

## **Narcotics Anonymous Step Working Guide**

Just for TodayLife with HopeQuitting HeroinQuitting Meth RevisionTrauma and the Twelve StepsA Gentle Path Through the Twelve StepsThe Little Red BookNarcotics AnonymousAlcoholics Anonymous Study EditionQuitting Alcohol12 Step WorkbookNarcotics AnonymousThe Twelve-Step JournalLiving Clean: The Journey ContinuesOA Big Book Study GuideSponsorshipThe Narcotics Anonymous Step Working GuidesThe Twelve-Step Workbook of Overeaters AnonymousLife with Hope 12 Step Workbook366 Days of Recovery, My First Year in RecoveryThe Zen of RecoveryRecoveryDaily ReflectionsNarcotics AnonymousThe NA Step Working GuidesThe Big Book Workbooks SetTwelve Steps of Adult ChildrenNarcotics AnonymousGuiding Principles: The Spirit of Our TraditionsTwelve Steps and Twelve Traditions Trade EditionPsychodynamic Approaches for Treatment of Drug Abuse and AddictionUnderstanding the Twelve StepsSought through Prayer and Meditation12 Stupid Things That Mess Up RecoveryThe Addiction Recovery WorkbookDrug Court Publications Resource GuideFind Your LightAlcoholics Anonymous12 Step WorkbookA Program For You

### **Just for Today**

### **Life with Hope**

I thank God for the ability to write from my heart,something I have never been able to do before. The death of my son,John,has definitely given me a whole different perspective about life and death.So many emotions I've had to deal with these last five years, so draining, mentally and physically. By publishing my poetry and messages from God, I call my "GodWinks" I'm sharing my heart with the world.This book is about my love for my son, my heartbreak from his death,my healing and what I have gained in my life because of the love from my son and God.My relationship with God is so wonderful and I give to him all the Praise and Glory to where I am today.God continues to direct my path, he has shown me that I still have my son but in a different way. I pray that "WORDS FROM GOD THROUGH A GRIVING MOTHER'S HEART" will show you that "time" and "God" will give your heart comfort,peace and joy once again in your life.

### **Quitting Heroin**

Quitting Heroin Workbook Revised

### **Quitting Meth Revision**

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

## **Trauma and the Twelve Steps**

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.

## **A Gentle Path Through the Twelve Steps**

The Life with Hope 12 Step Workbook supplements the Life with Hope textbook and reinforces the Twelve Steps and Twelve Traditions of Marijuana Anonymous (MA). It includes worksheets and activities to help people overcome cannabis use disorder. The Life with Hope 12 Step Workbook supplements the Life with Hope textbook and reinforces the Twelve Steps and Twelve Traditions of Marijuana Anonymous (MA). It includes worksheets and activities to help people overcome cannabis use disorder. This workbook is designed for working the Twelve Steps with a sponsor.

## **The Little Red Book**

## **Narcotics Anonymous**

Written by a certified alcoholism and drug abuse counselor with more than twenty years of experience, this book offers a

wealth of wisdom, knowledge, and genuine support for anyone in recovery. Millions of people have transformed their lives by working the Twelve Steps of Alcoholics Anonymous. Their success has come from their ability to truly understand these principles and to apply them in their daily lives. Yet for many embarking on the road to recovery, the Steps can seem vague, even confusing. This practical, no-nonsense guide takes the mystery out of the Twelve Steps, presenting a straightforward explanation of what each step means, as well as examples of how it translates to real life. Written by a certified alcoholism and drug abuse counselor with more than twenty years of experience, it offers a wealth of wisdom, knowledge, and genuine support for anyone in recovery. Understanding the Twelve Steps features: Clear, easy-to-understand interpretation of the Twelve Steps—the vital building blocks of recovery Checklists that summarize the tasks and objectives of each step The Twelve Promises—the positive changes you can expect in your life if you follow the Twelve Steps What happens at Twelve Step meetings and why it is important to have a sponsor The experiences, strength, and hope of other recovering people

### **Alcoholics Anonymous Study Edition**

Prevent relapse with practical coping skills for everyday life from The Addiction Recovery Workbook. Preventing relapse in daily life is where the work of a successful recovery starts. The Addiction Recovery Workbook equips you with actionable strategies and coping skills to prevent relapse and succeed in recovery when faced with day-to-day challenges, stressors, and triggers. From navigating intimate relationships to handling high-risk situations and environments, this addiction workbook offers practical tools and hands-on exercises that you can use in your home, work, and personal life. Once equipped with these skills, you'll establish new routines and rituals that do not involve substance abuse, and redefine your personal identity by connecting to what matters most to you. Designed for you to use on your own, or alongside a 12-step program, The Addiction Recovery Workbook gives you the skills you need for successful recovery with: An essential introduction that helps you understand your addiction and outlines the path to recovery. Coping skills to handle thoughts, emotions, relationships, and high-risk situations and environments. Prevention tactics that help you succeed in lifelong recovery by setting new, addiction-free lifestyle habits and routines. On your recovery journey ahead, there may be obstacles. Armed with the skills and strategies in The Addiction Recovery Workbook, you will overcome every single one you face.

