

Alcoholics Anonymous Big Book

Working With Others
A Woman's Way through the Twelve Steps
Drugs in America
It Takes Grit
US of AA
The Big Book of Alcoholics Anonymous
A Simple Program
More About Alcoholism
The Steps We Took
The Book That Started It All
The Sober Truth
Little Big Book (Alcoholics Anonymous)
The Gospel of the Flying Spaghetti Monster
Twelve-Step Guide to Using the Alcoholics Anonymous Big Book
The Varieties of Religious Experience
Big Book Awakening
The EZ Big Book of Alcoholics Anonymous
Every Silver Lining Has a Cloud
Ebby
The Language of the Heart
Staring Down the Wolf
Twenty-Four Hours a Day
Alcoholics Anonymous Big Book Reference Edition for Addiction Treatment
Drop the Rock--The Ripple Effect
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Living Sober Trade Edition
Daily Reflections
Carry This Message
Not God
Alcoholics Anonymous
The Good Book and The Big Book
This Naked Mind
Alcoholics Anonymous
Get Paid for Your Pad
12-Step Workbook for Recovering Alcoholics, Including Powerful 4th-Step Worksheets, 2018 Revised Edition
The Andromeda Strain
Twelve Steps and Twelve Traditions Trade Edition
The Little Red Book
A New Pair of Glasses

Working With Others

Ready to transform your body and mind into the healthiest, happiest you? You're

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going to need enthusiasm, an open mind, and a good deal of grit. In *It Takes Grit*, fitness expert and mindset coach Rebecca Louise shares a practical no-BS guide to take your workouts, health, and motivation to the next level—along with a 30-day challenge to kick-start your results. Through her ultrapopular YouTube channel and social media, Rebecca Louise has helped millions of people improve their mindset and achieve their wellness goals. Rebecca knows what it's like to feel lost, unable to find the right career, live broke, go through a divorce, and struggle with a negative relationship with food. It wasn't until she changed her mindset and started to master high-performance habits that she truly found her way to a career she loved and a healthy lifestyle. Now, in *It Takes Grit*, Rebecca shares her tried-and-true tools to lock onto your purpose, uncover your inner grit, and get in the right mindset to go after your goals. She shares:

- Her 10-step guide to getting results in all areas of your life
- An action plan to get started, no matter where you are right now
- Tips to create a meal plan and training routine you can stick to forever
- How to get and stay motivated no matter what life throws at you
- Interactive tasks after each chapter to master your daily habits

Rebecca also shares her 30-day targeted daily workout program (with bonus online workout videos), to make sure you're never overworking your body, recipes for every meal, and daily tasks that will help you get to the next level. *It Takes Grit* will give you the tools needed to take control of your health and happiness.

A Woman's Way through the Twelve Steps

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Nine out of ten people who quit drinking relapse at least once. Every Silver Lining Has a Cloud shows why its not just once without pithy slogans or trademarked solutions. From the author of *What the Early Worm Gets*, a startling book defining Alcoholism, heres a book explaining how and why relapse happens, how to hold it at bay and why every American should care. Sobriety is a state of illness and its symptoms, left untreated, lead directly to lapse. Addressing the Symptoms of Sobriety is essential. Why would any sober Alcoholic return to the misery? What are the Symptoms of Sobriety and how do Alcoholics and non-Alcoholics guard against them? What four overlooked stressors trip up recovery? Can you hit bottom sober? The narrative dashes along peaks of anger, joy, desperation, relief and hope interspersed with solid data on the disease and guidance for avoiding relapse traps. Its not enough to just stop drinking.

Drugs in America

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. This book is for: Women who object to the sexist

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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 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.

It Takes Grit

This is both a fascinating history of the formative years of Alcoholics Anonymous, as well as the bitter-sweet tale of the troubled man Bill W. always referred to as "my sponsor." In 1934, Ebby Thatcher called an old drinking buddy to tell him about the happiness he was finding in sobriety. His friend's name was Bill Wilson, and this book is the story of their life-long friendship. It is both a fascinating history of the formative years of Alcoholics Anonymous, as well as the bitter-sweet tale of the troubled man Bill W. always referred to as "my sponsor." "Deeply informative and moving, a valuable contribution to the history of A.A. A 'must' reading for anyone interested in one of the more fascinating chapters in A.A.'s history."--Nell Wing, Retired A.A. Archivist and Bill Wilson's Secretary

US of AA

The first and only modernization of the "bible" of Alcoholics Anonymous, A Simple Program provides an accessible, gender-equal translation for today's readers while maintaining the book's complete core text, which serves as the basis of all 12-step programs.

