

## Alcoholics Anonymous: Cult Or Cure?

***"The Real AA" is the result of Ken Ragge's journey through AA and its for-profit institutional variants. The book covers virtually all aspects of AA and the traditional treatment system: the disease theory of alcohol abuse; AA's origins and development; AA's ideology and indoctrination process; and AA's institutional forms. An invaluable resource to alcohol***

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***abusers, their friends, and their families.***

***A powerful exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction treatment model came to dominate America***

***Alcoholics Anonymous has become so infused in our society that it is practically synonymous with addiction recovery. Yet the evidence shows that AA has only a 5-10 percent success rate—hardly better than no treatment at all.***

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***Despite this, doctors, employers, and judges regularly refer addicted people to treatment programs and rehab facilities based on the 12-step model. In The Sober Truth, acclaimed addiction specialist Dr. Lance Dodes exposes the deeply flawed science that the 12-step industry has used to support its programs. Dr. Dodes analyzes dozens of studies to reveal a startling pattern of errors, misjudgments, and biases. He also pores***

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***over the research to highlight the best peer-reviewed studies available and discovers that they reach a grim consensus on the program's overall success. But The Sober Truth is more than a book about addiction. It is also a book about science and how and why AA and rehab became so popular, despite the discouraging data. Drawing from thirty-five years of clinical practice and firsthand accounts submitted by addicts, Dr. Dodes explores the entire story***

***of AA's rise—from its origins in early fundamentalist religious and mystical beliefs to its present-day place of privilege in politics and media. A powerful response to the monopoly of the 12-step program and the myth that they are a universal solution to addiction, The Sober Truth offers new and actionable information for addicts, their families, and medical providers, and lays out better ways to understand addiction for those seeking a more***

***effective and  
compassionate approach  
to this treatable problem.  
In US of AA, Miller shares  
the never-before-told  
story of how in the  
aftermath of prohibition  
America's top scientists  
helped launch a  
movement that would  
give rise to a multi-  
million-dollar treatment  
industry and a new  
government agency  
devoted to alcoholism  
that has made available  
millions of dollars for  
research. Despite the fact  
that this research showed***

***that alcoholism is a complex disease requiring an array of treatment strategies, among which Alcoholics Anonymous (AA) is one of the least effective, money continued to flow to treatment facilities using approaches similar to AA. Five years in the making, his brilliant, in-depth investigative reporting into the history, politics and science of alcoholism will show how AA became our nation's de facto treatment policy, even as evidence for more***

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***effective remedies accumulated. US of AA is a character-driven, beautifully written exposé, full of secrecy, irony, liquor industry money, the shrillest of scare tactics and, at its center, a grand deception. In the tradition of Crazy by Pete Earley, and David Goldhill's Catastrophic Care, US of AA shines a much-needed spotlight on the addiction treatment industry. It will forever change the way we think about the entire***



***enterprise.***

***This well researched,  
painstakingly  
documented book  
provides detailed  
information on the right-  
wing evangelical  
organization (Oxford  
Group Movement) that  
gave birth to AA; the  
relation of AA and its  
program to the Oxford  
Group Movement; AA's  
similarities to and  
differences from religious  
cults; AA's remarkable  
ineffectiveness; and the  
alternatives to AA. The  
greatly expanded second***

***edition includes a new  
chapter on AA's  
relationship to the  
treatment industry, and  
AA's remarkable  
influence in the media.  
Staying Sober Without  
God***

***A New Approach to  
Understanding and  
Managing Alcoholism and  
Other Addictive Behaviors***

***The Cured Alcoholic  
Back to Basics***

***Their Stories and Their  
Messages***

***Getting High, Then  
Sober, with a Famous  
Writer, a Forgotten***

***Philosopher, and a  
Hopeless Drunk  
Agnostic Musings for 12  
Step Life  
Evidence-Based  
Adjunctive Treatments  
More than half a century  
has gone by since A.A.'s  
historic 1955 convention  
in St. Louis, when the  
founding members passed  
on to the entire  
Fellowship the  
responsibility for the  
three Legacies of  
Recovery, Unity, and  
Service. This book takes  
A.A. members and  
interested friends on a***

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*quick tour of the Convention, traces the history and development of the Three Legacies, and looks at A.A. through the eyes of some early non-alcoholics who influenced the Fellowship's history. The first part is co-founder Bill W.'s reminiscent sketch of the Convention, in which he takes an appreciative look at many of the participants and reflects on events that shaped A.A. The second part consists of Bill's*

