

The Spiritual Solution Simple And Effective Recove

The Spiritual Solution John Haspel.2012-04-01 The Spiritual Solution - Simple And Effective Recovery Through The Taking And Teaching Of The 12 Steps is a guide to the 12 Steps as presented in the book Alcoholics Anonymous. The 12 steps are intended to be a simple and straightforward way for alcoholics to actually take the steps in one sitting. The 12 Steps were never intended to be studied, worked, or analyzed in any protracted way. The 12 Steps are meant to be taken as soon as possible, early in recovery. Included in this book are the guidelines used during The Spiritual Solution One Day 12 Step Workshops. There are additional chapters on: The Founding of AA The Development Of The Spiritual Solution To Alcoholism The Maintenance Steps - Steps 10, 11 and 12 Sponsorship The Home Group Special (exclusive) Meetings Other Substances And Singleness Of Purpose Sober Time and Qualifications For Service The Meaning Of Conference Approved Literature The Spiritual Solution book explains what has happened to a program once called a miracle of the twentieth century, and how AA can return to its previous effectiveness. Whether the reader has been in the rooms for many years or still struggling with active alcoholism or addiction, The Spiritual Solution provides a clear, simple and effective guide to comfortable and contented sobriety by actually taking the 12 Steps. If the reader has tried AA and became disappointed or disillusioned, you were more than likely never presented with the actual AA program of recovery found only in the 12 Steps as described in the book Alcoholics Anonymous. The digital edition has a linked 12 Step Quick Guide showing precisely the location of the steps in The Big Book. The 12 Step Quick Guide is included in the paperback edition as well.

Eternal Sobriety Neal R. Pearson.2016-06-02 In *Eternal Sobriety A Spiritual Guide for Recovery*, author Neal P. shows the parallelism between the successful workings of the Alcoholics Anonymous recovery program and God's Word. This inspirational work goes further to suggest that the spiritual journey is not complete for the recovering alcoholic until he achieve eternal sobriety. The path to this final achievement becomes evident through insightful exploration of God's whole truth. Learn about belief systems, principles, free will, choices, habits, emotions, self-control, the helper, how to get on the beam, prayer and meditation, and much more. If you are in a 12-Step program, find out how you can take the turning step that puts you on the fail-safe path for heaven. Your life will never be the same. If you are a pastor or minister and are trying to help someone in a 12-Step program understand how they need to embrace Christ as the god of their understanding this book can help

The Way of Our People Donald Richard Wright.2015-06-02 These inspirational meditations, prayers, and stories were written by an Ojibwe Elder and alcohol and drug counselor to speak directly to American Indians about their everyday experience of recovery from alcoholism. A combination of Ojibwe and Twelve Step spiritual principles and practices, along with stories from Indians struggling with recovery, create an authentic experience of the challenges and rewards of living sober. People from all tribes will recognize spiritual laws like Honesty, Sharing, Kindness, and Strength, along with traditional rituals such as offering tobacco with prayers, and can apply teachings from their own culture to these messages. The importance of reliance on the Creator, the wisdom of Elders, and sober community support inform these writings to provide strength while counteracting the harsh realities of poverty, violence, and broken relationships fueled by alcohol abuse. A meditation, seven daily prayers, and selected stories "from the rooms" of AA meetings are presented for each of the 52 weeks of the year, providing a weekly and daily source of inspiration and hope.

Spirituality and Recovery Leo Booth.1997 Spirituality is recognizing that we have the power to change the things in our lives that bring us pain so we can begin the healing process. Spirituality is recovery. We don't have to be religious to be spiritual we just have to believe in who we are. With a

broad spectrum of references from music, dance, theater, sexuality, relationships, nature, and the author's personal experiences as a priest and recovering alcoholic, Reverend Leo Booth takes an unconventional approach to explaining that we don't need to get spirituality, but instead we discover it, because spirituality is innate, already given to us - all of us - at birth. Simple to understand, yet profound in its insights, Spirituality and Recovery will speak to the many people throughout the world who do not practice a religion yet are spiritual in the way they live their lives.

Spirituality and Recovery Leo Booth.2012-10-01 Spirituality is recognizing that we have the power to change the things in our lives that bring us pain. Whether it's simply a life in need of greater positivity or a life ravaged by addiction, each of us holds the key to initiating the healing process. Spirituality is recovery. This is the essence of the message in Spirituality & Recovery: A Guide to Positive Living by noted author and speaker Reverend Leo Booth, who has years of sobriety. In this third edition of a powerful and timeless classic, readers will learn that spirituality connects with creativity, bringing insights into how to live a authentic life. The drug addict who desperately wants to break from his dependency, the emotionally needy person who wants to stop craving the attention of others, the widow whose life feels empty and discontent, the young adult who feels guilty because of a detachment from religion—these are some of the countless people who will benefit from the journey taken in Spirituality & Recovery. With a broad spectrum of references from music, dance, theater, sexuality, relationships, nature, personal experiences—and yes, the Bible—Rev. Leo shows readers that while a person is often born into a religion, spirituality is an expression of self. He takes an unconventional approach to explaining religion in a more inclusive manner and talks about what it truly means to walk on water. Spirituality & Recovery affirms that you don't need to get spirituality; instead, you discover it, because spirituality has already been given to us—all of us—at birth. Spirituality & Recovery will show readers how to: * Identify the difference between existing and living * See the spiritual through the pain * Recognize moments in your life when you can see and understand who you really are, turning a moment of suffering into an opportunity for growth and even joy * Embrace the poetic concept that walking on water is something anyone can do * Understand and live with something we all have— two heads—a sick head and a healthy head * Identify your IC —that certain something that turns someone who uses alcohol into a destructive alcoholic * Surrender to live and find your miracle...a way to live with your pain, whether physical or psychological Spirituality & Recovery serves as a much-needed guidebook to the topic of spirituality. Simple to read yet profound in its insights, Spirituality & Recovery speaks to the many people throughout the world who do not practice a religion yet are spiritual in the way they live their lives and conduct their relationships.

