

# Narcotics Anonymous Sponsorship

An exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction-treatment model came to dominate America. AA 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. 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 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. 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. *The Sober Truth* includes true stories from Dr. Dodes's thirty-five years of clinical practice, as well as firsthand accounts submitted by addicts through an open invitation on the Psychology Today website. These stories vividly reveal the

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experience of walking the steps and attending some of the nation's most famous rehabilitation centers. The Sober Truth builds a powerful response to the monopoly of the 12-step program and explodes the myth that these programs offer an acceptable or universal solution to the deeply personal problem of addiction. This book 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.

The French social philosopher Pierre Bourdieu is now recognised as one of the major thinkers of the twentieth century. In a career of over fifty years, Bourdieu studied a wide range of topics: education, culture, art, politics, economics, literature, law, and philosophy. Throughout these studies, Bourdieu developed a highly specialised series of concepts that he referred to as his "thinking tools", which were used to uncover the workings of contemporary society. Pierre Bourdieu: Key Concepts highlights his most important concepts and examines them in detail. Each chapter deals with an individual concept and is written to be of immediate use to the student with little or no previous knowledge of Bourdieu. This new edition of the leading text is entirely revised and updated and includes new essays on Methodology, Politics and Social Space.

Social scientists are increasingly called upon to carry out research on topics that are 'sensitive' in the sense that they deal with behaviour that is intimate, discreditable or incriminating. Such topics not only pose difficult technical problems, but also raise

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questions regarding the ethics and politics of research. Aiming to acquaint researchers with the tools and experiences of colleagues in various fields on methods of researching these topics, distinguished researchers from across the social sciences explore such issues as cross-cultural research, disclosure and the dissemination of research findings, feminist methodologies and self-censorship.

"What the caterpillar calls the end of the world, the master calls a butterfly." --Richard Bach. Chronicle your recovery journey in these welcoming pages. This prompted, interactive journal is a tool on your road to renewal. As you write, one day at a time, you log the course of intention and resolve, with its gifts and challenges. Each daily journal page features an inspirational quote. In the chart that follows, "The Sober List," record your intentions and insights, triggers and strategies. Journal your journey, one day and one page at a time, in the "Daily Pages." Write about any gifts or challenges of the day. Each page features an inspirational quote. In the final section, "The Road Ahead," reflect on the journey so far, and use the insight of clear vision to chart your course in the days ahead. 160 pages. 6-1/4" wide x 8-1/4" high. Hardcover. Ribbon bookmark. Removable cover band.

Basic recovery text for addicts that explains NA's principles and includes members' personal experiences finding NA and living clean.

As an internationally respected teacher and lecturer on the Twelve Step method introduced by Alcoholics Anonymous, Joe McQ knows that sponsorship is a key

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construct for the success of the program because it involves moving a person through the Twelve Step process to recovery. Carry This Message addresses McQ's concern that sponsors have lost some skills in working with alcoholics.

Twelve Step Sponsorship is the first truly comprehensive look at sponsorship, a role recovering people benefit from both as sponsees and ultimately as sponsors.

Sponsorship is a rich and enduring part of tradition of Alcoholics Anonymous. Twelve Step Sponsorship delivers both the theory and practice--how to do it and why--in a clear, step-by-step presentation. Written by the author of Getting Started in AA, a widely acclaimed guide for the newcomer to the program of AA, Twelve Step Sponsorship is the first truly comprehensive look at sponsorship, a role recovering people benefit from both as sponsees and ultimately as sponsors. Twelve Step Sponsorship includes informative sections that deal with: finding a sponsor and being a sponsor. Twelve Step Sponsorship offers a welcome reinforcement to the tradition of "passing it on" from one generation of sponsors to the next.

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

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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 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.

Narcotics Anonymous: White Booklet One of NA's earliest publications became the heart of N.A. meetings and the basis for all subsequent N.A. literature. This booklet contains the twelve steps or principles to recovery, the twelve traditions of NA, and an inspiring selection of personal stories written by men and women who are recovering from an addiction to drugs. Recommended for anyone embarking on the road to recovery, and for all who want to help themselves or someone else stay clean.