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*three Convention talks, edited and enlarged, on the Legacies of Recovery, Unity, and Service. Here is Bill's story -- how he drank, got sober, met Dr. Bob and other founding members, and how they struggled together to keep A.A. going, with little guidance beyond the lessons of experience. Then Bill moves on to describe how the Twelve Traditions developed as A.A.'s protective shield against the human faults*

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*that lead alcoholics into trouble, drunk or sober. And he finishes by laying out the development of A.A. services, culminating in the formation of the General Service Conference to serve as guardian of A.A.'s Traditions and world services. In the third part, readers will meet five early friends of A.A.: Dr. Harry Tiebout, the first psychiatrist to openly espouse A.A.: Dr. W.W. Bauer of the American Medical*

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*Association; Jesuit Father Edward Dowling and Episcopal priest Dr. Samuel Shoemaker, both of whom helped shape A.A.'s spiritual principles; and Benard B. Smith, attorney and longtime chair of the General Service Board. These nonalcoholics tell of their association with A.A., the part they played in its development, and their view of what the future holds. Whether you are battling drugs, nicotine,*

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*alcohol, food, shopping, sex, or gambling, this hands-on, practical guide will help you overcome addiction of any kind. If you or a loved one are struggling with addiction but do not find that twelve-step or other treatment programs work for you, 7 Tools to Beat Addiction can help.*

*Internationally recognized expert Dr. Stanton Peele presents a program for addiction recovery based on research and clinical*



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*study and grounded in science. His program utilizes proven methods that people actually use to overcome addiction, with or without treatment. 7 Tools to Beat Addiction offers in-depth, interactive exercises that show you how to outgrow destructive habits by putting together the building blocks for a balanced, fulfilling, responsible life. Dr. Peele's approach is founded on the following tools: • Values •*

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*Motivation • Rewards •  
Resources • Support •  
Maturity • Higher Goals*

*This no-nonsense guide  
will put you in charge  
of your own recovery.*

*A comprehensive  
encyclopedia on all  
aspects of the  
production, consumption,  
and social impact of  
alcohol. \* 500 A-Z  
entries on the  
production and use of  
the principal alcoholic  
beverages, cultural  
representations,  
temperance movements,  
research, treatment, and*

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*forms of regulation and prohibition in the United States and around the world \* Written by 170+ international scholars from the disciplines of history, anthropology, medicine, political science, cultural studies, and the law \* A chronology of major events in the history of alcohol and its social response since the 18th century \* Numerous drawings and illustrations such as historical photographs, vintage lithographs,*

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*posters, and product labels representing early advertising Staying Sober Without God is a guide for non-believers who want to get sober without an act of faith. Traditional 12-step programs push for a belief in God or a higher power. The practical 12 steps outlined in this book provide a path to lasting recovery that requires no belief in the supernatural. Alcoholics Anonymous Comes of Age*

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*Why Women Drink—And How  
They Can Regain Control  
Breaking Addiction*

*The Practical 12 Steps  
to Long-Term Recovery  
from Alcoholism and  
Addictions*

*Alcohol and Temperance  
in Modern History*

*Diseasing of America*

*Jolly Lad*

*The Next Frontier :  
Selected Stories from  
the AA Grapevine*

**Drama / 3m, 3f (w/doubling) /  
Unit set Newly revised edition!  
From the author of the best-  
selling novel, *The House of God*,  
this critically acclaimed version**

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**which played Off-Broadway in 2007, tells the amazing story of the two men who pioneered Alcoholics Anonymous, and of their wives, who founded Al Anon. During the roaring '20s, New York stockbroker Bill Wilson rides high on money, fame, and booze. In '29, both he and the market crash and he becomes a hopeless drunk. Dr. Bob Smith, a surgeon**

**"The accomplished author team of Reid Hester and William Miller provides a comprehensive, results-based guide to alcohol treatment methods. Along with the contributions of notable practitioners if the field, this text serves as an aid to graduate students and professionals. The authors stress the necessity of**