Twenty-Four Hours a Day Anonymous.2009-06-03 This best-selling meditation book for those in recovery offers daily thoughts, meditations, and prayers for living a clean and sober life. Since 1954, Twenty-Four Hours a Day has become a stable force in the recovery of many alcoholics throughout the world. With over six and a half million copies in print, this little black book offers daily thoughts, meditations, and prayers for living a clean and sober life. A spiritual resource with practical applications to fit our daily lives. For yesterday is but a dream, and tomorrow is only a vision is part of the Sanskrit proverb quoted at the beginning of the book which has become one of the basic building blocks for a life of sobriety. In addition to a thought, meditation and prayer for each day of the year, this handy, pocket-sized volume also contains the Serenity Prayer and the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. It is a simple, yet effective way to help us relate the Twelve Steps to everyday life and helps us find the power not to take that first drink each day.

WE ARE RECOVERED - A Simple Guide to Emotional Sobriety Billy Richard.2019-11 This book is a guide to help you interpret the text Alcoholics Anonymous, more fondly known as the Big Book. The intention is not to change the message but to make it more approachable by simplifying the language to ensure that the essential points in each chapter are absorbed and correctly understood. When the Big Book was written in 1939, the programme of recovery and the fellowship were one and the same; people met with the sole purpose of helping those who were still

struggling. The message was shared with them directly, always following the clear-cut directions that were laid out in the Big Book. So, what happened? We are now spoiled for choice with the number of meetings and different fellowships throughout the world. AA, NA, CA, OA and many other organisations address a variety of addictive behaviours. In any of these fellowships, it isn't difficult for a newcomer to find someone to sponsor them in the same way that they had been sponsored. This is excellent news for those who still suffer from any type of addiction. However, somewhere along the way, the original message has become changed. Since the message has been carried by word of mouth for such a long period of time, these changes are understandable. I think of it as a huge game of Chinese whispers. In the meetings, sometimes referred to as the rooms, we often find ourselves listening to and following the opinions of others. We may hear people talk about the steps and the programme, but they are not necessarily referring to the contents of the Big Book. I cannot say exactly why the programme has not been followed as written, but perhaps the language used in the original text feels outdated and prevents people from connecting with it. The Solution, as described in the first 164 pages, has been left largely untouched for fear that the message would be lost. That message has helped millions of people, so, if you need help, I strongly urge you to read it. This book is designed to help people return to using the Big Book, allowing it to act as a guide to simplify The Solution while still keeping true to the words of the original text. Like the Big Book, this small book is a collaborative effort. I have consulted many others who have successfully completed the programme through this method. These people span all versions of fellowships, so no matter how your addiction has manifested itself - through drink, drugs, sex, shopping, food or anything else - I know from experience that the simple, unadulterated programme can change your life. No opinions have been stated, so you will not find anything that you cannot see clearly in black and white within the original pages of the Big Book. Occasionally, anecdotal references are included because I have found these examples to be helpful to the people I have worked with. For clarity, these will be included in italics. Remember, this is not my message that you are reading; it is THE original AA message. In many cases over the years, listening to our own message has nearly killed us! Before we begin, a quick word about God. From experience, I know that some people are reluctant to use the programme due to a perception that it contains strong religious overtones. Yes, the Big Book does make references to God, and it also makes it clear that you can use a higher power of your own understanding as your reference point. Instead of using spirituality and God as the foundation, this guide refers to the solution - the programme and morals - spiritual Principles. Bill W, the principal author of Alcoholics Anonymous, had a sudden and unexpected spiritual experience. It had such an impact on him that it is clear why he would want it to be included. However, this is not the experience of everyone, and in fact, the Big Book itself refers to a personality change or a psychic change that can happen gradually. Not everyone has to have a sudden spiritual awakening for this material to be valid and helpful.

The Recovery Book Al J. Mooney, Catherine Dold, Howard Eisenberg. 2014-09-09 "A classic. Read it. Use it. It can help guide you step by step into the bright light of the world of recovery." —from the Foreword by Harry Haroutunian, M.D., Physician Director, Betty Ford Center "The Recovery Book is the Bible of recovery. Everything you need to know you will find in here." —Neil Scott, host, Recovery Coast to Coast radio Hope, support, and a clear road map for people with drug or alcohol addiction. Announcing a completely revised and updated second edition of The Recovery Book, the Bible of addiction recovery. The Recovery Book provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical, and spiritual issues that arise along the way. Its comprehensive and effective advice speaks to people with addiction, their loved ones, and addiction professionals who need a proven, trusted resource and a supportive voice. The new edition of The Recovery Book features the revolutionary Recovery Zone System, which divides a life in recovery into three chronological zones and provides guidance on exactly what to do in each zone. First is the Red Zone, where the reader is encouraged to stop everything, activate their recovery and save their life. Next is the Yellow Zone, where the reader can begin to rebuild a life that was torn apart by addiction. Finally, the reader reaches the

