Hazelden Publishing

Fall 2012

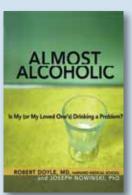


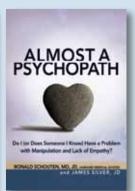
A NOTE FROM HAZELDEN NEW TITLES

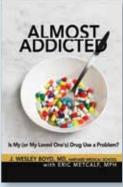
In January 2012 Hazelden successfully transitioned its U.S. and Canadian distribution to Perseus.

Through Perseus we successfully launched the Almost Effect series, including the breakout hit Almost Alcoholic and Almost a Psychopath. The series, published in partnership with Harvard Health Publications, presents books written by Harvard Medical School faculty and other experts who offer guidance on common behavioral and physical problems falling in the spectrum between normal health and a full-blown medical condition. This season Hazelden continues the series with Almost Addicted: Is My (or My Loved One's) Drug Use a Problem? giving those who use painkillers, marijuana, and other drugs the tools and knowledge to assess the impact of their use on their well-being and quality of life.

This season we are also excited to publish the gripping memoir *Blind Devotion: Survival on the Front Lines of Post-Traumatic Stress Disorder and Addiction.* Take a moment to read the except from the opening of the book on page 5. It moved some of Perseus's sales staff to tears. We have faith that you will be equally engaged in this memoir written by the wife of a Bosnian War veteran.



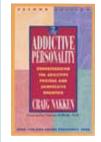






William Cope Moyers is the vice president of Public Affairs and Community Relations at Hazelden Foundation and author of the New York Times best–selling title Broken:

My Story of Addiction and Redemption. Moyers is a regular spokesperson for national and local media and regularly appears on Good Morning America. He has also been featured on Oprah and multiple times on CBS News, CNN, Dr. Drew, WebMD, and the Huffington Post.



Also of interest...

THE ADDICTIVE PERSONALITY

Understanding the Addictive Process and Compulsive Behavior

SECOND EDITION

Craig Nakken Foreword by Damian McElrath, Ph.D.

\$14.95 U.S., \$17.50 CDN, TRADE PAPERADDICTION/RECOVERY/SELF-HELP
ISBN 978-1-56838-129-9. 5221

NOW WHAT?

An Insider's Guide to Addiction and Recovery

William Cope Moyers, author of the New York Times best seller Broken

Foreword by Judith and Bill Moyers

Addiction and recovery insider and expert William C. Moyers answers the question "Now what?" for addicts and their loved ones along every step of their journey through contemplation, intervention, treatment, and recovery.

As the survivor of multiple relapses and near-fatal experiences with his addiction to alcohol and other drugs, William C. Moyers knows what it's like to desperately need, but not know how to find, a good treatment program. As Moyers was struggling, his parents—television journalist Bill Moyers and his wife, Judith—were also battling to understand what was happening to their son and what to do about it. Thanks to a successful intervention, intensive inpatient treatment, and a rigorous Twelve Step program, Moyers has been clean and sober since 1994, and has devoted his life to guiding others in getting the help they need.

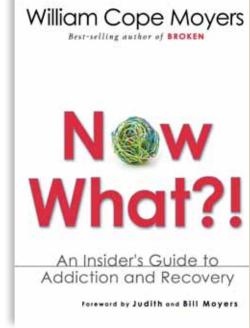
In the course of his work as a recovery advocate and ambassador with Hazelden Foundation, Moyers has talked with hundreds of alcoholics, addicts, and their families and has been a lifeline in helping them get the treatment they need. Drawing from both his own journey and the experiences of those he's helped, Moyers applies his passion and trademark down-to-earth style to lead readers through the process of

- recognizing when someone needs help,
- finding a quality treatment program,
- navigating the treatment process, and
- establishing a support system after treatment.

NOVEMBER 2012

\$14.95 U.S., \$17.50 CDN

SELF-HELP/ADDICTION RECOVERY SOFTCOVER, 6" X 9", 220 PP. ISBN 978-161649-419-3, 3982



NEW TITLES

NEW TITLES

OCTOBER 2012

\$14.95 U.S., \$17.50 CDN

MEMOIR SOFTCOVER, 6" X 9", 360 PP. ISBN 978-1-61649-409-4, 3996

BLIND DEVOTION

Survival on the Front Lines of Post-Traumatic Stress Disorder and Addiction

Sharlene Prinsen

One woman's startling firsthand account of her struggle to protect her children while facing the man she married, a combat veteran plagued by addiction, rage, and depression born from PTSD.

