

12 STUPID THINGS THAT MESS UP RECOVERY



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at least a million stupid things that we can do to mess up recovery all of them self-destructive. A book cataloging all of these would be unwieldy. I wanted to narrow down the list to a more manageable size so I used the following criteria for my selection. I chose what I considered to be the most commonly confronted and critical issues during the early stages of recovery.

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12 Stupid Things That Mess Up Recovery

ABOUT THIS SHOW: "To grow in recovery, we must grow up emotionally. This means getting honest with ourselves and facing up to the self-defeating thoughts and actions that put our sobriety at risk.

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12 Stupid Things That Mess Up Recovery follows very closely the 12 steps of NA or AA and explains in clear, concise terms what is the root mental outlook that each step is addressing. This is done with humor and frankness without being overly clinical or condescending. I found 12 Stupid Things That Mess Up Recovery to be illuminating and an easy read to boot.

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Dr. Allen Berger \$14.95 Hazelden Publishing . Four out of five newcomers to Alcoholics Anonymous relapse during the first year of their recovery, according to author Allen Berger, and he believes we can improve the odds by going beyond the 12 Steps of Alcoholics Anonymous and into the realm of psychotherapy.

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