

## Alcoholics Anonymous Cult Or Cure

The Natural Process of Quitting Forever was written over a period of years. It started when I was seeing people who wanted to avoid 12 Step attendances while still wanting to end alcohol and drug problems. The book we were using generated questions and was not specific about quitting forever. I was tape recording and video taping the sessions for my review. I noticed I was answering the same questions over again with different people. I wrote down what I was telling them and started using the essays when I talked with new people. I always encouraged people to criticize what was written for clarity and content. At a point in time, I had enough written where I comb bound the papers with a table of contents and started selling my book. I kept editing and revising and adding to the book until it reached the point of what you are reading today. Author House afforded me the opportunity to publish professionally what I had been publishing and selling using my desktop publishing program with comb binding. It was written talking to people about quitting forever all alcohol and drug use while they read the book for that purpose. People are quitting forever by reading the book The Natural Process of Quitting Forever. It was not something I sat down and wrote but was written because people quitting forever told me it was helpful information leading them along their path to recovery. Check out my web site: [quittingforever.org](http://quittingforever.org) where I explain core concepts using cartoon like graphic illustration with verbal and written explanation. The web site also has some short video explanations by me.

Many have worried that the ubiquitous practice of psychology and psychotherapy in America has corrupted religious faith, eroded civic virtue and weakened community life. But an examination of the history of three major psycho-spiritual movements since World War II – Alcoholics Anonymous, The Salvation Army's outreach to homeless men, and the 'clinical pastoral education' movement – reveals the opposite. These groups developed a practical religious psychology that nurtured faith, fellowship and personal responsibility. They achieved this by including religious traditions and spiritual activities in their definition of therapy and by putting clergy and lay believers to work as therapists. Under such care, spiritual and emotional growth reinforced each other. Thanks to these innovations, the three movements succeeded in reaching millions of socially alienated and religiously disenchanted Americans. They demonstrated that religion and psychology, although antithetical in some eyes, could be blended effectively to foster community, individual responsibility and happier lives.

Online Searching is your complete guide to becoming a superstar searcher, wielding advanced searching features, strategies, and tactics for answering questions on any topic under the sun as well as finding answers in trusted, quality sources.

Becoming an Addictions Counselor, Third Edition provides evidence-based findings, cutting-edge treatment techniques, and a focus on critical thinking to show future counselors how to respond to clients' needs rather than impose "cookie-cutter" routines. Topics explored in depth include: • Mentally ill chemical abusers • Individual, group, and family counseling skills • Clinical treatment issues Each chapter takes an experiential learning approach to these topics and encourages readers to practice individual and group counseling skills through structured activities and exercises. With thorough discussions on ethics, treatment planning, and case management, this text prepares readers to become ethical, competent counselors.

This well researched, painstakingly documented book provides detailed information on the right-wing evangelical organization (Oxford Group Movement) that gave birth to AA; the relation of AA and its program to the Oxford Group Movement; AA's similarities to and differences from religious cults; AA's remarkable ineffectiveness; and the alternatives to AA. The greatly expanded second edition includes a new chapter on AA's relationship to the treatment industry, and AA's remarkable influence in the media.

A powerful exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction treatment model came to dominate America Alcoholics Anonymous 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. Drawing from thirty-five years of clinical practice and firsthand accounts submitted by addicts, 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. A powerful response to the monopoly of the 12-step program and the myth that they are a universal solution to addiction, *The Sober Truth* 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.