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**choosing different treatment protocols based on scientific research and a client's needs. This text also offers an up-to-date review of the treatment outcome literature, which illustrates that there are a number of treatments that are consistently supported by research. The subsequent chapters provide mini-treatment manuals for approaches with the most scientific support, with sections on matching clients to particular treatment and descriptions on how to utilize each particular treatment plan. The authors have consolidated the information necessary to develop individualized, multidimensional treatment that can meet the needs of a diverse client population."--Back cover.**

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**A Controversial Argument Against the Disease Theory of Addiction Diseasing of America is a powerful and controversial rebuttal to the "addiction as disease model" that many vested interests-including doctors, counselors, psychologists, treatment centers, and twelve-step programs that specialize in addiction treatment-don't want you to read."I found the arguments in Diseasing of America persuasive and carefully documented. While I find current addiction-treatment models helpful, I think it is critical to look at Stanton Peele's work to question our fundamental assumptions and adjust them on the basis of data."-Jennifer P. Schneider, author of Back From**



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**Betrayal and Sex, Lies, and Forgiveness, and member of the American Society of Addiction Medicine**"A provocative review of the uses and abuses of the disease model in the past three decades. This important book has significantly added to my education and clinical understanding of addiction in my professional practice."-Richard R. Irons, M.D., The Menninger Clinic

**Offers a self-recovery program for substance abuse based on the Addictive Voice Recognition Technique**

**Alcohol**

**Heavy Drinking**

**True Tales of Misery, Betrayal, and Abuse in AA, NA, and 12-step Treatment**

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### **12-step Horror Stories**

### **When Man Listens**

### **Twelve Step Facilitation Therapy Manual**

### **A Revolutionary New Way of Understanding Addiction**

### **The Real AA**

"Throughout history, and across cultures, alcohol has affected the fabric of society through abuse and addiction, contributed to violence and accidents, and caused injuries and health issues. In *Alcohol: Its History, Pharmacology, and Treatment*, Mark Rose and Cheryl Cherpitel examine the nature and extent of alcohol use in the United States, current treatment models and demographics, and the biology of alcohol, addiction, and treatment." -- Publisher's website.

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Since leaving Alcoholics Anonymous after 17 wasted years, Fransway has devoted herself to exposing horrifying first-person accounts of physical, sexual, and emotional abuse in 12-step programs.

The stories of the first heroic black men and women who joined Alcoholics Anonymous, told wherever possible in their own words, recorded freely and frankly. The story begins with St. Louis (January 24, 1945); followed by Chicago (March 20, 1945), along with the factory and foundry towns which spread eastwards as suburbs. Later that same year (April 1945) came the story of Dr. James C. Scott, Jr., M.D., the black physician who founded the first black A.A. group

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in the nation's capital, and was the first black A.A. member to get his story in the Big Book. The book concludes with the story of Joe McQuany (March 10, 1962) of the Joe and Charlie tapes, the most famous black figure in A.A. History. The lives of thousands and thousands of alcoholics around the world were saved by listening to recordings of his careful page-by-page explanation of the message of the Big Book. The powerful spiritual messages of all these brave men and women struck the hearts of everyone who heard them speak. "From Death Do I Part: How I Freed Myself From Addiction" is written for all addicts and their loved ones, but especially for those who have not been helped by

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Alcoholics Anonymous or drug and alcohol rehab facilities. "From Death Do I Part" is an intimate exposure of Amy Lee Coy's courageous journey through recovery from over 20 years of substance abuse -- without the aid of conventional methods such as AA, psychiatry or medication. In "From Death Do I Part" Amy shares with us her recovery process in such a way that not only is the reader engaged in her often gripping, always revealing stories, but they are also warmly invited into her healing process so that if they also struggle with addiction, they may learn to heal themselves as well.

The Myth of Alcoholism as a Disease

Quit Like a Woman

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Distilled Spirits

Inside Rehab

7 Tools to Beat Addiction

The Alcoholics Anonymous

Beginners' Meetings

The Sober Truth

Research on Alcoholics

Anonymous

*Discusses the terminology and definitions used for alcoholism, the role of various treatments and whether or not it is possible to be "cured."*

*Alcoholics Anonymous Cult or Cure? See Sharp Press*

*A NEW YORK TIMES BESTSELLER*

*More people than ever before see themselves as addicted to, or recovering from, addiction, whether it be alcohol or drugs, prescription meds, sex, gambling, porn, or the internet. But despite the*