Green Zone, where he can enjoy a life a recovery and help others. Readers also learn how to use the Recovery Zone ReCheck, a simple, yet very effective relapse prevention tool. The Recovery Zone System works hand-in-hand with the 12-step philosophy and all other recovery methods. In addition, The Recovery Book covers new knowledge about addiction mechanisms and neuroplasticity, explaining how alcohol and drugs alter the brain. The authors outline a simple daily practice, called TAMERS, that helps people to use those same processes to “remold their brains” around recovery, eventually making sobriety a routine way of life. Written by Al J. Mooney, M.D., a recovery activist who speaks internationally on recovery, and health journalists Catherine Dold and Howard Eisenberg, The Recovery Book covers all the latest in addiction science and recovery methods. In 26 chapters and over 600 pages, The Recovery Book tackles issues such as: Committing to Recovery: Identifying and accepting the problem; deciding to get sober. Treatment Options: Extensive information on all current options, and how to choose a program. AA and other 12-Step Fellowships: How to get involved in a mutual-support group and what it can do for you. Addiction Science and Neuroplasticity: How alcohol and drugs alter pathways in the brain, and how to use the same processes to remold the brain around recovery. Relapse Prevention: The Recovery Zone ReCheck, a simple new technique to anticipate and avoid relapses. Rebuilding Your Life: How to handle relationships, socializing, work, education, and finances. Physical and Mental Health: Tips for getting healthy; how to handle common ailments. Pain Control: How to deal with pain in recovery; how to avoid a relapse if you need pain control for surgery or emergency care. Family and Friends: How you can help a loved one with addiction, and how you can help yourself. Raising Substance-Free Kids: How to “addiction-proof” your child. The Epidemic of Prescription Drugs: Now a bigger problem than illegal drugs. Dr. Al J. Mooney has been helping alcoholics and addicts get their lives back for more than thirty years, using both his professional and personal experiences at his family’s treatment center, Willingway, and most recently through his work as medical director for The Healing Place of Wake County (NC), a homeless shelter. The Recovery Book will help millions gain control of their mind, their body, their life, and their happiness. www.TheRecoveryBook.com

Alcoholics Anonymous Alcoholics Anonymous World Services, Bill W., 1986 The basic text for Alcoholics Anonymous.

The Twelve Steps and the Sacraments Scott Weeman, 2017-11-10 Winner of a 2018 Catholic Press Association Award: Sacraments. (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. 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 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 refreshingly practical help.

The Sugar Addict's Total Recovery Program Kathleen DesMaisons.2008-12-24 Building on the science of nutrition that she outlined in her bestselling book, *Potatoes Not Prozac*, Dr. Kathleen DesMaisons now presents the first complete, in-depth dietary plan for living with-and healing-sugar sensitivity. She explains exactly how you can free your mind and body from the tyranny of sugar and shake off the exhaustion, mental fogginess, and mood swings that sugar dependence causes. Revealing the various ways sugar addiction affects both men and women, and the unique methods for healing it, Dr. DesMaisons encourages you to custom-tailor her simple program to fit your lifestyle and includes information on • How to integrate a “slow-carbs not low-carbs” strategy into your diet • Why regular protein is essential and how to get it with every meal • What to eat when a sugar craving strikes • How to get the nutrition you need on the run-even at fast-food restaurants • How to find an exercise program you’ll enjoy • Ten breakfasts you can prepare in a flash • Menus and recipes for every lifestyle and taste Practical, hands-on, and reader friendly, *The Sugar Addict’s Total Recovery Program* will transform your life by helping you eat right-starting today!

Dig Deep in One Place Bill Fifield; Sandy Fifield.2011-10-10 “Dig Deep in One Place: A Couple's Journey to a Spiritual Life” explains the actual recipe that the Twelve Steps of Alcoholics Anonymous are and how they can assist anyone in the transformation of their lives. The title of our book explains how we have lived our lives together moving through our relationship, marriage, codependency, addiction, and health issues to happy, joyous freedom. The Steps are way to rise above fear and live a happy and peaceful life. We have no desire to tell anyone how to do the Twelve Steps but to begin to scrape away the mystery surrounding them using our own practical experience to show how unbelievably simple it is to change from negativity to freedom. “Dig Deep” tells the simultaneous stories of this couple's pilgrimage using two views of the same events. The book tells of the depths of depression, addiction, codependency, fear and the miracle of recovery. It is filled with tears and laughter. The truth is The Twelve steps are not self-help--but helpfulness to others. The mere reading of this book will fill everyone with hope! Hope is not the promise of a good outcome; it is the realization that somebody truly understands and there is a way out of any difficulty you may have. Doing the Twelve Steps will stop you from forging the chains that bind you. Free at last!