BLIND DEVOTION

Survival on the Front Lines of Post-Traumatic Stress Disorder and Addiction

SHARLENE PRINSEN

Cover Still in Production

Sharlene Prinsen and her husband Sean have been married for nine years and have two children. She is a teacher in northern Wisconsin. This is her first book.

Sharlene peered out the window into the blackness that enveloped her yard. She couldn't see them, but she knew they were out there—police officers and a SWAT team holding their positions in the wood line out her front door, their weapons trained with deadly precision pointing at her home. "Don't let them shoot at my kids!" she shouted into the phone to the dispatcher as her drunk, enraged, and armed husband picked up the other line, "Go on, get the hell out of here then!"

When she first met Sean seven years earlier, Sharlene never imagined that he'd someday be the catalyst to this terrifying scene. Sean was handsome in his camouflage fatigues, looking proud and just a little cocky. Unlike any other man she had ever met, he was an easy, charming conversationalist, and his sincerity was unmistakable. The two married and started a family.

But Sean's drinking soon took over, and his signs of depression and his raging outbursts worsened. Something was seriously wrong. He never talked about his tours overseas, including his seven-month peacekeeping mission in the aftermath of Slobodan Milosevic's ethnic cleansing campaign, but there were signs that what he experienced in Bosnia had left him reeling. As Sean's behavior grew worse, Sharlene's obsessive worry for his well-being trumped her basic needs. She knew that her husband was suffering from tremendous inner turmoil—which she later learned was PTSD—and she hoped, more than anything, to nurse him back to the loving partner and father she knew he could be.

A powerful story of pain and forgiveness, horror and hope, Blind Devotion gives voice to the thousands of families who are struggling to heal and to achieve a sense of normalcy stolen by the trauma in their lives.

"Tell the officers I'm coming out with the kids! Tell them it's us coming out! Don't let them shoot at my kids!"... I threw the phone down, looped the bag over my shoulder and went to wake up my son. "Michael," I whispered as I shook his shoulders. "Wake up, honey. We have

to go, right now. You need to listen to Mommy

FROM THE OPENING OF BLIND DEVOTION

and do exactly what I say, OK?"

In an instant, my four-year-old was on his feet, reminding me so much of his father who would startle from his sleep at the slightest sound, feet on the floor and at attention, ready to receive his orders. My son's eyes were wide with fear and confusion. He was wearing nothing but his

underwear, but I didn't have time to get him dressed. He clung to my leg as I went into the nursery to grab my infant daughter. My sobs caught in my throat as I wrapped her in a blanket and ran for the door with Michael glued to my side.

"Michael," I said, trying to keep my voice calm for my son's sake. "When I open this door, I need you to run with me as fast as you can to the car. And when you get in, I need you to get down on the floor in the back seat." Now he was terrified, his tears welling up. "Mommy...." he started, but I cut him off. "Just do it, Michael, please!"

My little girl, still lost in slumber when I picked her up, was now stirring in my arms, rubbing the sleep from her eyes. I took a deep breath, opened the door, and ran with my children to the car parked outside. As Michael climbed in, I could hear my husband just a few yards away, still raging at the officers who were concealed in the darkness. My heart raced as I threw my baby girl into the car with such haste that she rolled across the seat and bumped her head on the passenger door.

The sound of her startled cries and Michael's whimpers from the back seat were too much for me. As I tore down the long driveway, my head swirled with the surreal sounds around me—the baby's screams, Michael's sobs, the drone of the search helicopter overhead, the ranting of my husband. It all blurred together into a chilling soundtrack. Everything seemed to move in slow motion. I knew from the direction of my husband's voice just a few minutes ago that I was driving right between him and the officers with whom he was locked in a deadly standoff. My mind grappled to make sense of it. This is like a movie.... Is this really happening to me?

I gripped the steering wheel and braced myself, convinced that the next sound to join the eerie symphony would be a gunshot echoing through the night.

