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Rational Steps To Quitting Alcohol

When Aa Doesnt Work For You Rational Steps To Quitting Alcohol

An exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction-treatment model came to dominate America. AA has become so infused in our society that it is practically synonymous with addiction recovery. Yet the evidence shows that AA has only a 5–10 percent success rate—hardly better than no

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treatment at all. Despite this, doctors, employers, and judges regularly refer addicted people to treatment programs and rehab facilities based on the 12-step model. In *The Sober Truth*, acclaimed addiction specialist Dr. Lance Dodes exposes the deeply flawed science that the 12-step industry has used to support its programs. Dr. Dodes analyzes dozens of studies to reveal a startling pattern of errors, misjudgments, and biases. He also pores over the research to highlight the best peer-reviewed studies available and discovers that they reach a grim consensus on the program's overall success.

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But *The Sober Truth* is more than a book about addiction. It is also a book about science and how and why AA and rehab became so popular, despite the discouraging data. Dr. Dodes explores the entire story of AA's rise, from its origins in early fundamentalist religious and mystical beliefs to its present-day place of privilege in politics and media. *The Sober Truth* includes true stories from Dr. Dodes's thirty-five years of clinical practice, as well as firsthand accounts submitted by addicts through an open invitation on the Psychology Today website. These stories vividly reveal the experience of

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walking the steps and attending some of the nation's most famous rehabilitation centers. The Sober Truth builds a powerful response to the monopoly of the 12-step program and explodes the myth that these programs offer an acceptable or universal solution to the deeply personal problem of addiction. This book offers new and actionable information for addicts, their families, and medical providers, and lays out better ways to understand addiction for those seeking a more effective and compassionate approach to this treatable problem. This is a book of reflections by A.A. members for

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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,

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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.

Provides intellectual, practical, and scientific background to enable people to fight against coerced referrals to 12-step addiction treatment groups.

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A Day at a Time is an essential recovery tool for compulsive gamblers. These daily reflections and prayers offer us hope, support, and guidance throughout the year. It also addresses the issues and fears often faced by those of us in recovery.

How I Freed Myself from Addiction

Why Women Drink-And How They Can Regain Control

Bill W. and Dr. Bob

The Gene Keys

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

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This Naked Mind

From Death Do I Part

How I Beat Alcoholism and Why Alcoholics

Anonymous Doesn't Work

Looks at the cultural factors contributing to a rise in alcoholism among today's women and compares today's practices to those of earlier generations while noting the current ineffectiveness of AA and other mainstream treatments.

This Naked Mind has ignited a movement across the country, helping thousands of

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people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and

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reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks. This Naked Mind will give you freedom from alcohol. It removes the psychological

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dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of science and storytelling, This Naked Mind will open the door to the life you have been waiting for. “You have given me my live back.” —Katy F., Albuquerque, New Mexico
“This is an inspiring and groundbreaking must-read. I am forever inspired and changed.”
—Kate S., Los Angeles, California “The most selfless and amazing book that I have ever read.” —Bernie M., Dublin, Ireland

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A discussion of alternative resources for addiction treatment, including a comprehensive directory of licensed professionals and treatment programs. Suggests a test for alcoholism, describes the benefits of not drinking, and offers practical advice on a variety of ways to stop drinking

A Guide for Adults with Attention Deficit Disorder

How to Navigate Clueless Colleagues, Lunch-Stealing Bosses, and the Rest of Your Life at Work

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When AA Doesn't Work for You

Handbook of Alcoholism Treatment
Approaches

Rational Steps to Quitting Alcohol

Alcohol Lied to Me: The Intelligent Escape
from Alcohol Addiction

Ask a Manager

Doing things our way got us into trouble. Now it is time to develop a relationship with our Higher Power in order to carry out God's will for us. This pamphlet explains the many benefits to us. Twelve Steps to recovery.

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Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Basic, essential information from Alcoholics Anonymous. As the book states, "Anyone can get sober. The trick is to live sober."