Peoples Anonymous Lane W..2017-01-18 Welcome to Peoples Anonymous. Herein lies one of the most profound spiritual healing recipes ever entrusted to the human race. This Twelve-Step technology has the capacity to heal your life beyond anything you may have previously imagined. By applying the Twelve Steps to your life, you will: Rediscover your authentic self; Clear away the wreckage of your past; Enjoy a new sense of freedom and purpose; Begin to live more fully in the present; Awaken to a life of joy, service and moments of bliss. Millions are currently living happy, joyous, and free by simply applying this program to their daily lives. We consider the twelve-step recipe outlined in this book to be the spiritual alchemy of the 21st Century. It transforms the lives of those, who are willing to follow the directions precisely, into gold. Finally, a users manual for the human race. Peoples Anonymous provides a 12 Step approach to life and recovery (from all kinds of conditions) that is accessible to everyone. In fact, its better to use the Peoples Anonymous Big Book if youve never had an addiction. What you will discover is a deeper understanding of how to connect your authentic values with your actions. Which makes for a healthier life. Pick it up and start reading it. Now. Dr. Bruce F. Singer, Psy.D. Peoples Anonymous has finally brought the beautiful 12 Step way of life and healing Power to the rest of the world. Father Mike Falls

Happy Joyous and Free Juris S..2021-06-18 Happy, Joyous, and Free is the intensely personal, deeply intimate story of Juris S’s journey from spiritual death to abundant life. Dr. S takes the reader into his mind and heart to demonstrate how the belief systems that were constructed early in his childhood drove his actions and behaviors as an adult. Being strongly scientifically minded with minimal spiritual direction, he began as a militant atheist who chased the delusion of the “American dream.” Once that was obtained, he found himself disenchanted with life despite having everything he believed he ever wanted to be happy, fulfilled, and satisfied. This led him through several addictions that ultimately landed him in rehab for

alcoholism—a medical disease with a spiritual solution. The spiritual, psychological, and mental changes that occurred are examined and processes explained. The later chapters of the book present practical ideas and techniques that can be readily applied to enable and empower the reader to live a life that is happy, joyous, and free. Throughout the book, there are immutable practical and spiritual truths. These truths are easy to remember and can be considered modern-day proverbs that transform the mind and renew the heart. His story is the most powerful manifestation of the power of God in his life. The miracle of his journey from spiritual death to abundant life is revealed, no less amazing than empowering a paralyzed man to walk.

There Is a Solution - a Personal Spiritual Voyage of Recovery from Alcoholism Joe C..2006-09 This book represents Joe C.'s experience of recovery from alcoholism in Alcoholics Anonymous (AA). It was written in response to a direct request from his family members in Ireland who asked, What does the recovery of addiction involve? The object of the book is to inform family members, addicts, alcoholics or anyone looking for the answers behind the public's perceived mystery of AA and the disease of alcoholism.

The Recovering Body Jennifer Matesa.2014-09-23 The coronavirus pandemic has heightened awareness of how we're feeling, and what helps keep us healthy. Attending to physical, mental, and spiritual health is essential in times of crisis--especially for bodies in recovery. Just as recovery requires daily practice, so does physical fitness and a healthy lifestyle. In *The Recovering Body*, seasoned health writer, Jennifer Matesa ignites the recovery community with the first-ever guide to achieving physical recovery as part of your path to lifelong sobriety. In our former lives as practicing alcoholics and addicts, we likely punished our bodies as much as our minds. And yet, recovery programs often neglect the physical, focusing primarily on the mental, emotional, and spiritual dimensions of staying sober. In *The Recovering Body*, popular health writer and Guinevere Gets Sober blogger Jennifer Matesa provides simple, effective ways for addicts to heal the damage caused by substance abuse, whatever our age, lifestyle, or temperament. Combining solid science and practical guidance, along with her own experience and that of other addicts, Matesa offers a roadmap to creating our own unique approach to physical recovery. Each chapter provides key summaries and helpful checklists, focused on: exercise and activity, sleep and rest, nutrition and fuel, sexuality and pleasure, meditation and awareness. Matesa's holistic approach frames physical fitness as a living amendment to self--a transformative gift analogous to the "spiritual fitness" practices worked on in recovery.

The Essence of Twelve Step Recovery Damian McElrath.2013-11-05 *The Essence of Twelve Step Recovery: Take It to Heart*, was written in gratitude to the Jellinek patients at Hazelden, whose lives, struggles and pain are witness to what spirituality is all about. Dedicated to Sandy McElrath, Damian's wife of 26 years, the book defines spirituality and the essence of Twelve Step living--and the essence of Hazelden. McElrath begins his Hazelden-published book with a quote from the Big Book: The spiritual life is not a theory. We have to live it. (Alcoholics Anonymous, page 83). He goes on to eloquently provide his view of spiritual fitness. The person seeking recovery must reconnect with his true self, with others, and with his Higher Power--the God of his understanding, he writes. He addresses the spiritual protocols of recovery in separate self-contained chapters: (1) The Community, (2) The Spirituality of Addiction, (3) The Twelve Steps--Relational Spirituality, (4) Benchmarks for Spiritual Growth, and (5) The Cultivation of the Interior Life. Gail Gleason Milgram, EdD, director of the Center for Alcohol Studies at Rutgers University, endorses the book: Damian is a born teacher. He presents complicated and difficult content in a clear and concise fashion. He helps the reader understand that 'the heart of what makes us human/spiritual beings is our search for integrity, purpose and meaning.' This book is a gift to all who are in search of the meaning of life. Says Craig Nakken, author of *The Addictive Personality*: Damian has written a simple but profound guide for addicts that goes to the very heart of what is needed for recovery. The book has purpose and meaning beyond its pages. It's a must read for those looking to embrace or deepen their recovery. Follow the spiritual protocol!