CONCEPTS OF CHEMICAL DEPENDENCY, Ninth Edition, provides comprehensive coverage and the latest information on a full spectrum of substance use disorders and the compounds commonly abused. Topics include the abuse of and addiction to alcohol; how the active agent in marijuana, THC, affects neural growth and development; the emerging body of evidence suggesting a relationship between marijuana abuse and psychotic disorders; the emerging body of evidence suggesting that marijuana is not as

benign as it was thought to be a few years ago; and the abuse of cough syrups. Adding to the book's usefulness and relevance, Doweiko also covers topics not usually discussed in other substance abuse texts, including abuse of anabolic steroids, inhalants, infectious diseases associated with substance abuse, how the "war on drugs" has actually contributed to the problem of substance abuse/addiction in this country, and the "medical marijuana" debate. This edition includes new information on synthetic marijuana, mephredone, and dextromethorphan, among other substances; updates reflecting the new DSM-5; and a new chapter on the Biopsychosocial Model of Addiction. Students report that they appreciate the author's balanced approach, which allows them to form their own opinions, in contrast to some books that "preach" that "drugs are bad for you."

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Recent advances in the understanding of the genetic, neurochemical, behavioral and cultural underpinnings of addiction have led to rapid advances in the understanding of addiction as a disease. In fact, advances in basic science and the development of new pharmacological and behavioral therapies associated with them are appearing faster than can be assimilated not only by clinical researchers but practitioners and policy makers as well. Translation of science-based addictions knowledge into improved prevention, assessment and treatment, and communication of these changes to researchers and practitioners are significant challenges to the field. The general aim of Translation of Addictions Science Into Practice is to summarize current and potential linkages between advances in addiction science and innovations in clinical practice. Whilst this book is primarily focused on translation, it also encompasses some scientific advances that are relevant to dissemination, and the book is itself a tool for disseminating innovative thinking. The goal is to generate interest in application opportunities from both recent research and theoretical advances. Provides a much needed resource for translating current research into clinical practice Focuses upon alcohol, tobacco, and substance abuse addictions Addresses method of research and best dissemination techniques

Discusses the terminology and definitions used for alcoholism, the role of various treatments and whether or not it is possible to be "cured."

Important American periodical dating back to 1850.

Treating Addiction as a personal failing or weakness is stigmatizing and doesn't work-not for those living with it, or for their loved ones. Understanding Addiction as a primary chronic brain disease allows us to see the symptoms and behaviours as they really are, and provide treatment programs that go beyond the stigma. Whether the Addiction involves alcohol, narcotics, gambling, food, or sex, it is vital to examine what is happening in the brain, not simply focus just on correcting a person's behaviour. This book looks at how treating Addiction as a disease can radically improve outcomes by using a holistic approach that balances the biological, psychological, social, and spiritual aspects of treatment needed for recovery. Whether you suffer from Addiction, know someone who does, or work in the healthcare field, Addiction is Addiction provides a comprehensive path to understanding, living with, and recovering from the disease....

This revised and updated edition of the classic myth-busting anthology shines a harsh light on the disinformation of government, mass media and more. In 2001, Russ Kick's You Are Being Lied To became a cultural phenomenon, spreading the eye-opening insights of writers like Noam Chomsky, Howard Bloom and others to the masses. Now Kick returns with You Are STILL Being Lied To, a thoroughly updated edition that contains more than a dozen all-new essays from contributors like Norman Solomon, Graham Hancock, Alex Jones, John Major Jenkins, Robert Bauval, Richard DeGrandpre, Alexandra Bruce, John Hogue, Gregory Davis, and Scott Creighton. These outspoken authors tackle topics ranging from the misleading marketing of antidepressants to the truth about the North American Union, media consolidation, and the New Thought movement. This massive collection dismantles the distortions, myths, and outright lies propagated by the government, the media, corporations, organized religion, the scientific establishment, and others who want to keep the truth from us. An unprecedented group of researchers including Howard Zinn, Noam Chomsky, Howard Bloom, Sydney Schanberg, Michael Parenti, Riane Eisler, Jim Marrs, and many others reveal how crucial stories are suppressed, real dangers are down-played, and nonexistent dangers are trumpeted in a world where you are still being lied to.