The Big Book of Alcoholics Anonymous

This is a comprehensive study of the Big Book of Alcoholics Anonymous with hundreds of questions asked and answered. A rich resource to learn and understand alcoholism and also a study of the 12 Steps. Can be used by for groups, for Sponsors and as a stand alone. These Chapters are covered: The Doctor's Opinion, Bill's Story, How it Works, There is a Solution, More About Alcoholism, We Agnostics, Into Action, Working With Others and A Vision For You.

A Simple Program

More About Alcoholism

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An extraordinary reproduction of the original working manuscript of the Big Book of Alcoholics Anonymous, with an introduction and notes by a panel of celebrated AA historians. The many changes that were made in black, green, and red on each page are shown. An extraordinary reproduction of the original working manuscript of Alcoholics Anonymous, with essays and notes by a panel of celebrated AA historians. The Book That Started It All offers fresh insights into the history and foundation of the revolutionary Alcoholics Anonymous program. Reproduced in this elegant gift edition with essays and notes by a panel of celebrated AA historians, the original working manuscript is the missing link in our understanding of what transpired between AA founder Bill Wilson's first draft of Alcoholics Anonymous and the first published edition. In January 1939, Wilson and other AA founders distributed 400 copies of his typescript to everyone they could think of "who might be concerned with the problem of alcoholism," to test out the program. As the loan copies were returned, suggestions for revision were considered and written out in colored pencil on one master copy that was eventually submitted for publication. The many changes made in black, green, and red on page after page are shown here in their original form, revealing the opinions, debates, and discussions that went into making the Big Book.

The Steps We Took

Originally published: New York: Alfred A. Knopf, 1969.

The Book That Started It All

As an internationally respected teacher and lecturer on the Twelve Step method introduced by Alcoholics Anonymous, Joe McQ knows that sponsorship is a key construct for the success of the program because it involves moving a person through the Twelve Step process to recovery. Carry This Message addresses McQ's concern that sponsors have lost some skills in working with alcoholics.

The Sober Truth

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."

Little Big Book (Alcoholics Anonymous)

Twelve Steps to recovery.

The Gospel of the Flying Spaghetti Monster

A fascinating, account of the discovery and program of Alcoholics Anonymous, Not God contains anecdotes and excerpts from the diaries, correspondence, and occasional memoirs of AA's early figures. The most complete history of A.A. ever written. Not God contains anecdotes and excerpts from the diaries, correspondence, and occasional memoirs of A.A.'s early figures. A fascinating, fast-moving, and authoritative account of the discovery and development of the program and fellowship that we know today as Alcoholics Anonymous.

Twelve-Step Guide to Using the Alcoholics Anonymous Big Book

An annotation is a critical or explanatory note inserted into text to better clarify meaning. We began this process to help expand on the meaning of the A.A. Big Book. The process led us to other AA literature and our thought was simple—what better annotation is there than the Daily Reflections? This cross reference from the AA Big Book to the Daily Reflections allows readers to easily expand their understanding of the Big Book by referencing the well-respected Daily Reflections. This book is a combination of AA approved literature and we believe adds value to students of AA.

The Varieties of Religious Experience

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 remedies accumulated. US of AA is a character-driven, beautifully written exposé, 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.

Big Book Awakening

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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.

The EZ Big Book of Alcoholics Anonymous

Many thousands have benefited from "The Big Book" and its simple but profound explanation of the doctrines behind Alcoholics Anonymous, which was founded in 1935 by Bill Wilson and Dr. Bob Smith. This original 1939 edition outlines the famous 12 steps, and offers counsel for those who wish to join the program but doubt the existence of a higher power. It also contains encouraging personal stories, in which AA members relate their experiences with alcohol and how they

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found the path to sobriety. "The Big Book" has gone through numerous editions and remains the most widely used resource for recovering alcoholics. Only this original 1939 edition includes all 29 stories of the program's pioneers, which share the details of their full journey, including initial recovery, sometimes followed by relapse and eventual success. This edition also features the key to the solution claimed by Bill Wilson: a vital spiritual experience that allows followers to rediscover, or discover, God. This realistic portrayal of the program as offered by its founders has been lost in subsequent editions of the work, and is presented here to serve as a reminder that success comes in many forms.