NEW YORK TIMES BESTSELLER • "An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself."—Glennon Doyle, #1 New York Times bestselling author of Untamed "You don't know how much you need this book, or maybe you do. Either way, it will save your life."—Melissa Hartwig Urban, Whole30 co-founder and CEO The founder of the first female-focused recovery program offers a

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groundbreaking look at alcohol and a radical new path to sobriety. We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol's ubiquity—in fact, the only thing ever questioned is why someone doesn't drink. It is a qualifier for belonging and if you don't imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully

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generations before. Fueled by her own emerging feminism, she realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don't need to lose the egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destr

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our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

AA Not the Only Way

Infinite Jest

The EZ Big Book of Alcoholics Anonymous

The Radical Choice to Not Drink in a Culture Obsessed with Alcohol

A Road to Recovery

Navigating Grace

Same Message-Simple Language

Effective Alternatives

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When one walks into a twelve-step recovery center for alcoholic addiction, he will be told to look to the person to the left and right. The sages will then declare these are who won't succeed in their recovery. The results from the continued Alcoholics Anonymous fare not much better. Regardless of steps, guidelines, sponsors, creeds and mantras, the fact is most will fail in their quest to beat their addiction to alcohol. But

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what if I told you there was a more effective way to end an addiction than traditional twelve-step programs? My name is Charles Hurst. I began drinking at eighteen years old and had become heavily addicted by age twenty-seven. After thirteen years of being in the moderate to late stages of alcoholism, I defeated the addiction at age forty. And I have been clean and sober for well over a decade. I didn't beat the addiction by embracing the Alcoholics

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Anonymous philosophy but by directly rejecting it. I didn't envision a life spent in their rooms, chanting like a cult member and rehashing my former terrible life in-between cookies, coffee and cigarettes. The rooms which eventually become a lifelong prison sentence for the few who actually stay sober. I believed I could recreate myself with simple steps through the stages of recovery. A recovery where after two years I claimed complete and

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total cure from the addiction. A cure that has remained with me to this day. If you or someone you know has become addicted to alcohol, would you chance a program where it is a given that most will fail? Or would you rather pursue a method that gives complete recovery? The Small Book: How I Beat Alcoholism and Why Alcoholics Anonymous Doesn't Work, explains the fallacy and failure of the AA mindset and why so many in traditional twelve-step programs return

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to the bottle. It shows how to navigate through the early horrific waters of acute detox and the beginning of the long protracted withdrawal phase to the two year mark of cure. And finally, how to develop a mindset that will leave the horrors of addiction in the past so the former addict can begin the road to the reinvention of being.

If You Want What We Have

Craig Beck was a successful and functioning professional man in spite

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of a 'two bottles of wine a night' drinking habit. For 20 years, he struggled with problem drinking, all the time refusing to label himself an alcoholic because he did not think he met the stereotypical image that the word portrayed. Discover why all 'will-power' based attempts to stop drinking will fail (exactly as they are destined to do). Slowly Craig discovered the truth about alcohol addiction, and one by one, all the lies he had previously

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believed started to fall apart. For the first time, he noticed that he genuinely did not want to drink anymore. In this book, he will lead you through the same remarkable process. No need to declare yourself an alcoholic. A permanent cure, not a lifetime struggle. No group meetings or expensive rehab. No humiliation, no pain and 100% no 'will-power' required. Treats the source of the problem, not the symptoms.

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Finally! The book that thousands of alcoholics have been waiting for! An updated version of the "Big Book of Alcoholics Anonymous." This edited revision of the old, basic text is reader-friendly and carries the exact same message as the 1939 version of "Alcoholics Anonymous." It's written in a style that's friendly to readers of any gender, race, or spiritual path. Until now, Bill Wilson's 1939 book has never been edited for modern readers.

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This book is for: Women who object to the sexist language in the original Big Book. The EZ Big Book is gender neutral. All partners of alcoholics, including gays and lesbians. The EZ Big Book makes no assumption about the genders or marital status of partners. Alcoholics at all reading levels. The language is reader-friendly and journalistic in tone. Readers of any faith, including agnostics. The spiritual references in the book are

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all-encompassing. Non-English speakers. Readers for whom English is a second language buy the EZ Big Book because the writing is simple and direct. About the Author The author is a retired science and nature writer with double-digit of sobriety. Her last years of drinking took her to emergency rooms several times and finally to rehab.