Twelve-step programs that insist on abstinence are beneficial to many--but what about the millions of Americans who try to quit and fail, just want to cut down, or wish to work toward sobriety gradually? This groundbreaking book presents the Harm Reduction approach, a powerful alternative to traditional treatment that helps users set and meet their own goals for gaining control over drinking and drugs. The expert, empathic authors guide readers to figure out which aspects of their own habits may be harmful, what they would like to change, and how to put their intentions into action while also dealing with problems that stand in the way, such as depression, stress, and relationship conflicts. Based on solid science and 40+ years of combined clinical experience, the book is packed with self-discovery tools, fact sheets, and personal accounts. It puts the reader in the driver's seat with a new and empowering roadmap for change. Winner--American Journal of Nursing Book of the Year Award

While there are a number of books on positive psychology, Positive Psychiatry is unique in its biological foundation and medical rigor and is the only book designed to bring positive mental health ideas and interventions into mainstream psychiatric research, training, and clinical practice. After an overview describing the definition, history, and goals of positive psychiatry, the contributors—pioneers and thought leaders in the field—explore positive psychosocial factors, such as resilience and psychosocial growth; positive outcomes, such as recovery and well-being; psychotherapeutic and behavioral interventions, among others; and special topics, such as child and geriatric psychiatry, diverse populations, and bioethics. The book successfully brings the unique skill sets and methods of psychiatry to the larger positive health movement. Each chapter highlights key points for current clinical services, as practiced by psychiatrists, primary care doctors, and nurses, as well as those in allied health and mental health fields. These readers will

find Positive Psychiatry to be immensely helpful in bringing positive mental health concepts and interventions into the clinical arena.

"Just say no" just doesn't work for everyone. If you've tried to quit and failed, simply want to cut down, or wish to work toward sobriety gradually, join the many thousands of readers who have turned to this empathic, science-based resource--now thoroughly revised. A powerful alternative to abstinence-only treatments, harm reduction helps you set and meet your own goals for gaining control over alcohol and drugs. Step by step, the expert authors guide you to figure out: \*Which aspects of your habits may be harmful. \*How to protect your safety and make informed choices. \*What changes you would like to make. \*How to put your intentions into action. \*When it's time to seek help--and where to turn. Updated to reflect a decade's worth of research, the fully revised second edition is even more practical. It features additional vivid stories and concrete examples, engaging graphics, new worksheets (which you can download and print for repeated use), "Self-Reflection" boxes, and more. Mental health professionals, see also the authors' Practicing Harm Reduction Psychotherapy, Second Edition.

Psychology means "the study of the soul"; it is the social science concerned with investigating who we are, why we have certain feelings, and why we do the things we do. Are we no more than a vast assembly of nerve cells and their associated molecules? Is biology (our genetic inheritance) "destiny," or does social upbringing play a crucial role? What are the roles played by "Nature" and by "Nurture"? Are we purely physical beings, or is there an aspect that can be called "spiritual"? This thought-provoking novel takes you on a journey of intellectual and emotional exploration, considering along the way questions that we've all asked ourselves, such as: Is it true that we only use 10% of our brains? Does playing classical music for infants increase their intelligence? Do crime rates go up during a full moon? Can hypnosis, or post-hypnotic suggestions, make us do something we wouldn't normally do? Does subliminal advertising influence us to buy products? Are our memories stored indelibly, almost like a tape recorder? What causes memory lapses as we age? Can "repressed" traumatic memories be recovered through hypnosis? Do some people have "multiple personalities"? How can I tell if someone has a "neurosis," or a "psychosis"? Do men have an "inner feminine" side, and women an "inner masculine"? Are there innate psychological differences between males and females? The four main characters in this book will guide you through a diverse and sometimes bewildering world of differing approaches to answering such questions, such as Freudian, Jungian, and Adlerian; Humanistic, Existential, and Transpersonal; as well as Cognitive, Emotive, and Behaviorist. Along the way you will learn about the developmental stages proposed by psychologists such as Erikson, Kohlberg, Piaget, and Fowler, and even explore some of the questions currently being asked by both neuroscientists, and philosophers of the mind. Start reading, to begin your study of our innermost selves...

