

Narcotics Anonymous Sponsorship Guide

Living Sober Trade Edition
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Guiding Principles: The Spirit of Our Traditions
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Living Sober Trade Edition

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Narcotics Anonymous: White Booklet One of NA's earliest publications became the heart of N.A. meetings and the basis for all subsequent N.A. literature. This booklet contains the twelve steps or principles to recovery, the twelve traditions of NA, and an inspiring selection of personal stories written by men and women who are recovering from an addiction to drugs. Recommended for anyone embarking on the road to recovery, and for all who want to help themselves or someone else stay clean.

Twelve Step Sponsorship

The story of A.A.'s birth at Dr. Bob's Home in Akron on June 10, 1935. It tells what early AAs did in their meetings, homes, and hospital visits; what they read; and how their ideas developed from the Bible, the Oxford Group, and Christian literature. It depicts the roles of A.A. founders and their wives, and of Henrietta Seiberling, and T. Henry & Clarace Williams. Foreword by John F. Seiberling Finally--a history that ties together the events in New York and Akron during A.A.'s formative years from 1931-1939. It tells of the Bud Firestone Miracle and the 1933 Oxford Group events in Akron. Then of the early meetings in New York and Akron. It details the specific contributions to A.A. that T. Henry and Clarace Williams, Henrietta Seiberling, Bill Wilson, and Dr. Bob and Anne Smith made at A.A.'s Akron birthplace. It covers the when, where and how of A.A.'s birth. There are details as to surrenders, hospitalization, meetings, literature, Bible study and prayer and meditation, and what the Akron people did in their homes. And there are precise

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traces from the Bible, the Four Absolutes, Christian writers, and the Oxford Group into the Twelve Steps and the Big Book. This book is about what Akron gave to A.A. and what A.A. can attribute to its Akron birthplace.

12 Stupid Things That Mess Up Recovery

Twelve Steps to recovery.

Guiding Principles: The Spirit of Our Traditions

The editors of this volume have assembled recent articles discussing elements of each of the several commonly used psychosocial interventions -- including relapse prevention therapy, community reinforcement, voucher-based programs, self-help therapies, and motivational enhancement therapy--in addition to research-based articles that demonstrate the efficacy of these approaches. The selections in this book will provide the reader with a broad overview of the field as well as the specific information needed to use these therapies in a variety of clinical settings.

Life with Hope

The NA Twelve Traditions are a set of guiding principles for working together. This book tools, text, and questions meant to facilitate discussion and inspire action in our groups, in workshops, and in sponsorship. It is a collection of experience and ideas

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on how to work through issues together, using the principles embodied in the Traditions.

Slaying the Dragon: The History of Addiction Treatment and Recovery in America

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

Twenty-Four Hours a Day

Pocket Sponsor

This is the original Pocket Sponsor presented as a gift

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set for morning meditation. It includes a gift bag, 12 Step Charm, Organic tea and a mini meditation booklet all in a real jean pocket.

The Akron Genesis of Alcoholics Anonymous

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."

Clinical Management of Sex Addiction

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

The Little Red Book

A Sponsorship Guide for 12-Step Programs offers the reader far-ranging suggestions, based on concrete experience, for the most common issues and dilemmas that arise when one agrees to become a sponsor in any 12-step program. Seventeen sponsors (with collective recovery time of over 250 years) share their experience and insights as they describe common situations sponsors face and relate the

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solutions they used. This is the first book of its kind--for sponsors, by sponsors. Divided into three main sections--"Sponsorship Basics," "Working the Steps with a Sponsee," and "Common issues that Come Up"--this book will be of use to anyone who has agreed to be a sponsor, or anyone who does not have access to a sponsor. A Sponsorship Guide is like having a sponsor in a book.

