

The Twelve Steps Of Hooponopono

A Skeptic's Guide to the 12 StepsThe Twelve Steps Of Alcoholics AnonymousThe Twelve Steps for EveryoneA Young Person's Guide to the Twelve StepsUnderstanding the Twelve StepsTwelve Steps and Twelve TraditionsA Gentle Path Through the 12 Steps and 12 Principles BundleTrauma and the 12 Steps, Revised and ExpandedThe Twelve Steps Of Alcoholics AnonymousPeoples AnonymousThe Twelve Steps RevisitedThe 12 Steps to Joy and HappinessTwelve Steps for YouThe Twelve StepsTwelve Wisdom StepsUnderstand and Complete The 12 Steps of Alcoholics AnonymousTwelve Steps and Twelve Traditions Trade EditionRecovery-The Sacred ArtThe Twelve-Step JournalThe Little Red Book Phillip Z. Anonymous Jerry Hirschfield Stephen Roos Terence T. Gorski Alcoholics Anonymous World Services, Inc. Patrick J Carnes Jamie Marich Anonymous Lane W. Ronald L. Rogers David L. Peters Dick B. Andrea Travers Anonymous Guest Bill W. Borysenko Rami Shapiro and Joan Claudette Wassil-Grimm Edward A. Webster

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p how many of us have felt like phillip z he has a staunch belief in the twelve steps yet struggles with the concept of a higher power p p in em a skeptic s guide to the 12 steps em the author investigates each of the twelve steps to gain a deeper understanding of a higher power he examines what may seem like unsettling concepts to us including surrendering one s will and life to god and he encourages us to understand the spiritual journey of recovery despite our skepticism p

this book brings together a series of short discussions from various authors who interpret the twelve steps the twelve steps of alcoholics anonymous form the cornerstone of one of the most effective programs for recovery from alcoholism the steps have also been successfully adapted for use in the treatment of many other dependencies this book brings together for the first time a series of short discussions that interpret each of the twelve steps from the admission of individual powerlessness over alcohol that occurs in step one to the moral inventory of step four and the spiritual awakening of step twelve each discussion has a separate author demonstrating the diversity of voices that is at the heart of aa and each author provides insights that keep the steps fresh and meaningful whether they ve been read once or a hundred times

this compassionate insightful book is an adaptation of the twelve steps of alcoholics anonymous for anyone seeking a practical path to spiritual and emotional freedom this classic twelve step book has sold more than one half million copies to date a caring adaptation of the twelve steps of alcoholics anonymous for anyone seeking a practical path to spiritual and emotional freedom this compassionate insightful book is written in the language of the heart and is used by both lay people and professionals

introduces twelve step programs designed to help people recover from substance abuse and other addictive behavior using alcoholism as an example

an interpretation and guide to the 12 steps of alcoholics anonymous

commonly referred to as the twelve and twelve twelve steps and twelve traditions comprises 24 foundational essays by alcoholics anonymous co founder bill w that have helped millions of a a members worldwide both to get and stay sober one day at a time and to ensure that their fellowship alcoholics anonymous as a whole will be there for them tomorrow first published by grapevine in 1952 the 12 essays in the book s opening expand upon each of a a s landmark twelve steps its program of recovery from alcoholism with practical applications helpful examples and personal insights many of which enlarge upon themes raised in the big book of alcoholics anonymous the second 12 illuminate the twelve traditions and explain how spiritual principles such as anonymity humility and self support serve to safeguard the unity of alcoholics anonymous and shield it from internal and external challenges whether read aloud at meetings referred to while working with a sponsor or turned to in a quiet moment the twelve steps and twelve traditions can serve as a vital resource for those seeking a deeper understanding of the steps and traditions twelve steps and twelve traditions has been approved by the general service conference

