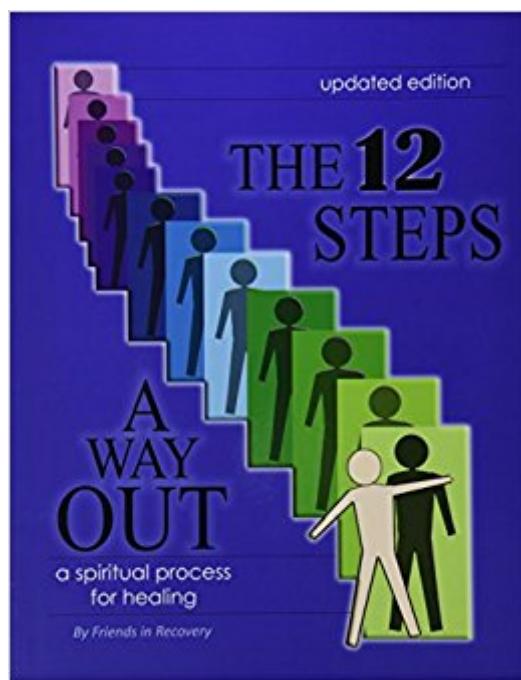


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# The 12 Steps : A Way Out : A Spiritual Process For Healing



## **Synopsis**

Twelve-step program workbook including individual exercises and suggestions for group activities.

## **Book Information**

Paperback: 229 pages

Publisher: Rpi Pub; Revised edition (September 1995)

Language: English

ISBN-10: 0941405117

ISBN-13: 978-0941405119

Product Dimensions: 0.5 x 8.8 x 11 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 73 customer reviews

Best Sellers Rank: #78,217 in Books (See Top 100 in Books) #94 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #149 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #315 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## **Customer Reviews**

Absolutely fabulous learning tool for Codependent Women!! I run workshops for women and this book is our workbook. It is a life changer! I originally went through this Workshop in California 25 years ago. It absolutely changed my world. And now, by running the workshops for new women I love to watch the light bulbs go on amongst the women when they discover themselves in a very authentic way. Thank you to the women who wrote it!Marjatta T.Hawaii

Yay! For this workbook! To me it's so much better than the aca yellow workbook. It's really taken me into my defense mechanisms in a way that is not shaming or judgmental. So helpful to be able to forgive all of that and step into life today.

I have been using this book for over 5 years. It is practical, inspirational and effective at introducing a new-comer to the 12 Steps. It is a powerful review for those who have done the Steps and want to review or re-do them. I have even used it with clients as the basis for court ordered 12 Step study. (One client was given early release from her probation because she was able to document her progress using the book.)Now, it is the foundation for a weekly study group and we all use the book as our reference companion to the study of the 12 Steps.

I found this work book to be an excellent way to address issues in ALL areas not just drug addiction. My friend gave me this book years ago and helped me work through it. Now, since I have spoken so highly of it a group of my friends and I are going through it again!

customers like them

Beem part of Nar-Anon for 5 1/2 years. When I first got a sponsor this is what I was asked to get. Didn't think much of it till I started working the program and realized that this work book is very helpful and accurate. Helped me tremendously.

I repeatedly requested the "Free Writing Guide" from info@rchipublishing.com and never received it, so I returned the book for a refund.

Excellent recovery tool. I'm working my Steps with Sponsor of course! It makes a grear companion read for all recovering addicts

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