A Sponsorship Guide for 12-Step Programs

The Steps We Took

The revolutionary workbook designed for anyone embarking on a twelve-step oriented recovery program Created by recovering alcoholic and established psychology writer Claudette Wassil-Grimm, here is the first workbook/journal tailored to help members of twelve-step programs keep a written record of their progress and insights. This structured yet flexible workbook presents a chapter for each of the twelve steps, with a series of exercises and suggestions for journal entries that include such topics as storytelling, dreams, confessions, small progresses and stepping stones, conflicts and resolutions, and reflections. There are even additional blank pages provided at the end for long journal entries. The Twelve-Step Journal adapts beautifully for nearly all recovery programs, whether for alcoholics, overeaters, codependents, workaholics, adult children of alcoholics, or others, and it presents the twelve

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steps in their original form as well as in an alternate, secular version, making it ideal for both traditional twelve steppers and those who prefer a nontheistic approach. "This book speaks with a genuineness, clarity and simplicity to the deepest experience of what it is like to engage in the process of recoveryan important contribution to the field". -- Marvin H. Berman, Ph.D., President, Mental Illness Chemical Abuse Research & Education (MICARE)

Recovery

A Sponsorship Guide for 12-Step Programs offers the reader far-ranging suggestions, based on concrete experience, for the most common issues and dilemmas that arise when one agrees to become a sponsor in any 12-step program. Seventeen sponsors (with collective recovery time of over 250 years) share their experience and insights as they describe common situations sponsors face and relate the solutions they used. This is the first book of its kind--for sponsors, by sponsors. Divided into three main sections--"Sponsorship Basics," "Working the Steps with a Sponsee," and "Common issues that Come Up"--this book will be of use to anyone who has agreed to be a sponsor, or anyone who does not have access to a sponsor. A Sponsorship Guide is like having a sponsor in a book.

Narcotics Anonymous

Sponsorship

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Dr. Dickerson, His Dissertation, And God, is an autobiographical study of the life and times of one black man and his struggle to overcome poverty, racism and eventually alcohol and drug addiction. Millions suffer from some form of addiction. Dr. Dickerson's life story depicts the feelings, situations, and conditions of many. It portrays the spectrum of human affliction and anxieties, fears and frustrations, desires, degradation, hatred, hopes and utopian dreams. Finally the story ends with the exercise of apocalyptic faith in the ultimate triumph of good over evil. Dr. Dickerson's doctoral dissertation consist of a research project enhanced by fifteen years of clinical experience in the field of chemical dependency, and his own first-hand knowledge of substance abuse acquired through his own addiction and recovery from alcohol and drugs. This section also includes a Psycho-Educational Work Book that will provide topics and exercises for the Specialized Training and Educational Program System (S.T.E.P.S.) developed by Dr. Dickerson. Spirituality also plays a major role in finding and maintaining sobriety. The book section titled DNA, Life, and God is a depiction of Jesus Christ, who Dr. Dickerson acknowledges as his Higher Power. The term "Higher Power" is mentioned nine different times, in one form or another in the Twelve-Steps of Alcoholics Anonymous. The founders of Alcoholics Anonymous were Christians who realized that the program could also work as long as members acknowledge that the Higher Power of their choice is greater than themselves.

Alcoholics Anonymous

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Twelve Step Sponsorship is the first truly comprehensive look at sponsorship, a role recovering people benefit from both as sponsees and ultimately as sponsors. Sponsorship is a rich and enduring part of tradition of Alcoholics Anonymous. Twelve Step Sponsorship delivers both the theory and practice--how to do it and why--in a clear, step-by-step presentation. Written by the author of Getting Started in AA, a widely acclaimed guide for the newcomer to the program of AA, Twelve Step Sponsorship is the first truly comprehensive look at sponsorship, a role recovering people benefit from both as sponsees and ultimately as sponsors. Twelve Step Sponsorship includes informative sections that deal with: finding a sponsor and being a sponsor. Twelve Step Sponsorship offers a welcome reinforcement to the tradition of "passing it on" from one generation of sponsors to the next.