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*unprecedented attention, our understanding of addiction is trapped in unfounded 20th century ideas, addiction as a crime or as brain disease, and in equally outdated treatment. Challenging both the idea of the addict's "broken brain" and the notion of a simple "addictive personality," The New York Times Bestseller, Unbroken Brain, offers a radical and groundbreaking new perspective, arguing that addictions are learning disorders and shows how seeing the condition this way can untangle our current debates over treatment, prevention and policy. Like autistic traits, addictive behaviors fall on a spectrum -- and they can be a normal response to an extreme situation. By illustrating what addiction is, and is not, the book illustrates how timing,*

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*history, family, peers, culture and chemicals come together to create both illness and recovery- and why there is no "addictive personality" or single treatment that works for all. Combining Maia Szalavitz's personal story with a distillation of more than 25 years of science and research, Unbroken Brain provides a paradigm-shifting approach to thinking about addiction. Her writings on radical addiction therapies have been featured in The Washington Post, Vice Magazine, The Wall Street Journal, and The New York Times, in addition to multiple other publications. She has been interviewed about her book on many radio shows including Fresh Air with Terry Gross and The Brian Lehrer show.*

*'A brilliantly clever, meticulously*



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*researched, fearless, snort-out-loud funny read that grabs you and won't let go' Catherine Gray We live in a world obsessed with drinking. We drink at work events, lunches, book clubs and weddings. Yet no one ever questions alcohol's ubiquity. In fact, the only thing ever questions is why people don't drink. It is a qualifier for belonging. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some sort of magic elixir. It is anything but. When Holly Whitaker started to look for a way to recover, the support systems she found for recovery where archaic and patriarchal. Urging drinkers towards a newfound humility is great if you're a man, but if you're a woman and not in a position to renounce privileges you never had, a whole other approach is needed. She*

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*embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Honest, witty and trenchant, Quit Like a Woman is at once a ground-breaking look at drinking culture, a call to arms, and a celebration of learning how to claim everything life has to offer.*

*Cult or Cure?*

*How I Freed Myself from Addiction*

*How to Fight Forced Participation in AA, NA Or 12-step Treatment*

*Opportunities and Alternatives*

*The Radical Choice to Not Drink in a Culture Obsessed with Alcohol*

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*How to Stay Sober*

*A Catholic Journey through Recovery*

*The Surprising Truth About*

*Addiction Treatment--and How to Get*

*Help That Works*

**Adjunctive treatments, in which patients are provided additional modalities that can assist in their behavior change or the maintenance of their behavior change (i.e. telehealth, psychoeducation, consumer-driven treatment planning), have a useful role in addressing problems that can't be solved by face-to-face meetings. The adjunctive therapies covered in this book are all based on improving patient's self management of their problems or the factors that exacerbate their problems. The book is broadly organized into two sections. The**

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**first gives a broad overview of the major adjunctive modalities and the second concentrates on a systematic description of their role in the treatment of a number of special populations while providing practical suggestions for the timing and coordination for the use of the adjunctive therapies discussed in the book.**

**"This is the remarkable story of America's personal and institutional responses to alcoholism and other addictions. It is the story of mutual aid societies: the Washingtonians, the Blue Ribbon Reform Clubs, the Ollapod Club, the United Order of Ex-Boozers, the Jacoby Club, Alcoholics Anonymous and Women for Sobriety. It is a story of addiction treatment institutions from the inebriate asylums and**

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**Keeley Institutes to Hazelden and Parkside. It is the story of evolving treatment interventions that range from water cures and mandatory sterilization to aversion therapies and methadone maintenance.**

**William White has provided a sweeping and engaging history of one of America's most enduring problems and the profession that was birthed to respond to it" --**

**BACK COVER.**

**Includes How to listen to God / by John E. Batterson (pages 63-72) and The seven-day mental diet / by Emmet Fox (pages 73-91).**

**Chronicles the experiences of the author, a religion reporter, and his friendships with Aldous Huxley, Gerald Heard, and Bill Wilson, three men who had profound effects on the religion and spirituality of the**

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twentieth century.