And then my husband would be dead. Or I would be Or one of the children

Also of interest...



GET ME OUT OF HERE

My Recovery from Borderline Personality Disorder Rachel Reiland

\$15.95 U.S., \$18.50 CDN ,TRADE PAPER ISBN 978-1-59285-099-0. 2138



DIARY OF AN ALCOHOLIC HOUSEWIFE

Brenda Wilhelmson

\$14.95 U.S., \$17.50 CDN, TRADE PAPERSELF-HELP/RECOVERY
ISBN 978-1-61649-086-7, 4751

NEW TITLES

NEW TITLES

OCTOBER 2012

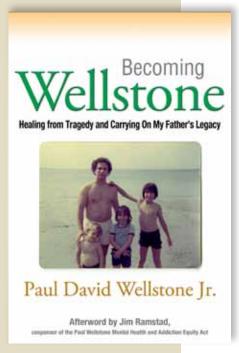
\$14.95 U.S., \$17.50 CDN

MEMOIR SOFTCOVER 6" X 9", 200 PP. ISBN 978-1-61649-445-2, 3967

BECOMING WELLSTONE

Healing from Tragedy and Carrying On My Father's Legacy

Paul David Wellstone Jr.



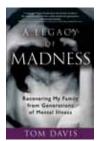
Paul David Wellstone Jr.,

son of Senator Paul
Wellstone, is the founding
partner of Family Place
Home Builders, a business
dedicated to building
affordable housing. Dave is
co-chair of the Wellstone
Action advisory board and
contributes to advocacy
efforts on behalf of mental
health and domestic violence.

The son of Senator Paul Wellstone tells his story of growing up Wellstone, working through the tragedy of his parents' untimely death, and becoming a great leader in his own right.

On October 25, 2002, Minnesota senator Paul Wellstone, his wife, Sheila, and thier daughter, Marcia, died in a tragic plane crash. Senator Wellstone was an admired and respected political leader known for his bipartisan spirit and passion for championing causes that impacted the overlooked and underrepresented. As his son Dave reveals in this intimate memoir, he was also a loving advisor and an engaged father who taught his children to live with compassion and to "Think for yourself; don't just go around with the crowd—never be afraid to take an unpopular stand."

Becoming Wellstone is an insider's look at Paul Wellstone in action, revealing the man behind the visionary leader who challenged the status quo. Dave grows from a childhood of touch-football games, family dinners, and political rallies to a young adulthood engulfed in loss. We see his son struggle to work through tragedy and slowly regain the strength to look ahead—becoming a great leader in his own right and championing one of his father's great life achievements: the enactment of the Paul Wellstone Mental Health and Addiction Equity Act in 2008, bringing mental health and substance abuse treatment benefits to the masses.



Also of interest...

A LEGACY OF MADNESS

Recovering My Family from Generations of Mental Illness

Tom Davis

\$14.95 U.S., \$17.50 CDN, TRADE PAPER ISBN 978-1-61649-121-5, 3897

ALMOST ADDICTED

Is My (or My Loved One's) Drug Use a Problem?

J. Wesley Boyd, MD, Harvard Medical School, with Eric Metcalf, MPH

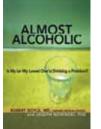
Almost Addicted will help you assess your or your loved one's drug use and evaluate its impact on relationships, work, and personal well-being.

Most people who abuse illegal drugs don't fit the image of the dysfunctional, hustling addict who can't fit into normal society. Between the estimated 10 percent of the population who are true addicts and those who don't use drugs at all falls a group of regular drug users who often don't realize how much their use is affecting their daily lives.

According to J. Wesley Boyd, MD, and Eric Metcalf, MPH, they are almost addicted. Whether their drug of choice is legal or illegal, an upper or a hallucinogen, almost addicts' drug use is negatively impacting their quality of life—but falls short of meeting the diagnostic criteria for substance abuse or dependence.

In this book, readers will find the tools to identify and assess patterns of drug use, evaluate its impact on relationships, work, and personal well-being, develop strategies for abstaining or cutting back, and make informed decisions about next steps.

THE ALMOST EFFECT SERIES, published in partnership with Harvard Health Publications, presents books written by Harvard Medical School faculty and other experts who offer guidance on common behavioral and physical problems falling in the spectrum between normal health and a full-blown medical condition. These are the first publications to help general readers recognize and address these problems.



