



Recovery - Twelve Simple Steps to a Life Beyond Addiction: A contemporary recovery handbook for users and practitioners (Addiction Recovery Series)

Lynden Finlay

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Are you sick and tired of being addicted? Do you want to recover but think the 12-Step programme is not for you because you don't believe in God? This book presents a new version of the Steps which is simple and do-able by everyone, whether they have a particular faith or not. Research now proves beyond doubt that the 12-Step programme is a way to long-term recovery, so if you are suffering from addiction, or are a GP who knows your addicted patient needs more support than you can provide, this book is for you. Lynden Finlay has over twenty years' experience both in addictions counselling and personally recovering from addictions herself, working closely with the Twelve Steps programme during that time. Over the years she has seen many residents benefit from this version which has at its heart not a focus on God, but on the healing power of one addict helping another.

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