**Game Changer**

**A Clinical Research Guide for  
Therapists Treating Individuals  
with Alcohol Abuse and  
Dependence**

**Resisting 12-step Coercion**

**Living Sober Trade Edition**

**The Heart of Addiction**

**Rational Recovery**

**From Death Do I Part**

**Emotional Sobriety**

*Living Sober is an  
extremely informative book  
which does not offer a  
plan for getting sober but  
does offer us sound advice  
about how to stay sober.*

*Living Sober is an  
extremely informative book  
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*plan for getting sober but does offer us sound advice about how to stay sober.*

*Basic, essential information from*

*Alcoholics Anonymous. As the book states, "Anyone can get sober. . .the trick is to live sober."*

*"Dr. Dodes's approach runs directly counter to the paralyzing, but standard, message of*

*'powerlessness'—a message that reinforces the sense of helplessness that is at the root of addicts' life predicaments! Many psychiatrists recognize that this is where we must*

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head, but Dr. Dodes is one with the guts to shine a beacon in the right direction." —Stanton Peele, PhD, author of *7 Tools to Beat Addiction and The Life Process Program of Treatment* The follow-up to his groundbreaking volume *The Heart of Addiction*, Dr. Lance Dodes's *Breaking Addiction* is a step-by-step guide to beating addiction of any kind—from drugs and gambling to alcoholism, overeating, and sex addiction. By recognizing and understanding the



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*emotional forces underlying addictive behaviors, Dr. Dodes says any dangerous, life-destroying obsession can be overcome. Including special bonus sections for both families and health-care professionals, Breaking Addiction is the new handbook for those suffering from addiction—a valuable resource that addresses addiction's root causes and serves as an alternative to Alcoholics Anonymous and similar recovery programs. Until now, virtually all therapy for alcoholics and*

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*other chemical-dependent individuals has been religious in nature. Traditional support groups imply that recovery is simply not possible without reliance on a supernatural Higher Power. The need for a secular alternative to recovery from alcoholism or drug addiction is answered in How To Stay Sober. This book can help non-religious alcoholics maintain philosophical integrity while achieving the goal of lifelong sobriety. James Christopher, a longtime*

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*sober alcoholic, offers new insights and suggestions for developing coping skills and regaining self-esteem through self-reliance. He notes that current research indicates that there is no such thing as an alcoholic personality - that addiction is the result of physiology, not psychology. It is only by making sobriety the number one priority in life, Christopher states, that an alcoholic or addict can achieve recovery. Christopher has spearheaded a large*

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*grassroots secular sobriety movement across the United States, and this book offers concrete guidelines for forming these groups in any community. The book also provides an important weekly diary for the recovering alcoholic to use in the crucial first year of sobriety. Sobriety must be prioritized daily - no matter what - to remain under personal control. It is only through this conscious choice, Christopher states, that an alcoholic can get back on track and*

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*begin anew the creative, fulfilling learning process of life. Recommending self-reliance and self-respect without substituting dependence on religious dogma or a higher power for countering an addiction to alcohol or drugs, Christopher focuses on the practical aspects of his triumph and includes guidelines for forming a secular support group. Recommended reading. -Substance Abuse Report Looks at the cultural factors contributing to a rise in alcoholism among*

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*today's women and compares today's practices to those of earlier generations while noting the current ineffectiveness of AA and other mainstream treatments.*

*Unbroken Brain*

*Handbook of Alcoholism Treatment Approaches US of AA*

*Heroes of Early Black AA A Memoir of Disruptive Love*

*A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love*

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### *Her Best-Kept Secret*

***A noted expert on alcoholism and addiction discusses his ideas on alcohol abuse, many of which counter current medical thinking, including a rejection of the idea of alcoholism as a disease, and also offers alternative treatments.***

***Rebellion Dogs Publishing is proud to announce a 21st century daily reflection book.***

***Beyond Belief's 2014 second printing is now available with a Foreword by Ernie Kurtz and updated links and End Notes.***

***What are "agnostic musings"? It is not news to anyone that the war of worldviews makes for sporting debate; does an intervening God grant sobriety, serenity, wisdom and courage or***

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***is conscious contact a delusion? Sorry, while we might be as amused as anyone with this question, Beyond Belief: Agnostic Musings for 12 Step Life doesn't enter this debate. Hate the game; don't hate the players. A good idea is a good idea. Why dismiss valid experience because of the beliefs that someone harbors? Beliefs aren't facts. Beyond our belief is where life is happening: chances have to be taken; processes have to be evaluated; life has to be lived. Atheists, humanists, skeptics and agnostics will feel included in these daily reflections. Believers won't feel mocked or belittled. Everyone in recovery is included. No one needs to adopt the beliefs of someone else nor deny our***