Also of interest...

ALMOST ALCOHOLIC

Is My (or My Loved One's) Drinking a Problem?

Robert Doyle, MD, and Joseph Nowinski, PhD

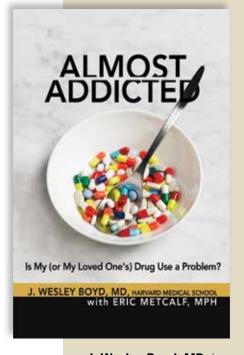
\$14.95 U.S., \$17.50 CDN, TRADE PAPER

ISBN 978-1-61649-159-8, 3842

NOVEMBER 2012

\$14.95 U.S., \$17.50 CDN

SELF-HELP/ADDICTION SOFTCOVER, 5-3/8" X 8-3/8", 240 PP. ISBN 978-1-61649-101-7, 4161



J. Wesley Boyd, MD, is an assistant clinical professor of psychiatry at Harvard Medical School. He also teaches and lectures at Cambridge Health Alliance and other institutions. Boyd has written articles for the New York Times, Boston Globe, and Time.com.

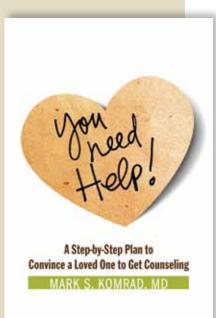
Eric Metcalf, MPH, is an Indianapolis-based medical writer, editor, and health educator with a degree in journalism and a master's in public health. He has authored or contributed to dozens of books including the best-selling Doctor's Book of Home Remedies line.

NEW TITLES NEW TITLES

SEPTEMBER 2012

\$14.95 U.S., \$17.50 CDN

SELF-HELP SOFTCOVER, 5-3/8" X 8-3/8", 240 PP. ISBN 978-1-61649-148-2, 3841



Mark S. Komrad, M.D., is an award-winning psychiatrist on the teaching staff of John Hopkins, as well as the director of clinical ethics at the prestigious Baltimore-based Sheppard Pratt hospital, where he teaches psychiatric residents. He appears regularly on public radio and has had numerous articles and columns published in professional journals and newspapers and on mental health websites including the Mental Health America website.

YOU NEED HELP!

A Step-by-Step Plan to Convince a Loved One to Get Counseling

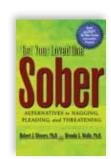
Mark S. Komrad, M.D.

If you feel that a friend or loved one has a problem and needs professional help, this step-by-step guide will give you the tools to approach, engage, and support him or her.

Just about everyone knows a relative, friend, or coworker who is exhibiting signs of emotional or behavioral turmoil. Yet figuring out how to reach out to that person can feel insurmountable. We know it is the right thing to do, yet so many of us hesitate to take action out of fear of conflict, hurt feelings, or damaging the relationship. Other times, we have talked with the person, but he or she just won't listen.

Through a rich combination of user-friendly tools and real-life stories, Mark S. Komrad, M.D., offers you step-by-step guidance and support as you take the courageous step of helping a friend who might not even recognize that he or she is in need. He guides you in developing a strong course of action, starting by determining when professional help is needed, then moving through the steps of picking the right time, making the first approach, gathering allies, selecting the right professional, and supporting your loved ones as they go through the necessary therapeutic process to resolve their problems. Included are scripts based on Komrad's work with his own patients, designed to help you anticipate next steps and arm you with the tools to respond constructively and compassionately.

You will also find the guidance and information you need to understand mental illness and get past the stigma still associated with it, so that you can engage and support your loved ones with insight and compassion in their journey toward emotional stability and health.



Also of interest...

GET YOUR LOVED ONE SOBER

Alternatives to Nagging, Pleading, and Threatening

Robert J. Meyers, Ph.D., and Brenda L. Wolfe, Ph.D.

\$14.95 U.S., \$17.50 CDN, TRADE PAPER ISBN 978-1-59285-081-5. 2066

RECOVERING MY KID

Parenting Young Adults in Treatment and Beyond

Joseph Lee, M.D., Adolescent Addiction Specialist at Hazelden

National expert Dr. Joseph Lee explains the nature of youth addiction and treatment and how families can create a safe, supportive environment for their loved ones during treatment and throughout their recovery.