The 7 Key Principles of Successful Recovery Mel B., Bill P..2010-06-04 Mel B. and Bill P. offer a unique look at the historical and spiritual roots of the principles of recovery and how they apply to staying sober, building emotional stability, and fulfilling human potential. The key principles of Alcoholics Anonymous are widely familiar as seven popular slogans: First things first. Live and let live. Easy does it. Let go and let God. One day at a time. Pass it on. Keep it simple. This inspiring book explores the deep wisdom behind these simple sayings and shows how the underlying principles relate not only to recovery but also to living happily and well in a confusing world. Mel B. and Bill P. offer a unique look at the historical, spiritual, and Twelve Step roots of the main principles of recovery. Full of practical help and support, this book gives readers a clear and useful sense of how these principles apply to the main goals of recovery: staying clean and sober, building emotional stability and maturity for successful living in sobriety, and finding the will and the way to get along with others and fulfill our full human potential.

Sobriety and Beyond Father John Doe.2011-04-29 Father Ralph Pfau, known originally as Father John Doe traces the spiritual roots of Alcoholics Anonymous and explains the fundamental and enduring truths contained in the Twelve Steps. This is a wonderful resource for discovering the spiritual contentment, mental peace and everyday joys to be found in the Twelve Steps.

In God's Care Karen Casey, Homer Pyle.2009-11-10 True, lasting recovery requires us to create and maintain inner peace. For many, it springs from a practice of mindfulness, for others from the rituals of religion. But not everyone finds a connection with a Higher Power in those ways. Through daily reflection and meditation, In God's Care gifts a healing inspiration to our spirit. Steadily, we find spiritual growth. Recovery is an act of faith. An addict is promised healing and self-development through the rigors of counseling, treatment, therapy, and a Twelve Step program. With motivational guidance, addictive behaviors are abandoned, coping skills are learned, and sobriety is lasting. The cycle of addiction is broken by trusting in the process. This is the power of faith: a new way of life. Co-author Karen Casey, who wrote the bestselling recovery classic *Each Day a New Beginning*, harnesses this power to transform life's struggles into a devotional outlook. These heartfelt meditations encourage the optimism needed for continuous change. It doesn't matter what we call the goodness we wish to be and see—God or otherwise. It only matters that we hold it in our hearts and affairs as we create a new life. That is the truest definition of a Higher Power.

A Good Orderly Direction Jaynee C..2019-01-31 There is no chemical solution for a spiritual problem. But where do we begin our spiritual path? This book is a copulation of ideas that include the stages of spiritual development, an overview of faith traditions, and characteristics of spirituality so that the reader can discover a good orderly direction (GOD) in which to recover.

A New Thought Journey Through the 12 Steps Karen Linsley MA.2015-05-01 If you have ever struggled with the language in twelve-step programs, struggle no more! This book offers a way through the concepts offered in twelve-step programs without the traditional language. Power is gained and kept by living in steps ten, eleven, and twelve. Take this journey and find joy and happiness that you never dreamed possible. Karen Linsley has taken a message which has helped literally millions of people and reworded it into an easy-to-read process that anyone can use to change their life. I would highly recommend this book to anyone wishing to change their life. Casey J. Gryba, MA, DD Director of Centers Assistance Program Centers for Spiritual Living Karens work lends an invaluable perspective to those who have followed the twelve-step route into New Thought spirituality. She offers a practical, twenty-first century interpretation of a proven model for living in an accessible, down-to-earth way. The thoughts and ideas that she shares are inspired companionship for anyone walking this path. Rev. Jeff Anderson, MA Rev. Karen Linsley brings a keen insight and the lightness of humor to those on the path to recovery from addiction. Her many years of experience in twelve-step recovery blended with New Thought teachings is refreshing and hopeful. Rev. Diane Decker, MA

Recovery—The Sacred Art Rabbi Rami Shapiro.2013-10-19 Deepen Your Capacity to Live Free from Addiction—and from Self and Selfishness

Twelve Step recovery is much more than a way to escape the clutches of addictive behaviors. Twelve Step recovery is about freeing yourself from playing God, and since almost everyone is addicted to this game, Twelve Step recovery is something from which everyone can benefit. —from the Introduction In this hope-filled approach to spiritual and personal growth, the Twelve Steps of Alcoholics Anonymous are uniquely interpreted to speak to everyone seeking a freer and more God-centered life. This special rendering makes them relevant to those suffering from specific addictions—alcohol, drugs, gambling, food, sex, shopping—as well as the general addictions we wrestle with daily, such as anger, greed, and selfishness. Rami Shapiro describes his personal experience working the Twelve Steps as adapted by Overeaters Anonymous and shares anecdotes from many people working the Steps in a variety of settings. Drawing on the insights and practices of Christianity, Judaism, Buddhism, Taoism, Hinduism, and Islam, he offers supplementary practices from different religious traditions to help you move more deeply into the universal spirituality of the Twelve Step system.

Three Simple Rules Michael Graubart.2018-08-21 Recovery is hard, but it doesn't have to be complicated. If sobriety were easy, everybody who wanted to be sober would be. And especially for those who are just starting out in Alcoholics Anonymous, Narcotics Anonymous, or another Twelve Step program, the prospect of trying to change drinking, using, or other harmful behaviors can seem overwhelming. The good news is there are just three key things we need to focus on. Trust God. Clean house. Help others. Three Simple Rules offers a new take on this valuable slogan and explains how these rules can help anyone find fulfilling recovery. Author Michael Graubart also knows that those six short words are packed with meaning and may not sound so straightforward. Luckily, you don't have to figure it out on your own. Michael uses wit and wisdom gained in more than twenty years of Twelve Step recovery to explain what worked for him so you can figure out what works you. In Michael's experience, if you follow the Steps, and focus on the three simple rules, you'll be changed by the process.