This work shows how to give substance abusers an attachment experience and a sense of community where they feel they are accepted and belong. Therapy, directed along the lines described, allows the person to get close to others who are accepting of him without a cost to his identity and autonomy.

It was once taken for granted that peer-assisted groups such as Alcoholics Anonymous had no "real" value in recovery from addiction. More recently, evidence-based medicine is recognizing a spiritual component in healing—especially when it comes to addiction. The newest edition of Recent Developments in Alcoholism reflects this change by focusing on the 12-step model of recovery as well as mindfulness meditation and other spiritually oriented activity. More than thirty contributors bring together historical background, research findings, and clinical wisdom to analyze the compatibility of professional treatment and nonprofessional support, day-to-day concepts of relapse prevention, the value of community building in recovery, and much more. Among the topics covered: (1) How and why 12-step groups work. (2) The impact of the spiritual on mainstream treatment. (3) The impact of AA on other nonprofessional recovery programs. (4) AA outcomes for special populations. (5) Facilitating involvement in 12-step programs. (6) Methods for measuring religiousness and spirituality in alcohol research. Whether one is referring clients to 12-step programs or seeking to better understand the process, this is a unique resource for clinicians and social workers. Developmental psychologists, too, will find Volume 18—Research on Alcoholics Anonymous and Spirituality in Addiction Recovery a worthy successor to the series.

In a book sure to inspire controversy, Gene Heyman argues that conventional wisdom about addiction - that it is a disease, a compulsion beyond conscious control - is wrong. At the heart of Heyman's analysis is a startling view of choice and motivation that applies to all choices, not just the choice to use drugs. Heyman's analysis of well-established but frequently ignored research leads to unexpected insights into how we make choices - from obesity to McMansionization - all rooted in our deep-seated tendency to consume too much of whatever we like best.

Important reading for current and future addictions treatment clinicians—this book synthesizes and integrates the expanding body of knowledge about combined trauma/addiction treatment to specifically address the needs of clinicians in addiction treatment environments Here, in a single source, is an essential overview of trauma treatment for people in addiction treatment settings. Psychological Trauma and Addiction Treatment presents specific methodologies and techniques for clients in inpatient and outpatient addiction/mental health settings. The contributors—leading clinicians and researchers in the field—provide a comprehensive set of scientific treatment approaches addressing a broad spectrum of trauma disorders. Psychological Trauma and Addiction Treatment brings you up-to-date, authoritative coverage of: the dynamics of co-occurring psychological trauma and addiction all of the primary treatment frameworks currently utilized in trauma treatment treatment frameworks that take gender into account cognitive therapies in treating these co-occurring disorders the role of psychodynamic psychotherapies in treatment attachment disorders and their relation to trauma and addiction treatment EMDR as a treatment for traumatized addicts the psychoneurology of trauma and the implications of psychoneurology in addictions and trauma treatment how self-help groups can contribute to and limit recovery for psychologically traumatized clients forgiveness therapy as an adjunct to trauma treatment counselor self-care for those who work with this client population Ultimately, this is a book of hope. Every author in this text has a firm belief that people with co-occurring trauma and addiction can recover, can maintain quality relationships, can confront life's challenges as they arise, and can be happy and fulfilled.

Psychological Trauma and Addiction Treatment is designed as essential reading for entry-level and experienced addiction counselors, social workers, professional counselors, psychologists, and others working in the trauma treatment field.

Despite the plethora of books on alcohol abuse and alcoholism, Alcoholism: Genetic Culpability or Social Irresponsibility is unique. It departs from a generic version of alcoholism; it examines the concepts, rationale, and research findings of all the various aspects of alcoholism and places them into two camps, namely the genetic and the social. Then, Marshall's book deals specifically with the issue of 'social irresponsibility' as a central feature in alcohol abuse; social irresponsibility carries implications for the individual as well as governments' policies. This book will be useful for academics and professionals who

are concerned about the widespread problem of alcoholism. Health professional, social workers, and legislators will find this book invaluable in uncovering the nature of this phenomenon.