Raising a child is tough as it is, but when your kid becomes addicted to alcohol or other drugs, it can feel as if you're living a nightmare. You're not alone. In *Recovering My Kid*, Dr. Joseph Lee, a leading youth addiction specialist, takes worried, confused, and angry parents by the hand and addresses their most pressing questions and fears: What is addiction? What happens when my child returns home from treatment? How can my family support his or her recovery? What if my child relapses? How can my family get well again?

Getting your child and your family well again requires the support and understanding of the whole family, even if feelings and trust were damaged. In his engaging and straightforward style, Lee explains the difficult concepts of addiction, treatment, and recovery in a way parents and families can understand and gives them concrete strategies they can put into practice.

This book will help family members begin to understand what their loved one is going through and how they can help the addict adjust to a clean-and-sober life while still taking care of themselves.



Also of interest...

WHAT'S WRONG WITH MY KID?

When Drugs or Alcohol Might Be a Problem and What to Do about It

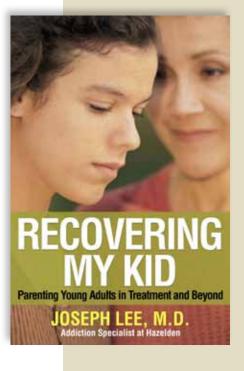
George E. Leary, Jr

\$14.95 U.S., \$17.50 CDN, TRADE PAPER ISBN 978-1-61649-119-2, 4162

DECEMBER 2012

\$14.95 U.S., \$17.50 CDN

PARENTING/RECOVERY SOFTCOVER, 6" X 9", 250 PP. ISBN 978-1-61649-264-9, 4693



Dr. Joseph Lee is the medical director at Hazelden's Center for Youth and Families in Plymouth, Minnesota. Drawing upon his expertise in medicine, individual and family therapy, Twelve Step models, and the evaluation and treatment of adolescents, Lee works with teenagers and young adults ages fourteen to twenty-five who are struggling with addiction to alcohol or other drugs. Because of his extensive knowledge of youth and addiction, Lee is a favorite commentator of national media and has been featured on The Dr. Oz Show, WCCO, NPR, and in the Wall Street Journal.

NEW TITLES

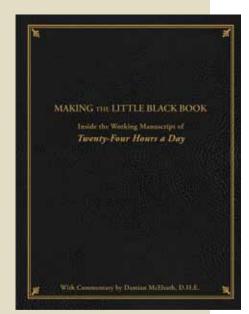
NEW TITLES

OCTOBER 2012

\$50.00 U.S., \$57.50 CDN

RECOVERY/TWELVE STEPS

HARDCOVER, 8-1/2" X 11", 350 PP.
ISBN 978-1-61649-407-0, 4696



Damian McElrath, D.H.E., is the author of *Hazelden: A Spiritual Odyssey* and is an AA researcher and historian.

MAKING THE LITTLE BLACK BOOK

Inside the Working Manuscript of *Twenty-Four Hours a Day*

Since 1954, more than ten million people have depended on the wisdom and insight offered in the core recovery staple *Twenty-Four Hours a Day*. Now, for the first time ever, Richmond Walker's original working manuscript is made public, so you can see firsthand what went into making what the recovery community calls the Little Black Book.

Second only to the Big Book of Alcoholics Anonymous, Twenty-Four Hours a Day is a staple for millions of people in recovery from addiction worldwide. In this elegant reproduction of the original working manuscript of this

> mainstay meditation book, you'll see the thoughts and insights of recovery luminary Richmond Walker evolve through his creative process.



key sources, are featured and compared with the final manuscript he adapted for *Twenty-Four Hours a Day*. Recovery historian Damian McElrath enlightens readers as he traces the origins of *Twenty-Four Hours a Day*, exploring the spiritual foundations of its messages and bringing to light little-known facts about Richmond Walker's life. A selection of writings by Richmond Walker and transcripts from never-before-published talks are also included.

DR. BOB AND BILL W. SPEAK

AA's Cofounders Tell Their Stories

Michael Fitzpatrick

Learn about the luminaries behind one of the greatest social movements of our time through the never-beforepublished recordings, letters, and stories found in this intimate multimedia retrospective.