Every Silver Lining Has a Cloud

The Good Book and the Big Book: A.A.'s Roots in the Bible is the most popular of Dick B.'s 42 titles. It traces the precise A.A. Big Book and 12 Step language that came from the Bible. Christians and AAs alike acclaim this title's thorough review of early A.A. sources showing the Bible's role in A.A.'s recovery ideas. This book demonstrates how God helps alcoholics recover if they want His help.

Ebby

The Language of the Heart

A leadership book by former Navy SEAL and New York Times bestselling author Mark Divine, *Staring Down the Wolf* focuses on harnessing the principles of purpose and discipline in life to achieve success. What does it take to command a team of elite individuals? It requires a commitment to seven key principles: Courage, Trust, Respect, Growth, Excellence, Resiliency, and Alignment. All of these are present in an elite team which commits to them deeply in order to forge the character worthy of uncommon success. Retired Navy SEAL Commander, entrepreneur and New York Times bestselling author Mark Divine (founder of SEALFIT, NavySeal.com, and Unbeatable Mind) reveals what makes the culture of an elite team, and how to get your own team to commit to serve at an elite level. Using principles he learned on the battlefield, training SEALs, and in his own entrepreneurial and growth company ventures, Mark knows what it is to lead elite teams, and how easily the team can fail by breaching these commitments. Elite teams challenge themselves to step up everyday to do the uncommon. Developing the principles yourself and aligning your team around these commitments will allow you to thrive in VUCA (volatility, uncertainty, complexity, ambiguity) environments, no matter your background or leadership experience. Drawing from his twenty years leading SEALs, and twenty five years of success and failure in entrepreneurship and ten years coaching corporate clients, Mark Divine shares a very unique perspective that will allow you to unlock the tremendous power of your

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team. “Mark Divine has a gift for creating highly effective dynamic teams. Mark interleaves key aspects of leadership, mental toughness, resiliency and cultivating higher plains of existence into a foundational concept of being an authentic ‘Leader of leaders.’ This book is indispensable for anyone looking to lead, build and foster an elite culture.” –Mike Magaraci, retired Force Master Chief of Naval Special Warfare “From his time as a Commander in the SEAL Teams to building several successful multimillion dollar businesses, Mark Divine is an authority on building elite teams and leaders capable of tapping their fullest potential.” –David Goggins, Retired Navy SEAL, author of New York Times Bestseller Can’t Hurt Me “To grow to your fullest capacity in your life and as a leader, we need to challenge ourselves. There’s no one I know who’s challenged himself more than Mark Divine. He’s the perfect visionary to help get you out of your comfort zone and shattering the status quo.” –Joe De Sena, Founder and CEO of Spartan

Staring Down the Wolf

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

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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.

Twenty-Four Hours a Day

A great book for completing the 12 steps of Alcoholics Anonymous. It includes four simple yet powerful worksheets for doing AA's 4th step and a very simple and powerful approach to Step 7. This revised addition also includes a new appendix describing how the author sponsors newcomers.

Alcoholics Anonymous Big Book Reference Edition for Addiction Treatment

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The Big Book of Alcoholics Anonymous and Twelve Step Programs across the world have helped millions of people recover from addictions. This study guide focuses on MORE ABOUT ALCOHOLISM. The introduction delves into what the solution is for alcoholics and drug addicts by examining the chapter out of the Big Book of A.A, More About Alcoholism. Chapter Two is the chapter, More About Alcoholism from the Big Book of A.A. Chapter Three breaks down the history of The Big book of A.A. Chapter Four illustrates the main points. Chapter Five is a Study Guide. Chapter Six is Study Guide Two and offers some of the Twelve Steps that apply. Chapter Seven offers the readers even more solutions to apply by finding or starting meetings of their own. This book can be used in Drug and Alcohol Treatment centers, Institutions, Twelve Step Group Meetings and for those seeking to recover from addiction from home. Please Note: for the kindle version of this book you will need the Big Book of Alcoholics Anonymous for the Study Guide Sections.

Drop the Rock--The Ripple Effect

Alcoholics Anonymous

Written to be used in conjunction with, not instead of the "Big Book of Alcoholics anonymous." This book will help guide you through a personal experience with all

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"Twelve Steps" as they are outlined in the "AA Big Book." You write notes and questions from the "Big Book Awakening" into your own "Big Book" for personal consideration. After you have completed this process yourself your "Big Book" is now a powerful "working with others book" with questions and considerations that will help you work with others both one-on-one and in workshops. They then themselves write the same notes into their own "Big Book" to one day do the same.