### **Quitting Alcohol**

### **12 Step Workbook**

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 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)

### **Narcotics Anonymous**

Does alcohol interfere with your close relationships? Do you drink to relax, relieve anxiety, or go to sleep? Do you worry about having enough alcohol for an evening or weekend? Have you tried to stop drinking but could only quit for a few days or less? Quitting Alcohol helps individuals answer these and other important questions to determine if their lives have become unmanageable due to alcohol consumption. The author provides suggestions and written exercises for changing behaviors and attitudes, and creating a dynamic personal recovery plan.

### **The Twelve-Step Journal**

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.

### **Living Clean: The Journey Continues**

## **OA Big Book Study Guide**

### **Sponsorship**

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.

### **The Narcotics Anonymous Step Working Guides**

### **The Twelve-Step Workbook of Overeaters Anonymous**

Author Beverly Conyers—one of the most respected voices in wellness and recovery—has guided hundreds of thousands of readers through the process of recognizing family roles in addiction, healing shame, building healthy relationships, releasing trauma, focusing on emotional sobriety, as well as acknowledging self-sabotaging behaviors, addictive tendencies, and substance use patterns. With her newest work, Conyers shows us how the practice of mindfulness can be a game-changing part of recovering from any- and everything. Early in our recovery journey, we focused on healing. Further along in the process of recovering, we dare to believe it's possible to embark on a new chapter, but often feel stuck. At times, we wonder...how do we create the breakthroughs we want? With a mindfulness practice—meditation and other habits of awareness—we develop the courage to look within. As we hold space for ourselves, we find the light within that can spark change, personal growth, and self-compassion. Mindfulness is an irreplaceable part of the health and healing toolkit because it illuminates our true selves; as a result, it illuminates our recovery. Conyers gives us an approachable mindfulness book with carefully designed reflections and practices that set us on a path forward. Her insight guides our way whether recovering from unhealthy relationships, addictions of all types, compulsive habits, anxiety and stress, workaholicism, disordered eating, or mental health and emotional challenges—and whether we follow the Twelve Steps or not. Discover why Beverly Conyers' books have been a mainstay for support groups the world over, and why so many have

turned to her insights and guidance. As the author of the recovery classic *Addict in the Family*, she has inspired hope and healing in a way few others have managed to match.

## **Life with Hope 12 Step Workbook**

## **366 Days of Recovery, My First Year in Recovery**

A thoughtful exploration of various spiritual disciplines offering guidance to those in recovery who wish to enrich their lives.

## **The Zen of Recovery**

The text of Alcoholics Anonymous with pages opposite text for notes. Includes a word index, subject index and dictionary. Complete retyped "Original Manuscript" of the text. Layflat softcover.

## **Recovery**

12 Step Recovery Workbook with space for gratitude list and journal section This is an absolutely priceless tool for giving structure to your daily recovery routine. The cover is a visual representation of the freedom we receive from 12 step recovery. 8.5 x 11 inches Workbook with questions and prompts for working the 12 steps plus additional space for additional questions suggested by your sponsor. Space to make a gratitude list. 50 blank journal pages. This is a perfect gift to yourself or for a recovering friend or loved one.

## **Daily Reflections**

## **Narcotics Anonymous**

A Program for You leads each of us--newcomer or old-timer--to a deeper understanding of recovery as a way of life. A Program for You clears our way for discovering positive, powerful answers to these questions. In the years since 1939, the Big Book, Alcoholics Anonymous, has guided millions in their search for a design for healthy living free of addictive behaviors. Now, two program old-timers share their years of intensive study of the Big Book, revealing the vitality of its message for those of us reading it today. This celebration of the basic text of Twelve Step recovery breathes new life into

the Big Book's timeless wisdom. Thoroughly annotated line and page, written with down-to-earth humor and simplicity, and providing a contemporary context for understanding, A Program for You helps us experience the same path of renewal that Bill W. and the first on hundred AA members did.

## **The NA Step Working Guides**

This book provides clinicians and students with insights on the use of psychodynamic therapy to treat drug abuse and addiction, combining theory with clinical case material. The perspectives of analysts such as Abraham, Rado, Zimmel, Tibout, Wurmser, Khanzian, Krystal and McDougall are reviewed alongside original and more recent conceptualizations of drug addiction and recovery based on Kleinian, Winnicottian and Kohutian ideas. The case material deals with clinical phenomena that characterize working with this complex population, such as intense projective identification, countertransference difficulties and relapses. The theoretical analysis covers a range of concepts, such as John Steiner's psychic shelters and Betty Joseph's near-death-addiction, which are yet to be fully explored in the context of addiction. Prevalent topics in the addiction field, such as the reward system, the cycle of change and the 12-step program, are also discussed in relation to psychodynamic theory and practice. Written by an experienced therapist, Psychodynamic Approaches for Treatment of Drug Abuse and Addiction is useful reading for anyone looking to understand how psychodynamic thought is applicable in the treatment of drug abuse and addiction. It may also be of some relevance to those working on treating alcohol use disorders and behavioral addictions.