Rational Recovery

*A Revolutionary New Way of
Understanding Addiction*

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Alcohol Research & Health

Gamblers Anonymous

A brief history of a unique movement

The Gospel According to John

The Thinking Person's Guide to Sobriety

Authorized King James Version

An indispensable practitioner reference and text, this engaging book focuses on how to provide effective help to clients with substance use disorders. The authors, leading authorities on addiction treatment, present a state-of-the-art framework for assessment and treatment (updated for DSM-5). They describe

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and illustrate evidence-based treatment methods, including cognitive-behavioral, 12-step, motivational, pharmacological, and family approaches. Also addressed are such crucial clinical issues as resistance, maintenance of change, treating co-occurring disorders, and spirituality. Reproducible clinical tools can be photocopied from the book or downloaded and printed in a convenient 8 1/2" x 11" size. Of special utility, the companion website features more than 25 widely used, ready-to-download assessment tools, assembled in one place for the first time, together with the authors'

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guidance for using them throughout the process of treatment.

An eye-opening tour of the addiction treatment industry explores the gap between what should happen and what does. What happens inside drug and alcohol rehabilitation centers and how rehab works are a mystery to those outside the industry – and sometimes even to those inside it. Anne M. Fletcher is a trusted New York Times bestselling health and medical writer who visited 15 addiction treatment centers—from outpatient programs for the indigent to famous celebrity rehabs; from the sites of renowned Twelve-Step

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centers to several unconventional programs—to find out what really happens. What she reveals ranges from inspirational to irresponsible, and, in some cases, potentially dangerous. Real Stories: As always with her books, Fletcher gets the inside story by turning to real people who “have been there,” interviewing more than 100 individuals whose compelling stories illustrate serious issues facing people in rehab and endemic in the rehab industry today. Connected Writer and Researcher who has earned the respect (and cooperation) of experts throughout the fields she’s taken on.

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Inside Rehab is no exception—Fletcher has interviewed more than 100 professionals working in the field, including a mix of rehab staffers and administrators as well as leading academics. Rehab is constantly covered in the media, as celebrities battle their drug and alcohol issues in the spotlight and reality TV puts recovery in prime time. Addiction is no longer only a personal struggle—it's a pop culture phenomenon. Myth Busting: Fletcher exposes twelve supposed facts for the falsehoods they are, including “rehab is necessary for most people to recover from addictions;” “highly

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trained professionals provide most of the treatment in addiction programs;" and "drugs should not be used to treat a drug addict." Fletcher's most important finding is the alarming discrepancy between the treatments being employed at many rehab centers and the treatments recommended by leading experts and supported by scientific research. Guidance and Practical Solutions: Inside Rehab also highlights what is working, spotlights state-of-the-art programs and practices, and offers advice and guidance for people seeking quality care and treatment for themselves or those they care about. Inside Rehab is the

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first book to give readers a thoughtful, sensitive, and bracingly honest insider's view of the drug and alcohol rehab industry in America. For people seeking quality care for themselves or a loved one, Inside Rehab is essential reading, offering a wealth of accurate information and wise guidance. Describes the theories behind Rational Recovery and provides guidelines for the recovering individual

This well researched, painstakingly documented book provides detailed information on the right-wing evangelical organization (Oxford Group Movement) that gave birth to

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AA; the relation of AA and its program to the Oxford Group Movement; AA's similarities to and differences from religious cults; AA's remarkable ineffectiveness; and the alternatives to AA. The greatly expanded second edition includes a new chapter on AA's relationship to the treatment industry, and AA's remarkable influence in the media.

Daily Reflections

The Sober Truth

Treating Addiction

Recent Developments in Alcoholism

The Small Book

Unbroken Brain

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If You Want What We Have Resisting 12-step Coercion

Offers a self-recovery program for substance abuse based on the Addictive Voice Recognition Technique

Applying his "rational-emotive therapy" to alcoholism, the author offers alcoholics a down-to-earth alternative to AA that deals with the thoughts and emotions associated with addictive drinking. By the author of *A Guide to Personal Happiness*. Original.