This unique book and audio CD draw on letters, journal entries, speeches from Alcoholics Anonymous (AA) conferences, and recorded conversations to tell the personal stories of AA cofounders Dr. Bob and Bill W. The book and CD reveal the cofounders' unique contributions to the creation and development of AA, the Big Book, and the Twelve Steps and Twelve Traditions. The book explores their lives, starting with their early drinking days, while the audio recordings begin with their first speeches in the 1940s and continue through Bill W.'s last talk given at the Miami International Convention in 1970, just months before he died.

AA historian and archivist Michael Fitzpatrick used his research conducted at Stepping Stones (the former home of Bill W.) and Dr. Bob's home, excerpts from the *AA Grapevine*, and his own private collection to offer this multimedia retrospective.

DR. BOB AND BILL W. SPEAK is part of Hazelden's Legacy 12 publishing initiative, which was created to enrich people's recovery with dynamic multimedia works that use rare original-source documents to bring AA and Twelve Step history alive.



Also of interest...

THE BOOK THAT STARTED IT ALL

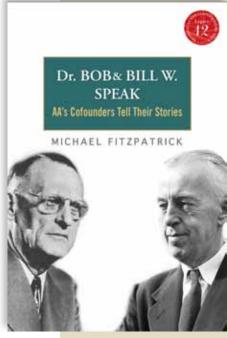
The Original Working Manuscript of *Alcoholics Anonymous*

\$65.00 U.S., \$75.00 CDNISBN 978-1-59285-947-4, 2870

DECEMBER 2012

\$19.95 U.S., \$23.00 CDN

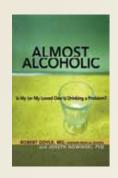
TWELVE STEPS/RECOVERY SOFTCOVER WITH AUDIO CD, 6" X 9", 200 PP. ISBN 978-1-61649-415-5, 3987



Michael Fitzpatrick is coauthor with William G. Borchert of 1000 Years of Sobriety and author of the first book under the Legacy 12 imprint, We Recovered Too. He is one of the leading historians and speakers in the field of alcoholism, specializing in the development of the Twelve Step movement. He owns what is possibly the largest audio archive related to the Twelve Step movement ever assembled: more than three thousand original reel-toreel recordings of the voices of the men and women who pioneered the Twelve Step movement.

RECENTLY PUBLISHED

RECENTLY PUBLISHED



ALMOST ALCOHOLIC

Is My (or My Loved One's) Drinking a Problem? Robert Doyle, MD, Harvard

Robert Doyle, MD, Harvard Medical School, and Joseph Nowinski, PhD

\$14.95 U.S., \$17.50 CDN, TRADE PAPER

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SELF-HELP ISBN 978-1-61649-159-8, 3842 Many people drink on a weekly basis and aren't reliant on alcohol to function, but for a number of these people, alcohol has begun to have a negative impact on their daily lives. And some are what Dr. Doyle and Dr. Nowinski call "almost alcoholics." This practical guide offers readers the tools to determine if their drinking is a problem, develop strategies for curbing their intake, and measure their progress.

An inability to focus, impulsiveness, misbehavior, frequent daydreaming, and a predisposal to addiction are frequently referenced traits of attention deficit hyperactivity disorder (ADHD). But what about the gifts of ADHD? In Movers, Dreamers, and Risk-Takers, Kevin Roberts takes a fresh approach to this much-writtenabout topic to help those with ADHD—their parents, teachers, and friends—to tap the hidden strengths and actual advantages inherent in the ADHD personality.

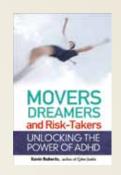
MOVERS, DREAMERS, AND RISK-TAKERS

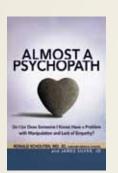
Unlocking the Power of ADHD *Kevin Roberts*

\$14.95 U.S., \$17.50 CDN, TRADE PAPER

SELF-HELP/PARENTING ISBN 978-1-61649-204-5, 4208

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ALMOST A PSYCHOPATH

Do I (or Does Someone I Know)
Have a Problem with Manipulation
and Lack of Empathy?
Ronald Schouten, MD, JD,
Harvard Medical School, and
James Silver, JD

\$14.95 U.S., \$17.50 CDN, TRADE PAPER

SELF-HELP ISBN 978-1-61649-102-4, 4158 Do you know someone who is manipulative, shallow, full of him or herself, or a pathological liar? These are just some qualities of "almost psychopaths," and they're not deranged criminals or serial killers—they're spouses, coworkers, bosses, children, and neighbors. This book will help you recognize these traits in yourself or another, devise strategies for dealing with it, and make informed decisions about next steps.