A candid, often hilarious guide for anyone who "just doesn't get" Alcoholics Anonymous. In this unprecedented book, A. J. Adams uses self-deprecating humor, entertaining anecdotes, and frank descriptions to introduce anyone who "just doesn't get" Alcoholics Anonymous to the complete "Undrunk" lifestyle. Beginning with the story of his first AA meeting, he takes the mystery out what goes on behind closed doors, dispelling misconceptions of AA as cultlike, secretive, campy, or lowbrow. He then presents a user-friendly history and introduction to AA, explaining the Steps, Traditions, terms, and sayings--all punctuated by honest, often hilarious descriptions of his own struggles and eventual transformation to "getting" the program. Save \$1.20 a book by ordering by the pack--pack of 5 Pocket Sponsors. From the authors of

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Hazelden's classic Day By Day, from the Oldtimers in the fellowship, comes a unique way to support your recovery. This book is designed as a basic 24/7 form of support and contains a reflection and positive statement for every hour of the day for 31 days. It is full of the wisdom of the Oldtimers, 12-Step slogans, and brief, no-bull help for the HALT moments. Give this gift to those you sponsor or better yet give it to your sponsor! Read it first thing in the morning, carry it to work, use it in meetings, and read before bed. Open the book, turn to the day and time, and read a new sobriety message every time you pick it up. Remember those meetings when the topic "just happened" to be about that thing you worried about all day? That is how the Pocket Sponsor works--chuck full of God-incidences. You get the message you need right when you need it. How does the book do that? Get one and see. Let the Oldtimer's words support you around the clock. The sobriety messages are laced with a bit of humor and a lot of wisdom, just what your sponsor would tell you if your sponsor were there. Buy it now, and carry a little bit of fellowship with you wherever you go.

A Guide to teaching the 12 Steps. The Sponsor's 12 Step Manual is an (independent) approach to delivering the program of A.A. that will help people learn faster and remember more. The manual uses a six-point method of teaching to reinforce learning and to increase comprehension and promote awareness of the Steps to its fullest extent. The process starts with understanding the language used in the Steps and progresses on to an in depth study of what is in the literature and how it applies to an individual. The six levels also cover self reflection and creativity with the final level of each Step looking at how a sponsee may carry the message to a newcomer. This is not a 'stand alone' book, for it to work you will also need to have access to A.A.s Big Book and The 12 Steps and 12 Traditions. Now available in a

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### NEW WORKBOOK EDITION.

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.

An anthology for Sponsors, teachers, and students of 12-Step Recovery as presented by Alcoholics Anonymous, Narcotics Anonymous, Al-anon or one of dozens of other recovery self help groups using the 12-Step method. The book includes details on the origins, history, and process of Recovery. The book is divided into sections for Newcomers, Spirituality, Steps & Traditions, Sponsorship, Notes & Essays, and References. The "letter sized" edition is appropriate for photocopies to share.

Featuring firsthand accounts of members' experiences, Sponsorship celebrates the rewards and challenges of NA sponsorship and its place in day-to-day recovery.

This is the original Pocket Sponsor presented as a gift set for morning meditation. It includes a gift bag, 12 Step Charm, Organic tea and a mini meditation booklet all in a real jean pocket. Twelve Steps to recovery.

The definitive book about the impact of prescription painkiller abuse on individuals, communities, and society by one of America's leading experts on addiction. In recent years, the media has inundated us with coverage of the increasing abuse of prescription painkillers. Prescription Painkillers, the third book in Hazelden's Library of Addictive Drugs series, offers current, comprehensive information on the history, social impact, pharmacology, and addiction treatment for commonly abused, highly addictive opiate prescription painkillers such as Oxycontin®, Vicodin, Percocet, and Darvocet. Marvin D. Seppala, MD, provides context for

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understanding the current drug abuse problem by tracing the history of opioids and the varying patterns of use over time. He then offers an in-depth study of controversial issues surrounding these readily available drugs, including over-prescription by physicians and adolescent abuse. Also included is a straightforward look at the leading treatment protocols based on current research.

Alarming, heroin is growing in popularity amongst young people. This is despite the fact that it is - more than any other drug - associated with failure, death, misery and poverty. This book explores why people are tempted by heroin and how globalization has played a key role in increasing the number of abusers. Rather than offer lofty and abstract theories on addiction, the author grounds his study firmly in the day-to-day lives of heroin users themselves.

Norrköping in Sweden is a mid-sized former industrial city like countless others throughout the world. It has suffered high unemployment as a result of its rapid decline as a hub of commerce.