The Good Book and the Big Book: A.A.'s Roots in the Bible is the most popular of Dick B.'s 42 titles. It traces the precise A.A. Big Book and 12 Step language that came from the Bible. Christians and AAs alike acclaim this title's thorough review of early A.A. sources showing the Bible's role in A.A.'s recovery ideas. This book demonstrates how God helps alcoholics recover if they want His help.

This practical, comprehensive, and easy to use book helps alcohol abusers understand their behavior, but provides practical steps that anyone can use to solve an alcohol problem. Written by a cognitive-behavioral psychologist, this book includes chapters on overcoming low self-esteem, depression, stress, attending self-help groups, and living a better life after quitting. Each chapter contains specific self-help techniques. Recommended by SMART Recovery.

"[A] fascinating read... Contrary to what the title might suggest, this is an upbeat exploration of suicide with a positive message." --Jeanine Connor, Therapy Today, December, 2018 This thought-provoking volume offers a distinctly human evolutionary analysis of a distinctly human phenomenon: suicide. Its 'pain and brain' model posits animal adaptations as the motivator for suicidal escape, and specific human cognitive adaptations as supplying the means, while also providing a plausible explanation for why only a relatively small number of humans actually take their own lives. The author hypothesizes two types of anti-suicide responses, active and reactive mechanisms prompted by the brain as suicide deterrents. Proposed as well is the intriguing prospect that mental disorders such as depression and addiction, long associated with suicidality, may serve as survival measures. Among the topics covered: · Suicide as an evolutionary puzzle. · The protection against suicide afforded to animals and young children. · Suicide as a by-product of pain and human cognition. · Why psychodynamic defenses regulate the experiencing of painful events. · Links between suicidality and positive psychology. · The anti-suicide role of spiritual and religious belief. In raising and considering key questions regarding this most controversial act, The Evolution of Suicide will appeal to researchers across a range of behavioral science disciplines. At the same time, the book's implications for clinical intervention and prevention will make it useful among mental health professionals and those involved with mental health policy.

In The Language of the Heart, Trysh Travis explores the rich cultural history of Alcoholics Anonymous (AA) and its offshoots and the larger "recovery movement" that has grown out of them. Moving from AA's beginnings in the mid-1930s as a men's fellowship that met in church basements to the thoroughly commercialized addiction treatment centers of today, Travis chronicles the development of recovery and examines its relationship to the broad American tradition of self-help, highlighting the roles that gender, mysticism, and bibliotherapy have played in that development.

Widely regarded as a turning point in American independent cinema, Steven Soderbergh's sex, lies, and videotape (1989) launched the career of its twenty-six-year-old director, whose debut film was nominated for an Academy Award and went on to win the Cannes Film Festival's top award, the Palme d'Or. The Philosophy of Steven Soderbergh breaks new ground by investigating salient philosophical themes through the unique story lines and innovative approaches to filmmaking that distinguish this celebrated artist. Editors R. Barton Palmer and Steven M. Sanders have brought together leading scholars in philosophy and film studies for the first systematic analysis of Soderbergh's entire body of work, offering the first in-depth exploration of the philosophical ideas that form the basis of the work of one of the most commercially successful and consistently inventive filmmakers of our time.

Since the nineteenth century, the Western realistic novel has persistently represented the addict as a morally toxic force bent on destroying the institutions, practices, and ideologies that historically have connoted reason, order, civilization. Addiction, Representation undertakes an investigation into an alternative literary tradition that unsettles this limited portrayal of the addict. The book analyzes the practices and politics of reading the experimental addiction novel, and outlines both a practice and an ethics of reading that advocates for a more compassionate response to both diegetic and extra-diegetic addicts—an approach that, at its core, is focused on understanding.