Dr. Dickerson, His Dissertation, And God

Need the perfect gift idea? Just love journals? This Unique and Funny Journal Notebook is sure to put a smile on your face. These Lined Pages are waiting for your precious thoughts, goals, fears and secrets. With a glossy, full-color soft cover, this lined notebook is as practical as it is cute! And is the ideal size for lined journals for kids, journals for women to write in and makes an excellent birthday journal notebook gift. It could also be used as a diary to record all your creative self-expression such as poetry, short stories or self-help affirmations. Primary Composition Notebooks are perfect for: Birthday Gifts Christmas

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Gifts Co-worker/Boss Gifts Journals and Planners
Doodle Diaries Dream Journals Food Diaries Creative
Writing Notebooks Hand Writing and Cursive Practice
Prayer Journals School Notebooks Graduation Gifts
Thank Your Gifts Teacher Gifts Inspirational Journals
Mom Daughter Journal Journaling For Kids Blank Books
and Journals Keepsake Journals And much more..
Order this beautiful journal notebook for kids, women
and men TODAY!

The Twelve-Step Journal

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 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

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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.

Project MATCH Hypotheses

Handy book to be carried in the pocket of newcomers in recovery.

Recent Developments in Alcoholism

This is the second of a three volume landmark study of the criminal mind. This book describes an intensive therapeutic approach designed to completely change the criminals way of thinking. The authors reject traditional treatment approaches as reinforcing of the

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criminals sense of being a victim of society. Rather Yochelson and Samenow stress that the criminal must make a choice to give up criminal thinking and learn morality. A Jason Aronson Book

Daily Reflections

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 Public Relations Handbook

Addiction is rapidly becoming one of the most significant challenges to mental health today. According to the latest National Survey on Drug Use and Health (NSDUH, 2018), 19.7 million Americans, aged 12 and older, battled a substance disorder alone in 2017. Additionally, 8.5 million of those individuals also suffered from a mental health disorder, with millions more suffering from a range of other addictive disorders and associated behaviors that interfere with physical, social and emotional health. These alarming statistics highlight the crucial need for mental health providers to be kept up to date with the latest research on the full range of addiction treatment and recovery. 'The Recovery Handbook: Understanding Addictions and Evidenced-Based

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Treatment Practices' provides a comprehensive examination of the various forms of addiction, its physical and mental complexities, and, unlike other sources on addiction, effective evidence-based interventions that promote a healthy recovery. Particular attention is given to the nature of addiction, including environmental, genetic, and developmental factors; with authors examining the short- and long-term effects of a variety of addictions such as drug, alcohol, gambling, food, sex, shopping, work, and video gaming to name a few. This book will serve as a valuable resource for counselors, psychologists, professors, graduate students in the helping professions, as well as families of addicts, co-workers, and those suffering from addiction themselves.

A Sponsorship Guide for 12-Step Programs

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.

Prescription Painkillers

Basic recovery text for addicts that explains NA's principles and includes members' personal experiences finding NA and living clean.

Narcotics Anonymous

Healthy sexuality within the context of recovery is rarely talked about openly, in part because the larger culture restricts the space required to name our experiences in open, honest ways. Matesa gives us that space by bringing the language of recovery to this more hidden part of our healing, allowing us to truly “practice these principles in all our affairs.” Sexuality in the context of recovery is rarely talked about openly, in part because our broader culture may inhibit us from sharing our true experiences. For some, the prospect of sober sex feels like uncharted waters—in the past, we’ve rarely had sex without first numbing ourselves with drugs and alcohol. What does it mean to have an intimate relationship in sobriety? Exploring that question deepens our recovery journey. With this groundbreaking work, Jennifer Matesa uncovers the challenges real people encounter when they start taking their clothes off—without drinking or using in order to do so. Providing readers “a meeting between the covers,” Matesa blends first-person accounts bravely shared by diverse members of the recovery community, insights from experts, and her own perspectives. The result is a book that creates a space for a vital, new dialogue about sexuality and intimacy. As we find a common language for this more hidden aspect of our healing, we can truly “practice these principles in all

our affairs.”

Twelve Steps and Twelve Traditions 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 .

The Recovery Handbook: Understanding Addictions and Evidenced-Based Treatment Practices

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

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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.