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***own beliefs to get clean and sober. Believing and belonging are not synonymous. We are well into Century 21. Anyone should feel free to doubt or believe with impunity. Everyone's experience is a valid currency. The 12 Step community has no experts. Rebellion Dogs Publishing neither canonizes nor vilifies 12 Step culture. This book draws on philosophy, psychology, entertainment, art, spiritual musings, skeptical inquiry and the uncanny wisdom of the rooms. Professional and 12&12 Member reviews: Melissa D., Clinical Psychologist, California says, "I have never seen a daily devotional book written for agnostics. I found the readings to be extremely thought provoking.***

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***I wonder sometimes since there is such talk about God at meetings, what kind of turn-off that must be for agnostics. I think this book will be very helpful to both the newcomer and the mature 12 Step member." Bob K, contributor to AAagnositca.org says, "I expected his book to be good. It's WAY, WAY better than good. The book is outstanding. Two decades of not being a 'daily reflections' kind of guy, are over. Now I have reflections worth reflecting over! Buy this book or you will suffer a horrible and painful death! Well, maybe not, but you'll be missing out on something very good." Michel D. says, "AA can, and must, adapt to changing circumstances and Bill***

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***Wilson was the first one to admit it. Unfortunately, members who have come after him are more zealous than our first members. We have seen this dogmatism in history before of course, especially in religion. This is a very slippery slope. I really like the fact that these reflections are for anyone who has an open mind. It does not cater to a specific group to the exclusion of others. " Denis K. says, "Many thanks for this great book; my Monday night group and I are having some great discussions related to the daily musings both at the group and often during the week over coffee. All of us were quickly losing interest in the local meetings; Beyond Belief: Agnostic Musings for 12 Step Life***

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***gave all of us a much needed spark that has renewed our interest in the fellowship." Dr. Amy, MSW, PhD, adds, "One criticism of the 12 Step movement of course is that its dogma can be limiting-Beyond Belief seems to have addressed this. The quotes are cogent, the organization superb and the contributors are diverse." The book includes an index of over 120 topics, extensive notes and a bibliography. Nobody has had an answer for why people with addictions continue to repeat them -- until now. For more than twenty years, distinguished psychiatrist Dr. Lance Dodes has been successfully helping people master their addictions --***

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***alcoholism, compulsive gambling, smoking, sexual addiction, and more with a radical approach. Dr. Dodes describes how all addictions have, at their heart, unrecognized emotional factors that explain: Why we feel the impulse Why we feel it when we do What alternatives (really) work in that critical moment In this refreshing book filled with compelling case studies, Dr. Dodes debunks several such widely accepted myths as: Addictions are fundamentally a physical problem. People with addictions are different from other people. You have to hit bottom before you can get well. You are wasting your time if you ask "why" you have an addiction. An eye-opening tour of the***

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***addiction treatment industry explores the gap between what should happen and what does. What happens inside drug and alcohol rehabilitation centers and how rehab works are a mystery to those outside the industry - and sometimes even to those inside it. Anne M. Fletcher is a trusted New York Times bestselling health and medical writer who visited 15 addiction treatment centers—from outpatient programs for the indigent to famous celebrity rehabs; from the sites of renowned Twelve-Step centers to several unconventional programs—to find out what really happens. What she reveals ranges from inspirational to irresponsible, and, in some***

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**cases, potentially dangerous. Real Stories: As always with her books, Fletcher gets the inside story by turning to real people who “have been there,” interviewing more than 100 individuals whose compelling stories illustrate serious issues facing people in rehab and endemic in the rehab industry today. Connected Writer and Researcher who has earned the respect (and cooperation) of experts throughout the fields she’s taken on. Inside Rehab is no exception—Fletcher has interviewed more than 100 professionals working in the field, including a mix of rehab staffers and administrators as well as leading academics. Rehab is constantly covered in the**

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***media, as celebrities battle their drug and alcohol issues in the spotlight and reality TV puts recovery in prime time. Addiction is no longer only a personal struggle—it's a pop culture phenomenon. Myth Busting: Fletcher exposes twelve supposed facts for the falsehoods they are, including "rehab is necessary for most people to recover from addictions;" "highly trained professionals provide most of the treatment in addiction programs;" and "drugs should not be used to treat a drug addict." Fletcher's most important finding is the alarming discrepancy between the treatments being employed at many rehab centers and the***



