



The Secular Ten-Step Program Workbook (Paperback)

By Robert Villegas

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is based upon Mr. Villegas book Alcoholism and Addiction - A Secular Ten-Step Program which spells out an alternative to the Alcoholics Anonymous 12-Step Program. It is intended to function as a workbook which will help you work through the issues of addiction and relate them to your own thought processes and values. It is published in small format so it can fit in your pocket or briefcase readily available for you to jot down your ideas and thoughts through your daily activities. A psychiatrist writes of the book: I have talked about The Secular Ten-Step Program Workbook with several young adult patients, who seem to have benefited from it. I think it goes beyond addiction to alcohol and drugs to all sorts of addiction (e.g. sex, social media, constant social interaction, etc) that give momentary pleasure to cover or totally avoid pain and its causes.

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