The addictions treatment field is reaching a tipping point that is revolutionizing the ways that behavioral health leaders think about people with alcohol and other drug problems—and how services and systems are developed. Recovery Management / Recovery Oriented Systems of Care contains six monographs by renowned recovery advocate William L. While and colleagues. These monographs provide insight and analysis of the topics important to today's addiction counselors and recovery coaches: recovery-oriented systems of care, recovery management, peer-based recovery services, and treating addiction as a chronic condition that requires ongoing management.

Dick B. is a writer, historian, Bible student, retired attorney, and active recovered member of A.A. He and his son Ken devoted many years to researching the role, life, writings, and contributions of Rev. Samuel M. Shoemaker to Alcoholics Anonymous. The quest took Dick B. to Shoemaker's churches in Pittsburgh and New York, to the Episcopal Church Archives in Austin, Texas, to Hartford Seminary, to Princeton University, and to the family and friends of this great Episcopal rector and preacher. In all, Dick B. has published 33 books on the history of early A.A.

A volume ideal for classes in women's studies, religious studies and the sociology of religion, Daughters of the Goddess also serves as an invaluable guide for anyone wishing to gain a thorough introduction to this rapidly growing religious and cultural movement."--BOOK JACKET.

Innovations in Adolescent Substance Abuse Interventions focuses on developmentally appropriate approaches to the assessment, prevention, or treatment of substance use problems among adolescents. Organized into 16 chapters, this book begins with an assessment of adolescent substance use; theory, methods, and effectiveness of a drug abuse prevention approach; and problem behavior prevention programming for schools and community groups. Some chapters follow on the community-, family- and school-based interventions for adolescents with substance use problems. Other chapters explain psychopharmacological therapy; the assertive aftercare protocol for adolescent substance abusers; and twelve-step-based interventions for adolescents.

At a time when people are living into their tenth decade, the longest longitudinal study of human development ever undertaken offers welcome news for old age: our lives evolve in our later years and often become more fulfilling. Among the surprising findings: people who do well in old age did not necessarily do so well in midlife, and vice versa.

Addiction is a primary, chronic brain disease. Primary means that it is not caused by anything else and chronic means that it lasts a lifetime. Genetic factors account for more than half the likelihood that an individual will develop Addiction but environment also plays a significant role in its expression. Our goal in writing this workbook is to help you appreciate the principles discussed in our book, Addiction is Addiction, and to expand your awareness and provide clarity about how the disease has been affecting you and others around you. It is helpful, although not necessary to have read Addiction is Addiction prior to starting this workbook. This resource has been designed for those who have read our previous book and those who have not. The title Addiction is Addiction highlights that whether a person's problem is with substances or behaviors such as food, gambling, sex and love, these are all manifestations of the same disease and are not mutually exclusive.

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

This book is a compilation of a Salon Magazine blog that deals with current and past world events as well as some personal autobiographical material. The polemical essays include some serious philosophical arguments that attempt to be as non-ideological as possible while at the same time not shying away from taking an ideological position when such seems warranted.

Politicians and the media tell us that people who take drugs, including alcohol or nicotine, cannot help themselves. They are supposedly victims of the disease of 'addiction', and they need 'treatment'. The

same goes for sex addicts, shopping addicts, food addicts, gambling addicts, or even addicts to abusive relationships. This theory, which grew out of the Temperance movement and was developed and disseminated by the religious cult known as Alcoholics Anonymous, has not been confirmed by any factual research. Numerous scientific studies show that 'addicts' are in control of their behavior. Contrary to the shrill, mindless propaganda of the 'war on drugs', very few of the people who use alcohol, marijuana, heroin, or cocaine will ever become 'addicted', and of those who do become heavy drug users, most will matrue out of it in time, without treatment. Research indicates that 'treatment' is completely ineffective, an absolute waste of time and money. Instead of looking at drub addiction as a disease, Dr. Schaler proposes that we view it as willful commitment or dedication, akin to joining a religion or pursuing a romantic involvement. While heavy consumption of drugs is often foolish and self-destructive, it is a matter of personal choice.

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