Mindful Recovery Thomas Bien, Ph.D., Beverly Bien.2002-04-15 This wise book provides practical exercises that will help us to develop conscious awareness and inner understanding, and the ways and means to free us from unsatisfying habits, addictions, and unconscious behavior patterns. I recommend it highly. --Lama Surya Das, author of the bestselling *Awakening the Buddha Within* Anyone interested in finding a kind, spiritual guide to recovery that focuses on flexibility rather than the 'one true way' will benefit from this enjoyable and helpful book. --Maia Szalavitz, coauthor with Joseph Volpicelli, M.D., of *Recovery Options: The Complete Guide In Mindful Recovery*, you'll discover a fresh and effective method for healing from addiction that can help you handle important challenges, from managing anxiety and resisting cravings to dealing with emotional and physical imbalance. Drawing on both ancient spiritual wisdom and the authors' extensive clinical psychological work with their patients over many years, *Mindful Recovery* shows you how to use the simple Buddhist practice of mindfulness to be aware of-- and enjoy-- life in the present moment without the need to enhance or avoid experience with addictive behaviors. *Mindful Recovery* guides you step by step through ten powerful doorways to mindful recovery, giving you specific strategies that can help you cultivate a sense of calm awareness and balance in your life. Filled with personal stories of recovery, practical exercises, instructions for meditation, and more, *Mindful Recovery* accompanies you on a journey of exploration and healing that will help you find the strength and the tools to change, leading you to a fresh new experience of everyday living.

Father Fred and the Twelve Steps Frederick A. Harkins.1996-09 A profound and practical approach to the Twelve Steps and how to incorporate them into daily life. +

Breathing Under Water Richard Rohr.2013-11-04 The Twelve Steps of Alcoholics Anonymous is America's most significant and authentic contribution to the history of spirituality, says Richard Rohr. He makes a case that the Twelve Steps relate well to Christian teaching and can rescue people who are drowning in addiction and may not even realize it. To survive the tidal wave of compulsive behavior and addiction, Christians must

learn to breathe under water and discover God's love and compassion. In this exploration of Twelve Step spirituality, Rohr identifies the Christian principles in the Twelve Steps, connecting The Big Book of Alcoholics Anonymous with the gospel. He draws on talks he has given for over twenty years to people in recovery and those who counsel and live with people with addictive behavior. Rohr offers encouragement for becoming interiorly alive and inspiration for making one's life manageable for dealing with the codependence and dysfunction (sin) rampant in our society.

Stairway to Serenity Mark L.,L. Mark.1989

Living in Balance Meditations Book Jeffrey A Hoffman.2011-03-25 This meditation book uses mindful relaxation to prevent relapse and help readers achieve balance in their body, mind, and spirit. Chinese sage Lao Tzu said every journey begins 'with a single step.' Recovery begins in the same way. Thankfully, Dr. Jeff Hoffman has penned a simple and elegant volume of meditations to accompany you along the way. --Scott D. Miller, Ph.D., Director of the International Center for ExcellenceResearch shows mindful relaxation, or progressive relaxation, is effective in preventing relapse and helping patients achieve balance in mind, body, and spirit. Living in Balance: 90 Meditations for Recovery from Addiction integrates meditation as a complement to Hazelden's evidence-based Living in Balance curriculum. The first three months of recovery are a critical time when people need to learn good habits to replace old drug-using ones. This unique book recommends and guides readers through ninety meditations--one for each day of the first three months--to help prepare readers for recovery, gain practical insights, and make important changes in life.

Twelve Step Spiritual Recovery James Cone.2019-06-24 The book Twelve Step Spiritual Recovery; How to Reclaim Your Original Self/Soul is now available in two volumes featuring larger print and an easier to carry size. This version is Volume Two and guides the reader through a detailed fourth step inventory process, then explains how to release this negative baggage from our past in the fifth, sixth and seventh steps. Next the book outlines the tips and tricks we've learned over decades of recovery to execute highly effective ninth step amends, resulting in genuine healing for both parties involved. And lastly, this book details how to practice the maintenance steps of ten, eleven and twelve, with a key emphasis on service work and sharing your personal experience, strength and hope with the next suffering soul desiring a better way. Please come join with us as we seek in these greatly troubled times to carry the inspiring message of Recovery for All to the rest of the world. For more information visit us at, twelvestepspiritualrecovery.com Namaste.