This down-to-earth, judgment-free guide helps parents recognize the warning signs of alcohol and drug use in their kids and get them the help they need to grow and flourish. What's Wrong with My Kid? helps parents understand that they aren't alone and that steps can be taken to put their family back together.

WHAT'S WRONG WITH MY KID?

When Drugs or Alcohol Might Be a Problem and What to Do about It **George E. Leary, Jr.**

\$14.95 U.S., \$17.50 CDN, TRADE PAPER

PARENTING ISBN 978-1-61649-119-2, 4162

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A GENTLE PATH THROUGH THE TWELVE STEPS

UPDATED AND EXPANDED EDITION

The Classic Guide for All People in the Process of Recovery **Patrick Carnes, Ph.D.**

\$18.95 U.S., \$22.00 CDN, TRADE PAPER

RECOVERY/TWELVE STEPS ISBN 978-1-59285-843-9, 2558 Hundreds of thousands of people have found in this book a personal portal to the wisdom of the Twelve Steps. With updated and expanded concepts and a focus on the spiritual principles that lead to lifelong growth and fulfillment, Carnes's new edition invites a fresh generation of readers to the healing and rewarding experience of Twelve Step recovery.

This book offers readers six guiding principles—hope, healthy coping skills, sense of achievement and accomplishment, capacity for meaningful relationships, unique identity development, and reclamation of agency—that are key to lasting recovery from addiction to alcohol and other drugs. This book will help readers understand why these principles are important, how they relate to the Twelve Steps, and why they work.

SIX ESSENTIALS TO ACHIEVE LASTING RECOVERY

Sterling Shumway, Ph.D., L.M.F.T., and Thomas G. Kimball, Ph.D., L.M.F.T.

\$14.95 U.S., \$17.50 CDN, TRADE PAPER

SELF-HELP/RECOVERY ISBN 978-1-61649-205-2, 4209

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A GENTLE PATH THROUGH THE TWELVE PRINCIPLES

Living the Values Behind the Steps **Patrick Carnes, Ph.D.**

\$15.95 U.S., \$18.50 CDN, TRADE PAPER

RECOVERY/TWELVE STEPS ISBN 978-1-59285-841-5, 2557 The principles passed on in A Gentle Path through the Twelve Principles have existed among fellowships as a curriculum of fundamental truths about recovery for decades, but never before have they been distilled into a succinct set of values that, when practiced, help each of us to develop an essential skill set for life. The principles—such universal touchstones as acceptance, awareness, responsibility, openness, and honesty—are concepts that enable a deep inner study to make a new life happen in recovery.

World, seasoned writer and AA historian Mel B. uses transcripts of speeches by Bill W. and original documents chronicling the development of the Twelve Traditions to examine their importance to the survival, integrity, and success of AA and other Twelve Step organizations. Popular speaker and archivist Michael Fitzpatrick then looks

at the relevance of each of the Traditions in

the twenty-first century.

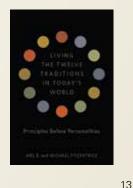
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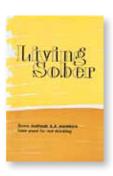
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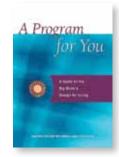
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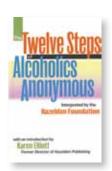
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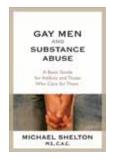
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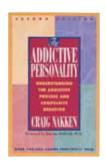
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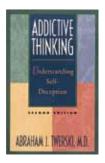
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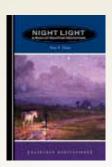
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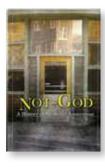
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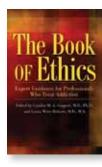
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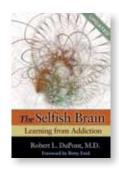
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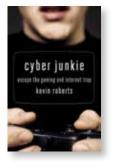
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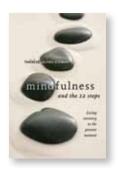
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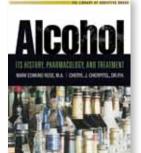
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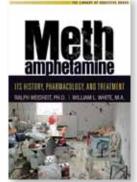
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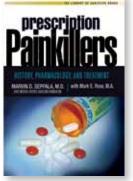
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Daily Meditations for Women

