when they become resentful, arrogant and vengeful? Dr. Peterson journeys broadly, discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life. 12 Rules for Life shatters the modern commonplaces of science, faith and human nature, while transforming and ennobling the mind and spirit of its readers.

The Original 12 Step Book Written In 1946. (The little red Book) This book was the first guide used to help people do the twelve steps. It was approved by AA , promoted, by Dr Bob, And was offered for sale by AA prior to AA 12 & 12. It remains as the clearest and easiest to understand guide.

This basic text for AA members and groups around the world lays out the principles by which members recover and by which the fellowship functions. Originally published in 1952, Twelve Steps and Twelve Traditions is the classic book used by AA members and groups around the world. It lays out the principles by which AA members recover and by which the fellowship functions. The basic text clarifies the Steps which constitute the AA way of life and the Traditions, by which AA maintains its unity.

"The feeling was electric-energy humming through my body. I felt like blood was pouring into areas of my tissues that it had not been able to reach for some time. It was relieving and healing, subtler than the feeling from getting off on drugs, but it was detectable and lovely, and of course, there was no hangover, just a feeling of more ease than I could remember. I felt a warmth come over me similar to what I felt when I had done heroin, but far from the darkness of that insanity, this was pure light-a way through." - Tommy Rosen, on his first yoga experience Most of us deal with addiction in some form. While you may not be a fall-down drunk,

anorexic, or a gambling addict, you likely struggle with addiction in other ways. Workaholism, overeating, and compulsively engaging with technology like video games, texting, and Facebook are also highly common examples. And if you don't suffer from addiction, chances are you know someone who does. Through more than 20 years of recovery and in working professionally with others, Tommy Rosen has uncovered core elements of recovery and healing, what he refers to as Recovery 2.0. In the book, he shares his own past struggles with addiction, and powerful, tested tools for breaking free from the obstacles that stand in the way of a holistic and lasting recovery. Building off the key tenets of the 12-Step program, he has developed an innovative approach that includes

- Looking at the roots of addiction; your family history and "Addiction Story"
- Daily breathing practices, meditation, yoga, and body awareness
- A healthy, alkaline-based diet to aid with detox, boost immunity, increase vitality, support your entire recovery, and help prevent relapse
- Discovering your mission, living on purpose, and being of service to others

Recovery 2.0 will help readers not only release their addictions, but thrive in their recovery.

A Primer for Recovery

Alcoholics Anonymous

The Original 12 Step Book

The Science Behind 12 Step Recovery

A 12 Step Guide - For the Big Book of AA

A Man's Way through the Twelve Steps

Twelve Step Facilitation Therapy Manual

This book brings together a series of short discussions from various authors who interpret the Twelve Steps. The Twelve Steps of Alcoholics Anonymous form the cornerstone of one of the most effective programs for recovery from alcoholism. The steps have also been successfully adapted for use in the treatment of many other dependencies. This book brings together for the first time a series of short discussions that interpret each of the Twelve Steps--from the admission of individual powerlessness over alcohol that occurs in Step One, to the moral inventory of Step Four and the spiritual awakening of Step Twelve. Each discussion has a separate author, demonstrating the diversity of voices that is at the heart of AA, and each author provides insights that keep the steps fresh and meaningful, whether they've been read once or a hundred times.

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.

Twelve Steps and Twelve Traditions