



If You Work It, It Works!

By Nowinski, Joseph, Ph.d.

Perseus Distribution Services, 2015. Paperback. Book Condition: New. 13.97 x 21.59 cm. " 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." Clinical psychologist Joseph Nowinski, [Url removed]s taught at the University of California San Francisco and the University of Connecticut, where he also served as Supervising Psychologist, University of Connecticut Health Center. His Twelve Step Facilitation Therapy is listed in the National Registry of Evidence-based Programs and Practices. Coauthor of Almost Alcoholic with Robert Doyle, Nowinski also...



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Reviews

A very wonderful book with lucid and perfect answers. It is probably the most incredible book i have study. Its been designed in an exceptionally simple way and is particularly just after i finished reading through this publication by which in fact transformed me, alter the way in my opinion.

-- **Macey Schneider**

If you need to adding benefit, a must buy book. I am quite late in start reading this one, but better then never. I am happy to inform you that this is the best book i have read through during my own lifestyle and can be he best publication for at any time.

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