Best Sponsor Ever

Explains what recovering addicts and their families will face during each stage, includes information on groups, and answers questions

The Narcotics Anonymous Step Working Guides

In this updated edition of the successful Public Relations Handbook, a detailed introduction to the theories and practices of the public relations industry is given. Broad in scope, it; traces the history and development of public relations, explores ethical issues which affect the industry, examines its relationships with politics, lobbying organisations and journalism, assesses its professionalism and regulation, and advises on training and entry into the profession. It includes: interviews with press officers and PR agents about their working practices case studies, examples, press releases and illustrations from a range of campaigns including Railtrack, Marks and Spencer, Guinness and the Metropolitan Police specialist chapters on financial public relations, global PR, business ethics, on-line promotion and the

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challenges of new technology over twenty illustrations from recent PR campaigns. In this revised and updated practical text, Alison Theaker successfully combines theoretical and organisational frameworks for studying public relations with examples of how the industry works in practice.

Understanding the Twelve Steps

The Criminal Personality

The definitive book about the impact of prescription painkiller abuse on individuals, communities, and society by one of America's leading experts on addiction. In recent years, the media has inundated us with coverage of the increasing abuse of prescription painkillers. Prescription Painkillers, the third book in Hazelden's Library of Addictive Drugs series, offers current, comprehensive information on the history, social impact, pharmacology, and addiction treatment for commonly abused, highly addictive opiate prescription painkillers such as Oxycontin®, Vicodin, Percocet, and Darvocet. Marvin D. Seppala, MD, provides context for understanding the current drug abuse problem by tracing the history of opioids and the varying patterns of use over time. He then offers an in-depth study of controversial issues surrounding these readily available drugs, including over-prescription by physicians and adolescent abuse. Also included is a straightforward look at the leading treatment protocols based on current research.

Narcotics Anonymous

The Recovery Book

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 mudMy 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.

Living Clean: The Journey Continues

The Sober Truth

Concise advice on hunting down the personal culprits that sabotage sobriety and personal happiness. To grow in recovery, we must grow up emotionally. This means getting honest with ourselves and facing up to the self-defeating thoughts and actions that put our sobriety at risk. Although there are as many ways to mess up recovery as there are alcoholics and addicts, some general themes exist, which include confusing self-concern with selfishness not making amends using the program to try to become perfect not getting help for relationship troubles believing that life should be easy In simple, down-to-earth language, Allen Berger explores the twelve most commonly confronted beliefs and attitudes that can sabotage recovery. He then provides tools for working through these problems in daily life. This useful guide offers fresh perspectives on how the process of change begins with basic self-awareness and a commitment to working a daily program.

Psychosocial Treatments

"This is the remarkable story of America's personal and institutional responses to alcoholism and other addictions. It is the story of mutual aid societies: the Washingtonians, the Blue Ribbon Reform Clubs, the

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Ollapod Club, the United Order of Ex-Boozers, the Jacoby Club, Alcoholics Anonymous and Women for Sobriety. It is a story of addiction treatment institutions from the inebriate asylums and Keeley Institutes to Hazelden and Parkside. It is the story of evolving treatment interventions that range from water cures and mandatory sterilization to aversion therapies and methadone maintenance. William White has provided a sweeping and engaging history of one of America's most enduring problems and the profession that was birthed to respond to it" -- BACK COVER.

Carry This Message

Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery, whether it's the first time through the steps, or whether they have been a guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps.

Sex in Recovery

This is the first comprehensive volume of the clinical management of sex addiction. Collecting the work of 28 leaders in this emerging field, the editors provide a long-needed primary text about how to approach treatment with these challenging patients. The book serves as an excellent introduction for professionals new to the field as well as serving as a useful

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reference tool. The contributors are literally the pioneers of one of the last frontiers of addiction medicine and sex therapy. With a growing awareness of sex addiction as a problem, plus the advent of cybersex compulsion, professional clinicians are being confronted with sexual compulsion with little clinical or academic preparation. This is the first book distilling the experience of the leaders in this emerging field. With a focus on special populations, it also becomes a handy problem-solving tool. Readable, concise, and filled with useful interventions, it is a key text for a problem clinicians must be able to identify. It is destined to be a classic reference.

Pocket Sponsor

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 related short prayer on each day. Much of the material is based on the Big Book and

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other A.A. literature. A classic work.

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