two book bundle essential twelve step recovery guides from renown author patrick carnes ph d it was out of his reverence and respect for the wisdom and therapeutic value of the twelve steps that author patrick carnes wrote a gentle path through the twelve steps now a recovery classic and self help staple for anyone looking for guidance for life s hardest challenges 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 new edition invites a fresh generation of readers to the healing and rewarding experience of twelve step recovery a gentle path through the twelve principles outlines twelve guiding principles to help those in recovery these principles have existed among fellowships as a hidden curriculum of fundamental truths about recovery for decade but never before have them 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 for human self realization as acceptance awareness responsibility openness and honesty are concepts that enable a deep inner study and focus to make a new life happen in recovery

an inclusive research based guide to working the 12 steps a trauma informed approach for clinicians sponsors and those in recovery step 1 you admit that you re powerless over your addiction now what 12 step programs like alcoholics anonymous aa and narcotics anonymous na have helped countless people on the path to recovery but many still feel that 12 step programs aren t for them that the spiritual emphasis is too narrow the modality too old school the setting too triggering or the space too exclusive some struggle with an addict label that can eclipse the histories traumas and experiences that feed into addiction or dismisses the effects of adverse experiences like

trauma in the first place advances in addiction medicine trauma neuropsychiatry social theory and overall strides in inclusivity need to be integrated into modern day 12 step programs to reflect the latest research and what it means to live with an addiction today dr jamie marich an addiction and trauma clinician in recovery herself builds necessary bridges between the 12 step s core foundations and up to date developments in trauma informed care foregrounding the intersections of addiction trauma identity and systems of oppression marich s approach treats the whole person not just the addiction to foster healing transformation and growth written for clinicians therapists sponsors and those in recovery marich provides an extensive toolkit of trauma informed skills that explains how trauma impacts addiction recovery and relapse celebrates communities who may feel excluded from the program like atheists agnostics and lgbtq folks welcomes outside help from the fields of trauma dissociation mindfulness and addiction research explains the differences between being trauma informed and trauma sensitive and discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality based approaches to healing

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welcome to peoples anonymous herein lies one of the most profound spiritual healing recipes ever entrusted to the human race this twelve step technology has the capacity to heal your life beyond anything you may have previously imagined by applying the twelve steps to your life you will rediscover your authentic self clear away the wreckage of your past enjoy a new sense of freedom and purpose begin to live more fully in the present awaken to a life of joy service and moments of bliss millions are currently living happy joyous and free by simply applying this program to their daily lives we consider the twelve step recipe outlined in this book to be the spiritual alchemy of the 21st century it transforms the lives of those who are willing to follow the directions precisely into gold finally a users manual for the human race peoples anonymous provides a 12 step approach to life and recovery from all kinds of conditions that is accessible to everyone in fact its better to use the peoples anonymous big book if youve never had an addiction what you will discover is a deeper understanding of how to connect your authentic values with your actions which makes for a healthier life pick it up and start reading it now dr bruce f singer psy d peoples anonymous has finally brought the beautiful 12 step way of life and healing power to the rest of the world father mike falls

since the original 12 steps of alcoholics anonymous were first published in 1939 they have remained the single most effective program for recovery this concise handbook makes the steps easier to understand and more accessible than ever before

we are bound in the music of life where we dance and weave within that glorious melody or what some call god now god has said that we are the very image of god genesis 1 27 and as images of god we have the inborn ability to have joy and happiness forever present in our life the author david l peters is an octogenarian whose life has always been filled with joy regardless of outward appearances the wonders of the kingdom of heaven is everyones birthright if you know how to let your creator and the universe

enter your spirit jesus put it succinctly the kingdom of god lies within luke 17 21 the kingdom of god paradise heaven these lie within you right now waiting for you to only turn and see and join in the dance paradise is right within us but how do we unlock the door to this wonder of joy this book lays a path open that the author has followed for almost 80 years starting as a young boy in rural ohio and it operates as advertised no matter how things look in life how bad it seems all one need do is look deeper within and find the joy that can fill life life is good the life of abundant joy and happiness is yours for the asking dip your toe in the living waters and taste the beauty of god that is awaiting