Once well known for housing the giant telecommunications company Ericsson, it sadly gains more notoriety today through its associations with heroin, which continues to be the drug of choice for Norrköping's young people. Through privileged access to users themselves, Lalander is able to show us the real motivations and lifestyle choices behind addiction.

Personal testimonies candidly expose the underground activities of a thriving subculture and spark vexing questions as to why these young people choose to flirt with fatality. What media representations influence heroin users? Is this phenomenon the inevitable by-product of modern life? What are the root causes at play? Lalander's in-depth investigation overturns many of the stereotypes associated with heroin use. Accessible and gripping, *Hooked on Heroin* brings a disturbing reality closer to home and shows how global and local practices are

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intimately linked.

The twelve steps and Twelve traditions reprinted for adaptation by permission of AA World Services, Inc.--T.p. verso.

A handsome collection of five of AA cofounder Bill W.'s most powerful Grapevine essays sharing his thoughts on faith, fear, honesty, humility and love.

Handy book to be carried in the pocket of newcomers in recovery.

Sponsorship Narcotics Anonymous World Services

This is the second of a three volume landmark study of the criminal mind. This book describes an intensive therapeutic approach designed to completely change the criminals way of thinking. The authors reject traditional treatment approaches as reinforcing of the criminals sense of being a victim of society. Rather Yochelson and Samenow stress that the criminal must make a choice to give up criminal thinking and learn morality. A Jason Aronson Book

A Sponsorship Guide for 12-Step Programs offers the reader far-ranging suggestions, based on concrete experience, for the most common issues and dilemmas that arise when one agrees to become a sponsor in any 12-step program. Seventeen sponsors (with collective recovery time of over 250 years) share their experience and insights as they describe common situations sponsors face and relate the solutions they used. This is the first book of its kind--for sponsors, by sponsors. Divided into three main sections--"Sponsorship Basics," "Working the Steps with a Sponsee," and "Common

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issues that Come Up"--this book will be of use to anyone who has agreed to be a sponsor, or anyone who does not have access to a sponsor. A Sponsorship Guide is like having a sponsor in a book.

Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery, whether it's the first time through the steps, or whether they have been a guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps.

The editors of this volume have assembled recent articles discussing elements of each of the several commonly used psychosocial interventions -- including relapse prevention therapy, community reinforcement, voucher-based programs, self-help therapies, and motivational enhancement therapy--in addition to research-based articles that demonstrate the efficacy of these approaches. The selections in this book will provide the reader with a broad overview of the field as well as the specific information needed to use these therapies in a variety of clinical settings.

Looks at the cultural factors contributing to a rise in alcoholism among today's women and compares today's practices to those of earlier generations while noting the current ineffectiveness of AA and other mainstream treatments.

Addiction Research Methods' is a comprehensive handbook for health professionals, policy-makers and researchers working and training in the field of

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addiction. The book provides a clear, comprehensive and practical guide to research design, methods and analysis within the context of the field of alcohol and other drugs. The reader is introduced to fundamental principles and key issues; and is orientated to available sources of information and key literature. Written by a team of internationally acclaimed contributors, the book is divided into six major sections: Introduction; Research Design; Basic Toolbox; Biological Models; Specialist Methods; and Analytical Methods. Each chapter offers an introduction to the background and development of the discipline in question, its key features and applications, how it compares to other methods/analyses and its advantages and limitations. FEATURES List of useful websites and assistive technology. Case study examples List of useful hermeneutics Recommended reading list Contains exercises to help the reader to develop their skills.

"Drugs, Brains, and Behavior" is an online textbook written by C. Robin Timmons and Leonard W. Hamilton. The book was previously published by Prentice Hall, Inc. in 1990 as "Principles of Behavioral Pharmacology." The authors attempt to develop an understanding of the interpenetration of brain, behavior and environment. They discuss the chemistry of behavior in both the literal sense of neurochemistry and the figurative sense of an analysis of the reactions with the environment.

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This book describes the largest treatment study ever conducted with alcoholics, with new information on treatment effectiveness.