The Soul of Recovery Christopher D. Ringwald.2002-06-13 Millions of alcoholics and addicts recover through spirituality. In *The Soul of Recovery: Uncovering the Spiritual Dimension in the Treatment of Addictions*, author and journalist Christopher D. Ringwald tells how and why they seek and achieve these transformations. Ranging as far back as the Washingtonian Total Abstinence Society in 1840, Ringwald illuminates the use of spirituality within a wide range of treatment options--from the famous Twelve Step-style programs to those tailored to the needs of addicted women, Native Americans, or homeless teens not ready to quit. Focusing on the results rather than the validity of beliefs espoused by these programs, he demonstrates how addicts recover through practices such as self-examination, meditation, prayer and reliance on a self-defined higher power. But the most compelling evidence of spirituality's importance comes from those directly involved in the process. Ringwald traveled across the country to visit dozens of programs and interview hundreds of addicts, alcoholics, counselors, family members, doctors and scientists. Many share moving stories of suffering, survival, and redemption. A homeless man, a surgeon, a college student, a working mother--each describes the descent into addiction and how spirituality offered a practical, personal means to recovery. Ringwald also examines the controversies surrounding faith-based treatment and the recovery movement, from the conflict between science and spirituality, to skepticism about the new age brand of spirituality these programs encourage, to constitutional issues over court-mandated participation in allegedly religious treatment programs. Combining in-depth research with powerful personal accounts, this fascinating exploration of spirituality will provide a fuller understanding of the nature of addiction and

how people overcome it.

Real Meditation for Real Alcoholics Danny J. Schwarzhoff.2013-01-08 Here is a proposal for a unique, mindful meditation that is unlike anything you have ever encountered before. Not “Contemplative Prayer,” not Affirmations, “Real Meditation for Real Alcoholics” goes beyond the common techniques of self-management and mind control and introduces readers to a non-religious, mindful technique that is the missing link” to spiritual liberation. With its logical, practical, yet amazingly simple presentation, “Real Meditation for Real Alcoholics, also serves as companion piece to a set of free audio links accompanying this book. Readers are encouraged to use and freely share with others, the complimentary downloads and streaming links to a lightly guided narratives in the author's own voice. Front matter includes unsolicited testimonials of recovered alcoholics all over the world who have experienced dramatic life changing results immediately after beginning this meditation technique as taught and practiced by the author. Through the power of word, experience and personal example, author Danny J. Schwarzhoff introduces a revolutionary, “cradle to grave” delineation of alcoholic obsession, craving and spiritual disease, imparting an understanding of the malady that corroborates the description of the alcoholic proffered through “Alcoholics Anonymous”. In this inaugurate presentation, Schwarzhoff demystifies alcoholism and addiction, using his own experiences to hit readers in their visceral sweet spot. Even non-alcoholics will identify with the author's characterizations of the flawed, human condition presented in clear terms anyone can easily follow. Readers receive a clear illustration of the mysteriously simple dynamics of spiritual disease and spontaneous spiritual awakening along with a heavy emphasis on the daily maintenance of the awakened, conscious state through the TwelveStep style meditation provided. “Real Meditation for Real Alcoholics” convinces readers that, like the author, they too can easily access a very special spiritual skill that is unlike any they have ever seen before. It will enliven their recovery experience while still practicing the Principles they so cherish, thereby resolving any Step Eleven dilemma common to recovered and recovering alcoholics. The search for a powerful, effective daily meditation is over.

And God Gave Them Over Brian R Schultz.2020-11-05 An immensely popular yet very unbiblical cliché says, God helps those who help themselves. Long removed is any idea of self-help for those afflicted with an addiction to substances and activities. Thus, leaving them with only the hope of calling out to God because God helps those who come to the end of themselves and turn to Him in repentance for salvation and freedom from the bondage of addiction. Addictions have reached epidemic proportions, and from the Christian perspective, addiction is a spiritual problem requiring a spiritual solution. A Christian spiritual model of recovery boasts that a person in Christ is a new creation - the old things have passed away; behold, new things have come! No longer are we burdened with the label of; once and addict, always an addict. The practice of spiritual discipline becomes the change in the mind as our beloved Apostle Paul told us to be renewed in the transformation of the mind to know God's will, that is good, acceptable, and perfect. Scripture reveals that habitual sin meets with God's judgment towards those who abuse substances and activities in the hope of bringing the afflicted into repentance and recovery in Christ Jesus. The purpose of this book is to put forth the understanding of addiction as a symptom of habitual sin. And that a living hope exists for those who turn their lives over to the care of God. Plain and simple, the abuse of alcohol, drugs, gambling, pornography, and a host of other compulsive behaviors are contrary to the will and the moral law of God - better known as SIN! This book educates those entering recovery that spiritual growth is needed to protect them from relapse, pointing out that addictions and destructive compulsive behaviors are part of sinful humanity and that a particular effort is required to lift us out of this bottomless pit. The solution is an extra special nearness to God that only the practice of spiritual discipline can provide. The seven spiritual disciplines of prayer, study, meditation, reflection, fellowship, worship, and service, if practiced with an unwavering commitment to change, will become a foundation to building a life in Christ, free from addiction and compulsive behaviors. For counselors and ministry leaders treating addiction and supporting recovery, a paradigm

shift has appeared. Now, spiritual intervention, as part of an integrated treatment of addiction, is widely accepted. Rather than exclusive reliance on the medical model that claims addiction as a disease of the brain, support has been gathering towards the credibility that addiction is a spiritual problem of sin. This book introduces a spiritual recovery model, a spiritual method for getting out of addiction and into recovery. Yet, it supports a position to consider all intervention models to counter the epidemic magnitude of addiction faced in this country. It recognizes that behavioral therapies and step programs are gifts from God, provided they are not opposed to biblical teaching. Consecrate them to God for the good of society. This book promotes a more conciliatory tone for the treatment of addiction in the hopes of continuing the cooperation and education of spiritual recovery to the secular treatment community.

