



If You Work It, It Works (Paperback)

By Joseph Nowinski

Hazelden Information Educational Services, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Gain a clear understanding of the science and latest research behind the success of the Twelve Steps, a critical program used by millions of people around the world to stay sober and one of the greatest social movements of our time. Since the publication of Alcoholics Anonymous in 1939, the Twelve Steps have been central to staying sober for millions of people around the world. Countless recovery and treatment organizations have adopted the Steps as their program for abstaining from addictive behaviors. But recently a growing chorus of critics has questioned the science behind this model. In this book, Nowinski calls upon the latest research, as well as his own seminal Project MATCH study, to show why systematically working a Twelve Step program yields predictable and successful outcomes. Whether you re thinking of joining a Twelve Step group, or simply want to understand the science fueling one of the greatest social movements of our time, this book is for you. As any AA member will tell you, It works if you work it.



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