Aa Big Book

"The Varieties of Religious Experience is certainly the most notable of all books in the field of the psychology of religion and probably destined to be the most influential [one] written on religion in the twentieth century," said Walter Houston Clark in *Psychology Today*. The book was an immediate bestseller upon its publication in June 1902. Reflecting the pluralistic views of psychologist-turned-philosopher William James, it posits that individual religious experiences, rather than the tenets of organized religions, form the backbone of religious life. James's discussion of conversion, repentance, mysticism, and hope of reward and fears of punishment in the hereafter--as well as his observations on the religious experiences of such diverse thinkers as Voltaire, Whitman, Emerson, Luther, Tolstoy, and others--all support his thesis. "James's characteristic humor, his ability to put down the pretentious and to be unpretentious, and his willingness to take some risks in his choices of anecdotal data or provocative theories are all apparent

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in the book," noted Professor Martin E. Marty. "A reader will come away with more reasons to raise new questions than to feel that old ones have been resolved."

Living Sober Trade Edition

The director of an addiction treatment center for more than four decades, Joe McQ has become an internationally respected teacher and lecturer on the Twelve Step method introduced by Alcoholics Anonymous and since adopted by dozens of recovery groups. In *The Steps We Took*, Joe offers countless analogies, insights, explanations and elucidations of these principles, drawing from his own recovery experience and those of the hundreds he has helped. The title, taken from the words spoken at .

Daily Reflections

CAN I GET A "RAMEN" FROM THE CONGREGATION?! Behold the Church of the Flying Spaghetti Monster (FSM), today's fastest growing carbohydrate-based religion. According to church founder Bobby Henderson, the universe and all life within it were created by a mystical and divine being: the Flying Spaghetti Monster. What drives the FSM's devout followers, a.k.a. Pastafarians? Some say it's the assuring touch from the FSM's "noodly appendage." Then there are those who love

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the worship service, which is conducted in pirate talk and attended by congregants in dashing buccaneer garb. Still others are drawn to the Church's flimsy moral standards, religious holidays every Friday, or the fact that Pastafarian heaven is way cooler: Does your heaven have a Stripper Factory and a Beer Volcano? Intelligent Design has finally met its match—and it has nothing to do with apes or the Olive Garden of Eden. Within these pages, Bobby Henderson outlines the true facts—dispelling such malicious myths as evolution (“only a theory”), science (“only a lot of theories”), and whether we're really descended from apes (fact: Humans share 95 percent of their DNA with chimpanzees, but they share 99.9 percent with pirates!) See what impressively credentialed top scientists have to say: “If Intelligent Design is taught in schools, equal time should be given to the FSM theory and the non-FSM theory.” —Professor Douglas Shaw, Ph.D. “Do not be hypocritical. Allow equal time for other alternative ‘theories’ like FSMism, which is by far the tastier choice.” —J. Simon, Ph.D. “In my scientific opinion, when comparing the two theories, FSM theory seems to be more valid than classic ID theory.” —Afshin Beheshti, Ph.D. Read the book and decide for yourself! From the Trade Paperback edition.

Carry This Message

The Big Book of Alcoholics Anonymous and Twelve Step Programs across the world have helped millions of people recover from addictions. This study guide focuses

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on WORKING WITH OTHERS. The introduction dives into what the solution is for alcoholics and drug addicts by examining the chapter out of the Big Book of A.A, Working With Others. Chapter Two is Working With Others from the Big Book of A.A. Chapter Three breaks down the history of Working With Others. Chapter Four illustrates the main points. Chapter Five is a Study Guide. Chapter Six is Study Guide Two and offers some of the Twelve Steps that apply. Chapter Seven offers the readers even more solutions to apply by finding or starting meetings of their own. This book can be used in Drug and Alcohol Treatment centers, Institutions, Twelve Step Group Meetings and for those seeking to recover from addiction from home.