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***treatments recommended by leading experts and supported by scientific research. Guidance and Practical Solutions: Inside Rehab also highlights what is working, spotlights state-of-the-art programs and practices, and offers advice and guidance for people seeking quality care and treatment for themselves or those they care about. Inside Rehab is the first book to give readers a thoughtful, sensitive, and bracingly honest insider's view of the drug and alcohol rehab industry in America. For people seeking quality care for themselves or a loved one, Inside Rehab is essential reading, offering a wealth of accurate information and wise guidance. New Concepts in Alcoholism***

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***Treatment and Research  
Recovery Without Religion  
An International Encyclopedia  
The New Cure for Substance  
Addiction  
A 7-Step Handbook for Ending  
Any Addiction  
A Brief History of A.A.  
How the Twelve Steps Hijacked  
the Science of Alcoholism  
Its History, Pharmacology, and  
Treatment***

Franklin and Celeste's open marriage seemed perfectly safe—until the day Amber entered his life and showed them why the heart does not obey rules.

A memoir about the recovery from alcoholism, habitual drug use and mental illness, from broadcaster, and

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co-founder and editor of The Quietus website, John Doran. Jolly Lad is a memoir about the recovery from alcoholism, habitual drug use and mental illness. It is also about the healing power of music, how memory defines us, the redemption offered by fatherhood and what it means to be working class. “This is not a 'my drink and drug hell' kind of book for several reasons—the main one being that I had, for the most part, had a really good time drinking. True, a handful of pretty appalling things have happened to me and some people that I know or used to know over the years. But I have, for the most part, left them out of this book as they are not

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illuminating, not edifying and in some cases concern other people who aren't here to consent to their appearance. Instead this book concentrates on what you face after the drink and the drugs have gone.” Jolly Lad is about gentrification; being diagnosed bipolar; attending Alcoholics Anonymous; living in a block of flats on a housing estate in London; the psychological damage done by psychedelic drugs; depression; DJing; factory work; friendship; growing old; hallucinations; street violence and obsessive behaviour—especially regarding music and art. Winner of a 2018 Catholic Press Association Award: Sacraments.

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(Second Place). In the first book to directly integrate the Twelve Steps with the practice of Catholicism, Scott Weeman, founder and director of Catholic in Recovery, pairs his personal story with compassionate straight talk to show Catholics how to bridge the commonly felt gap between the Higher Power of twelve-step programs and the merciful God that he rediscovered in the heart of the sacraments. Weeman entered sobriety from alcohol and drugs on October 10, 2011, and he's made it his full-time ministry to help others who struggle with various types of addiction to find spiritual wholeness through Catholic in Recovery, an organization he founded and directs.

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In *The Twelve Steps and the Sacraments*, Weeman candidly tackles the struggle he and other addicts have with getting to know intimately the unnamed Higher Power of recovery. He shares stories of his compulsion to find a personal relationship with God and how his tentative steps back to the Catholic Church opened new doors of healing and brought him surprising joy as he came to know Christ in the sacraments. Catholics in recovery and those moving toward it, as well as the people who love them will recognize Weeman's story and his spiritual struggle to personally encounter God. He tells us how: Baptism helps you admit

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powerlessness over an unmanageable problem, face your desperate need for God, and choose to believe in and submit to God's mercy. Reconciliation affirms and strengthens the hard work of examining your life, admitting wrongs, and making amends. The Eucharist provides ongoing sustenance and draws you to the healing power of Christ. The graces of Confirmation strengthen each person to keep moving forward and to share the good news of recovery and new life in Christ. Weeman's words are boldly challenging and brimming with compassion and through them you will discover inspiration, hope, sage advice, and

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refreshingly practical help.

Provides intellectual, practical, and scientific background to enable people to fight against coerced referrals to 12-step addiction treatment groups.

Effective Alternatives

Slaying the Dragon: The History of Addiction Treatment and Recovery in America

Alcoholics Anonymous

Debunking the Bad Science Behind 12-Step Programs and the Rehab Industry

The Story of How More Than One Hundred Men Have Recovered from Alcoholism

Bill W. and Dr. Bob

How We Allowed Recovery Zealots



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**and the Treatment Industry to  
Convince Us We Are Out of Control  
Everyone Can Listen to God**