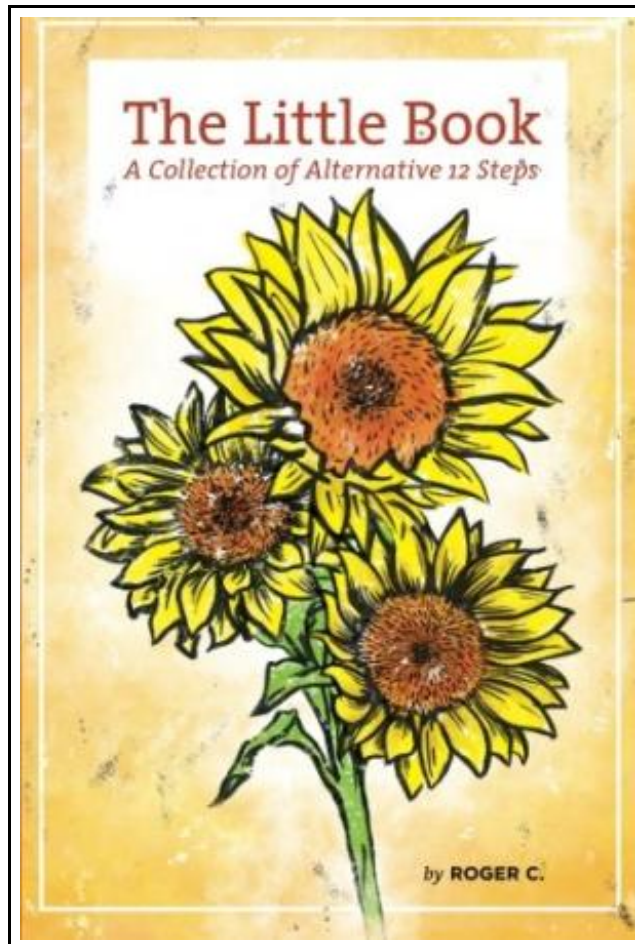


The Little Book: A Collection of Alternative 12 Steps (Paperback)



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Reviews

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THE LITTLE BOOK: A COLLECTION OF ALTERNATIVE 12 STEPS (PAPERBACK)



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AA Agnostica, United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. 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*.



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