Not God

2011 Reprint of 1954 Edition. Richard Walker, the author of this work, is the second most popular Twelve Step recovery author in total sales, after Bill Wilson. Walker has helped untold numbers of alcoholics through his writings. "Twenty-Four Hours a Day" is a book of meditation, thought, and prayer that is soul inspiring, spiritually uplifting, and filled with sage words of wisdom. While geared toward members of Alcoholics Anonymous to help them in their daily program of recovery, the book has much to offer any individual who is working on self-improvement and personal growth, and who is searching for spiritual uplifting and guidance. The book is divided into the 365 days of the calendar year, offering a thought, meditation, and

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related short prayer on each day. Much of the material is based on the Big Book and other A.A. literature. A classic work.

Alcoholics Anonymous

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 sponsorprovides in-depth discussions of each of the Twelve Steps and related character defectsposes common questions about AA and helping others, identifying where to find answers in the Big Bookfeatures non-sexist language.

The Good Book and The Big Book

Language of the Heart contains all of AA cofounder Bill W.'s Grapevine, including a vivid description of how he came to organize the Steps.

This Naked Mind

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We, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics PRECISELY HOW THEY CAN RECOVER is the main purpose of this book. For them, we think these pages will prove so convincing that no further authentication will be necessary. We hope this account of our experiences will help everyone to better understand the alcoholic. Many do not yet comprehend that he is a very sick person. And besides, we are sure that our new way of living has its advantages for all.

Alcoholics Anonymous

For members of any twelve-step fellowship, this book provides a simple and clear guide to the instructions for working the steps as outlined in A.A.'s Big Book. It reveals, in easy to understand language, the process for working each step, so that the reader can experience the Twelfth Step promise of a spiritual awakening.

Get Paid for Your Pad

12-Step Workbook for Recovering Alcoholics, Including Powerful 4th-Step Worksheets, 2018 Revised Edition

Stop grinding away at work while daydreaming about a financially free existence. If you have a home and an Internet connection, you have a solution: Airbnb hosting. *Get Paid For Your Pad* is the veritable blueprint on how to transform your home into a short-stay rental boon. Renting in the short-stay market, when done correctly, crushes the return from long-term tenants. Like hundreds of thousands of people, you can boost your profits by 2 to 3 times with the most well known short-stay marketplace in the world: Airbnb.

The Andromeda Strain

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

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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 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

Twelve Steps and Twelve Traditions Trade Edition

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 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

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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. 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 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.

The Little Red Book

The Apprentice. Project Runway. The Bachelor. My Life on the D-list. Extreme

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Makeover. American Idol. It is virtually impossible to turn on a television without coming across some sort of reality programming. Yet, while this genre has rapidly moved from the fringes of television culture to its lucrative core, critical attention has not kept pace. Beginning by unearthing its historical roots in early reality shows like Candid Camera and wending its way through An American Family and The Real World to the most recent crop of reality programs, Reality TV, now updated with eight new essays, is one of the first books to address the economic, visual, cultural, audience, and new media dimensions of reality television and has become the standard in the field. The essays provide a complex and comprehensive picture of how and why this genre emerged, what it means, how it differs from earlier television programming, and how it engages societies, industries, and individuals. Topics range from the blending of fact and fiction, to the uses of viewer labor and “interactivity,” to issues of surveillance, gender performativity, hyper-commercialism, and generic parody. By spanning reality television’s origins in the late 1940s to its current overwhelming popularity, Reality TV demonstrates both the tenacity of the format and its enduring ability to speak to our changing political and social desires and anxieties.

A New Pair of Glasses

Drop the Rock—The Ripple Effect provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober

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life free of fear and resentment and filled with serenity and gratitude. When *Drop the Rock: Removing Character Defects* was first published in 1999, it quickly became the standard resource for working Steps 6 and 7, two of the most challenging of the Twelve Steps for many people in recovery. Learning what it means to fully surrender character defects frees you to make amends with Steps 8 and 9, realize the Big Book's "Promises," and move on to Step 10. In this new follow-up resource, Fred H. explores what he calls "the ripple effect" that can be created by using Step 10 to practice Steps 6 and 7 every day and avoid picking up "the rock" again. Drawing on his years of lecturing on the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions, he reveals Step 10 as the natural culmination of working the previous Steps, providing a crash course on renewing your recovery program through the daily practice of Twelve Step principles. Like its predecessor, *Drop the Rock—The Ripple Effect* provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude. Fred H. has worked in the field of addiction and recovery for over three decades and is the director of the retreat center for a leading addiction treatment program. He is a popular international speaker on the Big Book and the principles of the Twelve Steps.

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