the much awaited work of a a historian dick b on the origins of each of the twelve steps first and foremost a history of each step how each of a a s co founders contributed to each of the steps it looks at the original akron a a program which had no steps and took its basic ideas from the bible and its principles and practices primarily from the united christian endeavor movement of dr bob s youth then source by source it looks at each step as it was impacted upon by a particular contributor the bible oxford group rev sam shoemaker dr bob s wife anne smith the so called six steps then the other sources this book is an historical study of the roots of each step and it can be used for individual and group study of the steps in a very meaningful way it is also a guide a guide to understanding and a guide to taking each step it also shows you how to take the steps exactly as directed in a a s big book it suggests how you might look at each step in terms of the contributions to that step s lanugage and meaning by each of its sources finally it provides christians and other students with a means of considering learning and taking each of the steps in light of that step s biblical and historical roots with the big book bible and history at hand when you are through you will have a perspective of the real spiritual utility of the twelve steps in a believer s world despite the secularization and universalism that are diluting all twelve step programs and the language used in connection with the steps for example god as we understood him historically and biblically means almighty god the creator as he is understood by the newcomer at the time of taking steps 3 and 11 so too powerless in step 1 is presented in its historical context i was licked rather than in some puzzling linguistic context seldom understood or unraveled you ll know and guide the taking of the twelve steps as they were intended to be understood and as you never did before

beneath the well known twelve steps of alcoholics anonymous a a are concealed the universal principles of spiritual practice as they are expressed in traditional religions and wisdom traditions including buddhism christianity cosmology hinduism islam judaism native american spirituality and taoism this wisdom expressed itself in a 20th century movement known as a a the purpose of this book is to ensure that seekers from all faith traditions have an opportunity to realize and appreciate the universality of transformative spiritual practices we humans share common ground today despite cultural and superficial differences in twelve wisdom steps unifying principles of the 12 steps of a a found in the wisdom traditions rev dr andrea emphasizes that amid all the seemingly unique and distinct religious expressions and forms there is an underlying binding truth which is shared that promotes a universal experience this perceptive engaging work challenges us to set our own traditional and cultural lenses aside and open ourselves to merging what we know with a new understanding of shared principles at a time in our world when we are seeking to better understand each other and find common ground on which to relate

here s a 12 step guide to get you through the big book of alcoholics anonymous many great reviews have been left like penned as a study guide but a truly enlightening walk through the big book reviewed in the united kingdom on may 25 2018 format verified purchase succinct to the point and funny this aa guest is a gifted writer and easily

explains the 12 steps in the big book with integrity and just a few though not irreverent manifestations i used this guide and needed it when the big book was just too heavy going this guide got me through to the end much gratitude change your attitude and you can change your life reviewed in the united kingdom on july 13 2015 format verified purchase a book all could live by regardless if they are alcoholic or not plain english made sense thank you for a great read reviewed in the united kingdom on august 4 2018 format verified purchase anyone beginning or struggling with the 12 steps will find this invaluable i have hope you do too thank you hope you use it to help with the 12 steps

twelve steps to recovery

deepen your capacity to live free from addiction and from self and selfishness twelve step recovery is much more than a way to escape the clutches of addictive behaviors twelve step recovery is about freeing yourself from playing god and since almost everyone is addicted to this game twelve step recovery is something from which everyone can benefit from the introduction in this hope filled approach to spiritual and personal growth the twelve steps of alcoholics anonymous are uniquely interpreted to speak to everyone seeking a freer and more god centered life this special rendering makes them relevant to those suffering from specific addictions alcohol drugs gambling food sex shopping as well as the general addictions we wrestle with daily such as anger greed and selfishness rami shapiro describes his personal experience working the twelve steps as adapted by overeaters anonymous and shares anecdotes from many people working the steps in a variety of settings drawing on the insights and practices of christianity judaism buddhism taoism hinduism and islam he offers supplementary practices from different religious traditions to help you move more deeply into the universal spirituality of the twelve step system

this exciting revolutionary workbook designed for anyone on a twelve step oriented recovery program adapts beautifully to nearly all recovery programs it presents the twelve steps in their original form as well as in alternative secular version and offers exercises and suggestions for journal entries that include topics such as storytelling dreams confessions and conflicts and resolutions

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