## **The Big Book Workbooks Set**

Quitting Meth Revision

## **Twelve Steps of Adult Children**

A Gentle Path through the Twelve Steps Updated and Expanded

## **Narcotics Anonymous**

The twelve steps and Twelve traditions reprinted for adaptation by permission of AA World Services, Inc.--T.p. verso.

## **Guiding Principles: The Spirit of Our Traditions**

These three workbooks feature information to reinforce important points in the book *A Program for You* and include exercises for self-examination and disclosure. *Living with Your Higher Power*; Steps 1-3, *Living with Yourself*; Steps 4-7, *Living with Others*; Steps 8-12. Clear discussions of each Step and probing questions offer us a guide to personal insight and reflection.

## **Twelve Steps and Twelve Traditions Trade Edition**

Twelve Steps to recovery.

## **Psychodynamic Approaches for Treatment of Drug Abuse and Addiction**

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.

## **Understanding the Twelve Steps**

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

## **Sought through Prayer and Meditation**

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.

## **12 Stupid Things That Mess Up Recovery**

Criticism of 12-step recovery is nothing new; however, 12-step programs are increasingly getting a bad rap for being too "one size fits all," or not applicable to individuals struggling with issues beyond the scope of simple alcoholism or addiction,



especially issues surrounding traumatic stress. "Trauma and the Twelve Steps: A Complete Guide to Enhancing Recovery" takes the posture that there is nothing wrong with using 12-step recovery principles in treatment or in continuing care with individuals who are affected by trauma-related issues. However, this book also explains how rigid application of 12-step principles can do more harm than good for a traumatized person, and that learning some simple accommodations based on the latest knowledge of traumatic stress can enhance the 12-step recovery experiences for trauma survivors. Written for professionals, sponsors, and those in a position to reach out and help recovering addicts, the user-friendly language in this book will teach you how to unify the traditional knowledge of 12-step recovery with the latest findings on healing trauma. In doing so, you will be able to help others, and maybe even yourself, "work a recovery" program like never before!

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"At last, someone has thoughtfully and intelligently reconciled the practical wisdom of the 12 steps with best practices for posttraumatic stress. In "Trauma and the Twelve Steps," Jamie Marich tosses aside the rigid orthodoxies that have hampered both fields and delivers - in beautiful, eminently readable English - a coherent treatment approach that is sure to maximize sobriety and healing." -Belleruth Naparstek, Author of Invisible Heroes: Survivors of Trauma and How They Heal; creator of the Health Journeys guided imagery audio series "It's critically important for people in 12 step based-treatment to keep trauma in mind and not re-traumatize people with coercive practices like forced 4th and 5th steps or misguided ideas that addiction has nothing to do with trauma. I support these efforts, promoted in Dr. Marich's work, to help those whose choice of recovery paths is within the 12-step framework." -Maia Szalavitz, Journalist and best-selling author of Born for Love and The Boy Who Was Raised as a Dog

### **The Addiction Recovery Workbook**

This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. Daily Reflections has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

### **Drug Court Publications Resource Guide**

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.

### **Find Your Light**

This is the companion workbook to the official ACA Fellowship Text that is Adult Children of Alcoholics World Service Organization (ACA WSO) Conference Approved Literature. Adult Children of Alcoholics/Dysfunctional Families (ACA) is an independent 12 Step and 12 Tradition anonymous program. The ACA Fellowship Text was written by anonymous ACA members providing guidance on working the 12 Step ACA program leading to recovery from the effects of growing up in an alcoholic or otherwise dysfunctional family.

### **Alcoholics Anonymous**

The basic principles of many of the popular twelve step programs are combined in this book into one easy text, covering problems with: Alcohol Drugs Gambling Anger Food Relapse People, Places, & Things. This book will benefit anyone suffering from these destructive behaviors by using a series of open-ended questions to work the twelve steps of recovery programs.

### **12 Step Workbook**

A practical synthesis of AA's Twelve Steps and Zen's Eightfold Path. In this compelling blend of East and West, Mel Ash shows how Zen mind and practice connect to the heart of recovery. Courageously drawing from his lifetime of experience as an abused child, alcoholic, Zen student, and dharma teacher, Ash presents a practical synthesis of Alcoholics Anonymous's Twelve Steps and Zen's Eightfold Path. You don't have to be Buddhist to appreciate the healing power of The Zen of Recovery. The book makes Zen available to all seeking to improve the quality of their spiritual and everyday lives. It also includes practical instructions on how to meditate and put the book into action. Its message will help readers live more profoundly "one day at a time."

## **A Program For You**

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