Karen Casey

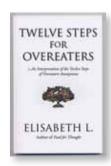
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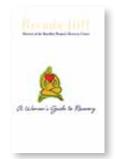
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Bill B.

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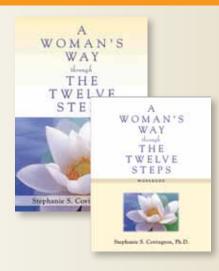
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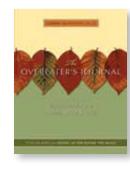
These 366 daily meditations help

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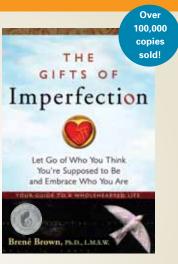
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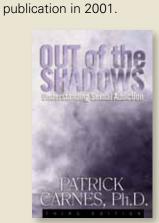


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the pioneer of sex addiction

known speaker and author

expertise to books that will

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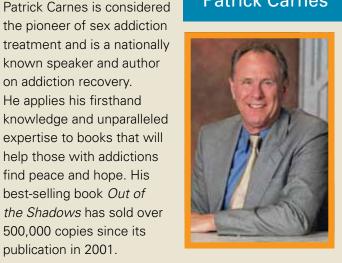
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the Shadows has sold over

on addiction recovery.

He applies his firsthand

Patrick Carnes



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THIRD EDITION

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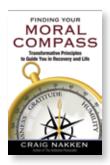


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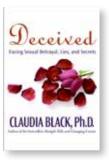
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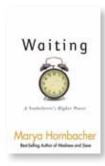
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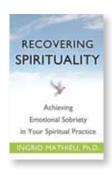
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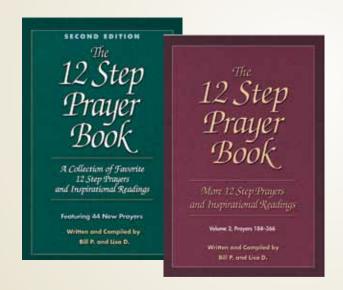
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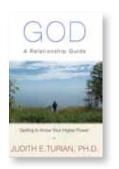
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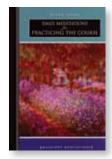
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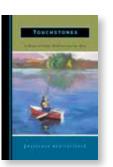
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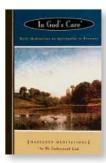


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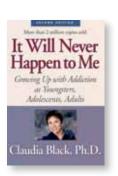
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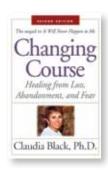
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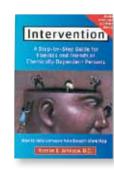
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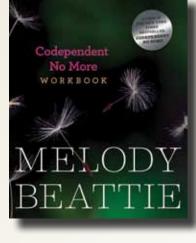
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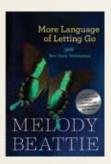
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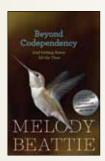
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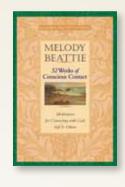
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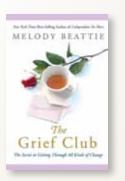


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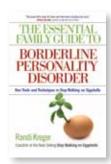
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MENTAL HEALTH



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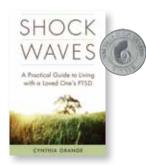
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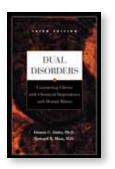
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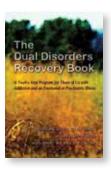
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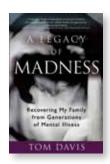
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