



12 Step Workbook

M. V. Pat Peterson

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Compiled by a trained therapist in recovery, this workbook will allow you to deal individually with common issues in recovery. The basic principals of many of the popular twelve step programs are combined into one easy text. It provides a method of working the twelve steps of these programs through a series of open-ended questions, thoroughly covering the addictions facing our society today – alcohol, drugs, gambling, anger, food, relapse, and people, places, & things. This workbook would benefit anyone suffering from any of these destructive behaviors.

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