

The Real 13 Step: Discovering Confidence, Self-Reliance, and Independence Beyond the Twelve-Step Programs (Paperback)

By Phd Lmft Tina Tessina

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Tina Tessina Ph.D. is a psychotherapist specializing in recovery and addition. Her controversial, breakthrough book offers evidence that in many cases true recovery from addiction should end in graduation from addiction programs into a life of autonomy, self-reliance and independence. The premise of this intelligently written title is bound to cause some controversy. Recommended for popular psychology, self-help and recovery collections - The Library Journal. Offers strategies that can help people struggling with addictions develop the skills and abilities they need to make clear, effective choices about their own lives - with or without the continuing support of a formal recovery group. - Yoga Journal A therapist s prescription for avoiding addiction to a recovery group. - New Age Journal Hope of freedom, self-confidence and completion to people in self-help or 12-step recovery programs who have been told they will never be fully recovered. - American Bookseller A manual for those in selfhelp programs - Publisher s Weekly Despite the millions who ve found relief from addictive and compulsive habits through 12-step programs, these same programs insistence that members always...



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