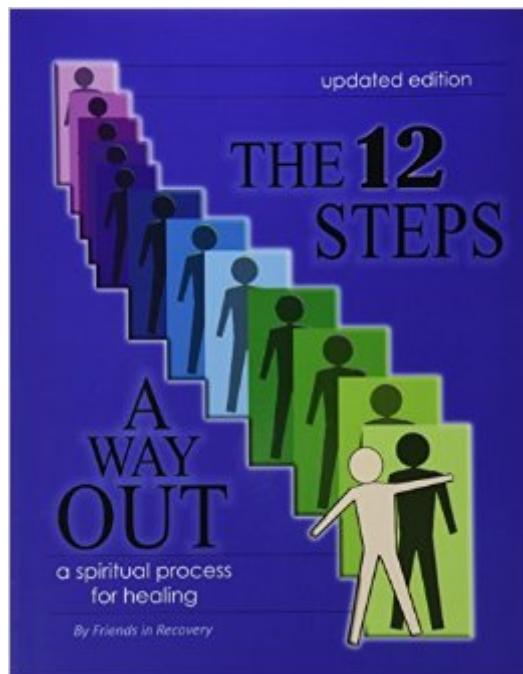


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# The 12 Steps : A Way Out : A Spiritual Process For Healing



## Synopsis

Twelve-step program workbook including individual exercises and suggestions for group activities.

## Book Information

Paperback: 229 pages

Publisher: Rpi Pub; Revised edition (September 1995)

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Average Customer Review: 4.7 out of 5 starsÂ  See all reviewsÂ (66 customer reviews)

Best Sellers Rank: #43,481 in Books (See Top 100 in Books) #72 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #105 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #228 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## Customer Reviews

Overall this book was great for prompting a writing workshop for myself & 6 recovering adults whose 12-step involvement varied (ie. ACoA, AA, CodA, & combo). We began using it for a weekly 2 hour Sunday AM writing workshop meeting. We used the book over the course of a year. We unanimously found the activities at the end of each step-chapter to be incredibly stupid but the questions on each step to be immensely helpful. Most healing were the group discussions which followed after all members had shared their individual responses to the questions or prompts. We amended the recommended format to our own use and experienced incredible results. We agreed that the truly amazing healing we witnessed in ourselves and each other came from reviewing our individual answers to the book as a "family" unit. We chose to answer every question rather than highlight answers to individual questions. I do not think I would have found this book a helpful tool on my own. The prompts in the chapters on the latter steps (particularly 11 & 12) grew repetitive & less helpful. The same question would be asked in two different ways, (for example Question #12 would be "Give an example of way you doubt your Higher Power." Question #16 would be, "Give an example of a way you doubt God.") Editing seemed to be weak in other areas as well. Nevertheless, this book indirectly changed my life more than any other because this book facilitated a spiritual transformation that was achieved in community. Last, I am a participating member of a 12 step group

different from the members of this workshop and found that the writing workshop presented opportunities for much more intimate sharing and healing than I find/found at my meetings. I enthusiastically endorse such a workshop for any individual willing to commit to the time and work involved.

The title has changed, (from 12 Steps a Way Out for Adult Children), and the format is much more generic, but still geared towards ACA/ACoA's (Adult Children of alcoholic and otherwise dysfunctional homes). Still this is the book I recommend for adult children. In fact, we do on line step studies for adult children and this is the book we use. This book has been used by many, in many ways including: 1) with a sponsor 2) in a group format 3) individually. It gives you that much flexibility! Yours in recovery, Maria

My friend Karen gave me her copy and I knew that I had to have my own after reading the first chapter. Based on the 12 Steps and Al Anon, this book directly addresses concepts, concerns and ideas crucial to the recovering adult child. I think we have tried to 'think our problem through' more than most, so the journaling in the form of responding to the questions is very revealing and healing. I will write again when I finish in a few months. Love and Peace from recovery to you, Chip P. ;-)

This book breaks down the 12 steps in a way that helped me prepare myself for working them more readily. It works wonderful in a groups setting as well.

After having read many self help book, as a substance abuse counselor, I have recommended this book to many clients. I, first viewed this book in 1997, and I highly recommend this book for anyone in recovery or want to improve their lives.

This isn't a book for the timid. It's for those who want to go deep, to grow, to expand. It's a challenging journey into the last frontier -- our own selves, our wounds, our fears and shed light in the old darkness in order to come out the other side and discover how unique and lovable we really are. Great workbook. Get ready to feel uncomfortable, but it's worth the effort. It's not something you're going to hurry through. It's an on-going process

I have been using this book in a recovery meeting for over 2 years now. It is a very versatile book

which can be used by an individual, or a group. It does a great job of showing how each step has importance. While it cannot take the place of face to face recovery, it can show people what they need to heal to recovery from a difficult childhood.

Beem part of Nar-Anon for 5 1/2 years. When I first got a sponsor this is what I was asked to get. Didn't think much of it till I started working the program and realized that this work book is very helpful and accurate. Helped me tremendously.

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