From Death Do I Part: How I Freed Myself From Addiction is written for all addicts and their loved ones, but especially for those who have not been helped by Alcoholics Anonymous or drug and alcohol rehab facilities. *"From Death Do I Part"* is an intimate exposure of Amy Lee Coy's courageous journey through recovery from over 20 years of substance abuse -- without the aid of

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conventional methods such as AA, psychiatry or medication. In "From Death Do I Part" Amy shares with us her recovery process in such a way that not only is the reader engaged in her often gripping, always revealing stories, but they are also warmly invited into her healing process so that if they also struggle with addiction, they may learn to heal themselves as well.

This book will help you learn how to recover from your addiction and it won't fail if you follow its process. It will also lead those to an answer that are unsure if they have a problem. I will help you step by step throughout this book so you can learn recovery and change your life. The things needed are some effort and a willingness to change. So stop wishing for a miracle because you have it in your hands.

The Twelve Steps

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Twelve Steps and Twelve Traditions Trade Edition

Partnership With a Higher Power

A Day at a Time Gamblers Anonymous

How the Twelve Steps Hijacked the Science of Alcoholism

Inside Rehab

Cult or Cure?

Sponsorship Meditations

The Freedom Model for the Family is an approach for families dealing with a loved one who is struggling from addiction. It was written by the authors of The Freedom Model for Addictions and uses the same principles in a way that families can apply them. Addiction is not a disease, and it's definitely not a "family disease". Treating it like one has led us to the crisis we're seeing today. Treatment plays

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both sides of the fence. It labels addiction a disease, but then advises families to implement "tough love" and cut the substance user off. Can you imagine screaming at your son suffering from cancer that you're done with him and will no longer support him due to his cancer? Can you imagine oncologists advocating that families cut off their loved one with cancer? No one would ever do that, yet it happens around the country every day regarding "addiction." It is time for a solution that lets go of the disease mythology while not demanding you abandon your loved one or coerce them into disease-based treatment. There is a better way... Finally, we now know what addiction is and what it is not, we know why people struggle, and we know how best to help them and their families. There's a viable solution that

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has helped thousands of people to put addiction and substance use problems behind them for good. Based on three decades of research and experience helping substance users and their families, The Freedom Model for Addictions and The Freedom Model for the Family is nothing short of revolutionary.

The book begins by introducing the reader to a fantastic possibility - that humanity may be on the verge of a major shift in consciousness rooted in a new understanding of how our DNA operates - namely that it is programmed directly by the way we think and feel. This is a highly ambitious and sophisticated system for shaping one's destiny. Based around 64 archetypes, it resembles the I Ching in its vast scope and profound importance, and in

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the resonant character of its symbolism. The author shows how there are two ways to approach the Gene Keys - the analogue (holistic) way and the digital (detailed) way. It is the combining of both analogue and digital that results in contemplation - the primary pathway into the Gene Keys. Since our beliefs shape our genes, when we change our beliefs, we change the chemistry of our body. The Gene Keys are an inner language whose central purpose is to transform our core beliefs about ourselves, thus raising our lives onto a new level of awareness. The book works alongside state-of-the-art online profiling software. This software will provide instantaneous free profiles known as 'Hologenetic Profiles', which uses astrological data (time, date and place of birth) to generate a unique sequence of

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Gene Keys that relate to many aspects of your life, including the underlying genetic patterns governing your relationships, your finances, your health and your life purpose. As the reader contemplates the 64 Gene Keys over time and applies their insights in his or her own life, so one's belief system will begin to change and our DNA will actually start to transform the way we think and feel. This book is Bert Pluymen's story of struggle and triumph over alcohol addiction. It also contains insightful, witty, uplifting, and wryly humorous stories of the many people Pluymen met who were also searching for sobriety. This is an informative book that will shed new light on how alcohol abuse can ruin people's lives--even if they thought it could never happen to them.

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The basic text for Alcoholics Anonymous.