The Highlights of William James Towards Spiritual Recovery from Addictions Taken from the "Varieties of Religious Experience" Jim G..2011-04-29 The Varieties of Religious Experience is the most profound series of lectures to inspire the founding fathers of what is commonly known as the 12 program towards spiritual recovery from alcohol and drugs; to include eating disorders and gambling. The highlights of the James Lectures are the key references extracted and compiled by Jim G. to assist the recovering addict towards identifying a higher power that is personal to his or her own understanding. Added to the highlights, Jim G. gives a more contemporary narration with updated references and a comparison to the steps of recovery and other religious and philosophical schools of reality. It also points out the personal nature of mysticism to include prayer and meditation. Included is Jim's personal theory of how our life needs to be changed from a narcissistic self-arrogance to the altruistic sacrifice in helping others achieve eternal happiness. In so doing, God's personal grace changes our fear and anxiety into the peace of serenity; whereby the tear drops leave our eyes and we can live the remainder of our journey with acceptance towards heaven on earth.

Twelve Steps Without God David Vartabedian.2020-03-25 Musician David Vartabedian's personal journey from criminal and convict to a mentor and inspiration for thousands provides the background to this guide written for those suffering from addiction but who are often reluctant to embark on a recovery couched in terms of religion. Twelve Steps Without God is a great alternative for accessing the source of power necessary for a psychic change necessary to overcome the disease of addiction. David's personal story and history of living the life of an active addict and his miraculous transformation will open the door for so many who are desperately seeking freedom from addiction. His many years of experience working in the field of recovery provide a powerful, effective, and long-lasting solution for longterm recovery. Samantha Matern Addictions Specialist and Counselor Unityholisticlifecoach.com

Wanting to Be Free Neroli Duffy, Jenny Hunter.2017-07-01 Millions of people are beset by addiction. Whether drugs, alcohol or behavioral addictions such as gambling and pornography, the human cost is enormous—both for the victims and their families. Many yearn for freedom but don't find this through existing treatment programs, where the relapse rate is often high. A missing ingredient in most programs is an awareness of the unseen forces behind addiction. Known for centuries, these forces are often overlooked in the modern scientific approach to disease and healing. *Wanting to Be Free* explores the spiritual dimension of addiction and presents an integrated approach to recovery. Combining spiritual techniques with the most effective mental, emotional and physical therapies, it outlines a unique pathway for those pursuing the path to true freedom.

Spiritual Recovery: a Pathway to God George Burbach.2012-04-01 This book shares the spiritual journey of an alcoholic who found a solution to living with the incurable, fatal disease of alcoholism. AA is a human solution to a spiritual problem.

In Search of the Lost Chord Gavin D.2020-10-27 In this book I will take you on a very emotional and sometimes dark journey. I will share what my life was like before I drank and used drugs. What I became like when I was using and more importantly the road to my recovery. For many years I failed to stay sober until one day I woke up and didn't want to be alive anymore. I was spiritually lost and broken; I was a very lonely man when I took

my last alcoholic beverage. Although I had much to live for, I welcomed an end to the pain and suffering I was causing myself and family. The people in 'Alcoholics Anonymous' were patient and tolerant. They loved me when I had no love to give, and held me as I picked up the pieces of my life. On my search I found a higher power, a spiritual home and just as important I found freedom from self. I enjoy sobriety today because I keep my recovery simple. I refrain from taking the first drink of alcohol, simple, yet very effective. It is a wonderful gift to help others recover from this insidious dis-ease called alcoholism.

Overcoming Addictions Deepak Chopra, M.D..1998-03-24 Praise for Deepak Chopra, M.D.: A new medicine is in the making, one in which mind, consciousness, meaning, and intelligence play key roles. One of the architects of the new medicine is Dr. Chopra, a credentialed, respected physician who has 'paid his dues' as a modern doctor. Larry Dossey, M.D., author of Healing Words Deepak Chopra is being hailed as a modern-day Hippocrates for his novel approach of combining ancient healing traditions with modern research. Irv Kupcinec, Chicago Sun-Times We can't help wishing he lived close enough to make house calls. Judith Hooper, New York Times Book Review Dr. Chopra's writing has great beauty, great power, great delight, and much common sense Courtney Johnson, author of Henry James and the Evolution of Consciousness Dr. Chopra presents us with information that can help us live long, healthy lives. Bernie Siegel, M.D., author of Love, Medicine and Miracles

Black Recovery Anneca Peoples.2022-10 After over a decade of success working as a high fashion model and walking runways around the world, all of the glitz, glamor, social recognition, and financial security I thought would finally fix the void I felt in my soul ever since I was a child failed me. I reached a point in my life where I had tried everything to fix myself, and when nothing worked, I fell to a hopeless alcoholic bottom. In hindsight, believe it or not, this was one of the best things that could have happened to me. Because after years of sobriety, AA, and surrendering to 12-step fellowships, I fell to an even deeper, darker sober bottom. It was there that I was gifted with the knowledge that all of my depression, anxiety, fear, loneliness *(and so on)* I had been suffering from all those years prior were all symptoms of a greater problem I now recognize as a Spiritual Malady, for which I learned there is a Spiritual Solution. By tapping into a Power greater than myself, the goddess within me, I started on a path to Spiritual Recovery. Spiritual Recovery guided me to finding who I am, why I hurt, and how to get over it - empowering me to live free and show others how to do the same. It is my hope that Black Recovery inspires us all to spread Hope, share Love, and help one another hold onto the Light when life appears dark.

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