

The Real 13 Step: Discovering Confidence, Self-Reliance, and Independence Beyond the Twelve-Step Programs (Paperback)



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Reviews

A very amazing book with perfect and lucid answers. it absolutely was writtern quite flawlessly and useful. I am just easily will get a satisfaction of reading a created publication.
(Pearl Turcotte)

THE REAL 13 STEP: DISCOVERING CONFIDENCE, SELF-RELIANCE, AND INDEPENDENCE BEYOND THE TWELVE-STEP PROGRAMS (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Tina Tessina Ph.D. is a psychotherapist specializing in recovery and addiction. Her controversial, breakthrough book offers evidence that in many cases true recovery from addiction should end in graduation from addiction programs into a life of autonomy, self-reliance and independence. The premise of this intelligently written title is bound to cause some controversy. Recommended for popular psychology, self-help and recovery collections - The Library Journal. Offers strategies that can help people struggling with addictions develop the skills and abilities they need to make clear, effective choices about their own lives - with or without the continuing support of a formal recovery group. - Yoga Journal A therapist's prescription for avoiding addiction to a recovery group. - New Age Journal Hope of freedom, self-confidence and completion to people in self-help or 12-step recovery programs who have been told they will never be fully recovered. - American Bookseller A manual for those in self-help programs - Publisher's Weekly Despite the millions who've found relief from addictive and compulsive habits through 12-step programs, these same programs insistence that members always keep coming back unwittingly fosters attitudes that can undermine the foundations of a successful, healthy life. The Real 13th Step refutes the bedrock recovery principle that some people are just born with addictive personalities. Instead, therapist Tina Tessina identifies the underlying cause of addiction as learned dependency, and teaches readers how to develop the three central skills of true independence: risk-taking, problem-solving, and coping with failure. Her book then offers practical advice about applying these principles in every aspect of life: relationships, work, decision-making, and managing the continuing temptations of addiction. Readers will learn how they can take control of...



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