Step 11 AA

US of AA

*Debunking the Bad Science Behind 12-Step Programs and
the Rehab Industry*

*How to Fight Forced Participation in AA, NA Or 12-step
Treatment*

Alcoholics Anonymous

Quit Like a Woman

Her Best-Kept Secret

*The Journal of the National Institute on Alcohol Abuse and
Alcoholism*

**Drama / 3m, 3f (w/doubling) / Unit set Newly
revised edition! From the author of the best-selling**

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novel, *The House of God*, this critically acclaimed version which played Off-Broadway in 2007, tells the amazing story of the two men who pioneered Alcoholics Anonymous, and of their wives, who founded Al Anon. During the roaring '20s, New York stockbroker Bill Wilson rides high on money, fame, and booze. In '29, both he and the market crash and he becomes a hopeless drunk. Dr. Bob Smith, a surgeon

A gargantuan, mind-altering comedy about the Pursuit of Happiness in America Set in an addicts' halfway house and a tennis academy, and featuring the most endearingly screwed-up family to come

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along in recent fiction, Infinite Jest explores essential questions about what entertainment is and why it has come to so dominate our lives; about how our desire for entertainment affects our need to connect with other people; and about what the pleasures we choose say about who we are. Equal parts philosophical quest and screwball comedy, Infinite Jest bends every rule of fiction without sacrificing for a moment its own entertainment value. It is an exuberant, uniquely American exploration of the passions that make us human - and one of those rare books that renew the idea of what a novel can do. "The next step in

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fiction...Edgy, accurate, and darkly witty...Think Beckett, think Pynchon, think Gaddis. Think."

--Sven Birkerts, *The Atlantic*

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Barricade Books Incorporated

The publication of the King James version of the Bible, translated between 1603 and 1611, coincided with an extraordinary flowering of English literature and is universally acknowledged as the greatest influence on English-language literature in history. Now, world-class literary writers introduce the book of the King James Bible in a series of beautifully designed, small-format

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volumes. The introducers' passionate, provocative, and personal engagements with the spirituality and the language of the text make the Bible come alive as a stunning work of literature and remind us of its overwhelming contemporary relevance.

Living Sober Trade Edition

Your One Stop Resource Guide to 12-step
Alternatives : Including a Comprehensive Directory
of Licensed Professionals and Treatment Programs

A Guide for Professionals

Control Alcohol, Find Freedom, Discover
Happiness & Change Your Life

A Complete Self-Help Guide

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

The New Cure for Substance Addiction

Embracing Your Higher Purpose

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may

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need to have during your career. You'll learn what to say when

- coworkers push their work on you—then take credit for it
- you accidentally trash-talk someone in an email then hit “reply all”
- you're being micromanaged—or not being managed at all
- you catch a colleague in a lie
- your boss seems unhappy with your work
- your cubemate's loud speakerphone is making you homicidal
- you got drunk at the holiday party

Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author's friendly, warm, no-nonsense writing is a pleasure to read, and her

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advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

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In US of AA, Miller shares the never-before-told story of how in the aftermath of prohibition America's top scientists helped launch a movement that would give rise to a multi-million-dollar treatment industry and a new government agency devoted to alcoholism that has made available millions of dollars for research. Despite the fact that this research showed that alcoholism is a complex disease requiring an array of treatment strategies, among which Alcoholics Anonymous (AA) is one of the least effective, money continued to flow to treatment facilities using approaches similar to AA. Five years in the making, his brilliant, in-depth investigative reporting into the history, politics and science of alcoholism will show how AA became our nation's de facto treatment policy, even as evidence for more effective

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remedies accumulated. US of AA is a character-driven, beautifully written expos é , full of secrecy, irony, liquor industry money, the shrillest of scare tactics and, at its center, a grand deception. In the tradition of Crazy by Pete Earley, and David Goldhill's Catastrophic Care, US of AA shines a much-needed spotlight on the addiction treatment industry. It will forever change the way we think about the entire enterprise. A moving illustration of the power of grace to elevate us during troubling times, Jeff Jay offers a soulful account of his solo sailing journey that turned into a battle for survival on the open sea. Jeff Jay's recent life was full of tragedy: his marriage had ended, his father had passed away, his brother had committed suicide, and Jeff's own alcoholism had taken him to the edge of death. In his desire for a fresh start, Jeff set

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out on a solo adventure by sea on an old sloop named Lifeboat. It ultimately became a journey of personal transformation. He cast off in Annapolis, Maryland with an eye toward the Caribbean. Finally able to breathe, Jeff relaxed into his first day sailing the Atlantic when a dark winter storm descended, tossing him into a week-long fight for survival on the open sea. As he faced the realization that only divine intervention could deliver him from certain death, Jeff desperately called on the deity that had intervened in the darkest hours of his addiction years earlier. An intensely personal testimony to calling on the power of grace in our darkest hours, Jeff's is a beautifully written tale of far-fetched dreams, desperate prayers, and those miraculous moments that change our lives forever.