'The third in a series explicating the criminal mind, this volume summarizes observations, interpretations, and conclusions derived from a study of 121 criminal men who used drugs and/or alcohol to excess. Originally set in writing by Yochelson before his death in 1976, the materials were edited and updated by Samenow for publication. Systematic, probing and repeated interviews were used as the vehicle for gathering information on common mental themes among men apprehended and sentenced for criminal acts.... Yochelson and Samenow attribute crime to a series of early irresponsible choices that predate drug use among drug-using criminals. Personality and personal choice variables are conceptualized as critical in initialing and maintaining use. In what is called an indiscriminate search for excitement, drug-using criminals are characterized as expanding their criminal repertoire while excusing their actions by rationalizations sometimes invented by sociologists, psychologists, and psychiatrists. Although these ideas are of considerable interest, the real value of the text lies in its intriguing presentation of drug-user thinking. Specifically, three chapters are well worth reading. The description of mental activities associated with such constructs as 'the high,' 'the nod,' and 'the rush' are probably on target for many

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drug users, whether criminal or not. The chapter explaining drugs as facilitators offers several notions worthy of systematic inquiry, as does the one devoted to principles for encouragement of behavior change. Of perhaps greatest benefit to most readers are caveats regarding management of drug users in what may be seen as a cognitive-behavioral framework. Yochelson and Samenow contend that drug-using criminal men represent the architects of their criminal life-styles and that it is they themselves who can correct irresponsible thoughts and behaviors through application of logic over emotion.' DContemporary Psychology A Jason Arosen Book

The NA Twelve Traditions are a set of guiding principles for working together. This book tools, text, and questions meant to facilitate discussion and inspire action in our groups, in workshops, and in sponsorship. It is a collection of experience and ideas on how to work through issues together, using the principles embodied in the Traditions.

Living the Promises is a personal, warm 365 reader includes quotes and exhortations, celebrations and lists of gratitude's, and all manner of real-life inspirations. Each month begins with a promise and each day explores that promise. Jenifer Madson shares her ongoing story of recovery: what it was like, what happened, and what it is like now, not with "drunkalogues," but with stories

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and sayings and strategies that will help you or someone you know get sober, stay sober, and live a life of joy. Living the Promises is the first meditation book to be based specifically on the 12 promises of the Big Book of Alcoholics Anonymous, and is the perfect daily guide for anyone in recovery seeking peace and healing. Among those promises are: "We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. Our whole attitude and outlook upon life will change."--From The Promises, Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism, 3rd ed.

In this thoroughly researched and groundbreaking biography of Bill Wilson, cofounder of Alcoholics Anonymous, acclaimed author Susan Cheever creates a remarkably human portrait of a man whose life and work both influenced and saved the lives of millions of people. Drawn from personal letters and diaries, records in a variety of archives, and hundreds of interviews, this definitive biography is the first fully documented account of Bill Wilson's life story. Alcoholics Anonymous is a worldwide organization that since 1935 has helped people break free from the destructive influence of intoxicating and addictive substances. This great wave of comfort and help that has covered the world had

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its beginning in one man, born shortly before the start of the twentieth century. Utilizing exhaustive research, Cheever traces Bill Wilson's life beginning with his birth in a small town in Vermont, where, following the breakup of his parents' marriage, he was raised primarily by his grandparents. Handsome and intelligent, with a wit and charm that both women and men responded to, he seemed at the outset to be capable of achieving anything he wanted. Wilson, however, also suffered from deep-seated insecurity, and once he was away from the provincial Vermont town, he found that alcohol helped relieve his self-doubts and brought out the charm and wit that had made him a favorite in school. "Help" eventually turned to dependence, and years after his first beer -- consumed at a Newport, Rhode Island, dinner party -- Bill Wilson finally had to come to terms with the fact that, while he loved the way alcohol made him feel, his life was spiraling out of control. Through a painful process of trial and error, using a blend of experiences, ideas, and medical knowledge gained through several hospitalizations, he was able to stop drinking. A few months later, when he met Dr. Robert Smith of Akron, Ohio, and was able to help him stop drinking also, Alcoholics Anonymous was born. Each man found in the other the support he needed to overcome the hold alcohol had on them. Together they discovered the power they had to help other alcoholics. Success did not come overnight, however, and as Cheever

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compellingly relates, Wilson had many struggles in a life fraught with controversies, including experiments with LSD and an unconventional fifty-three-year marriage. As one of the most influential and important thinkers of the twentieth century, Bill Wilson changed the way our society deals with addiction, and his ideas in turn have benefited countless individuals and their families. His life was complex, and in Susan Cheever's fascinating biography, he emerges as a man of great passion and courage; it is a story fully told for the first time.

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