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A.A. co-founder Bill W. tells the story of the growth of Alcoholics Anonymous from its make-or-break beginnings in New York and Akron in the early 1930s to its spread across the country and overseas in the years that followed. A wealth of personal accounts and anecdotes portray the dramatic power of the A.A. Twelve Step program of recovery — unique not only in its approach to treating alcoholism but also in its spiritual impact and social influence. Bill recounts the evolution of the Twelve Steps, the Twelve Traditions and the Twelve Concepts for World Service — those principles and practices that protect A.A.'s Three Legacies of Recovery, Unity and Service — and how in 1955 the responsibility for these were passed on by the founding members to the Fellowship (A.A.'s membership at large). In closing chapters

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of Alcoholics Anonymous Comes of Age, early "friends of A.A.," including the influential Dr. Silkworth and Father Ed Dowling, share their perspectives. Includes 16 pages of archival photographs. For those interested in the history of A.A. and how it has withstood the test of time, Alcoholics Anonymous Comes of Age offers on the growth of this groundbreaking movement. Alcoholics Anonymous Comes of Age has been approved by the General Service Conference.

The Surprising Truth About Addiction Treatment--and How to Get Help That Works

Alcoholics Anonymous Comes of Age

The Freedom Model for the Family

Volume 9: Children of Alcoholics

How to Quit Drinking Without Aa

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A Revolutionary Alternative for Overcoming Alcohol and Drug Dependence

A Solo Voyage of Survival and Redemption

"The accomplished author team of Reid Hester and William Miller provides a comprehensive, results-based guide to alcohol treatment methods. Along with the contributions of notable practitioners if the field, this text serves as an aid to graduate students and professionals. The authors stress the necessity of choosing different treatment protocols based on scientific research and a client's needs. This text also offers an up-to-date review of the treatment outcome literature, which illustrates that there are a number of treatments that are consistently supported by

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research. The subsequent chapters provide mini-treatment manuals for approaches with the most scientific support, with sections on matching clients to particular treatment and descriptions on how to utilize each particular treatment plan. The authors have consolidated the information necessary to develop individualized, multidimensional treatment that can meet the needs of a diverse client population."--Back cover.

A NEW YORK TIMES BESTSELLER More people than ever before see themselves as addicted to, or recovering from, addiction, whether it be alcohol or drugs, prescription meds, sex, gambling, porn, or the internet. But despite the unprecedented attention, our

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understanding of addiction is trapped in unfounded 20th century ideas, addiction as a crime or as brain disease, and in equally outdated treatment.

Challenging both the idea of the addict's "broken brain" and the notion of a simple "addictive personality," The New York Times Bestseller, *Unbroken Brain*, offers a radical and groundbreaking new perspective, arguing that addictions are learning disorders and shows how seeing the condition this way can untangle our current debates over treatment, prevention and policy. Like autistic traits, addictive behaviors fall on a spectrum -- and they can be a normal response to an extreme situation. By illustrating what addiction is, and is not, the book

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illustrates how timing, history, family, peers, culture and chemicals come together to create both illness and recovery- and why there is no "addictive personality" or single treatment that works for all. Combining Maia Szalavitz's personal story with a distillation of more than 25 years of science and research, Unbroken Brain provides a paradigm-shifting approach to thinking about addiction. Her writings on radical addiction therapies have been featured in The Washington Post, Vice Magazine, The Wall Street Journal, and The New York Times, in addition to multiple other publications. She has been interviewed about her book on many radio shows including Fresh Air with Terry Gross and The Brian Lehrer show.