

Alcoholics Anonymous: Cult Or Cure

The Sober Truth

A powerful exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction treatment model came to dominate America. “A humane, science-based, global view of addiction . . . an essential, bracing critique of the rehab industry and its ideological foundations that we have much to learn from.” —Gabor Maté M.D., author of *In The Realm of Hungry Ghosts* 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.

Carl Jung and Alcoholics Anonymous

The author visited the archives of the headquarters of A.A. in New York, and discovered new communications between Carl Jung and Bill Wilson. For the first time this correspondence shows Jung's respect for A.A. and in turn, its influence on him. In particular, this research shows how Bill Wilson was encouraged by Jung's writings to promote the spiritual aspect of recovery as opposed to the conventional medical model which has failed so abysmally. The book overturns the long-held belief that Jung distrusted groups. Indeed, influenced by A.A.'s success, Jung gave “complete and detailed instructions” on how the A.A. group format could be developed further and used by “general neurotics”. Wilson was an advocate of treating some alcoholics with LSD in order to deflate the ego and induce a spiritual experience. The author explains how alcoholism can be diagnosed and understood by professionals and the lay person; by examining the detailed case histories of Jung, the author gives graphic examples of its psychological and behavioural manifestations.

12-step Horror Stories

Since leaving Alcoholics Anonymous after 17 wasted years, Fransway has devoted herself to exposing horrifying first-person accounts of physical, sexual, and emotional abuse in 12-step programs.

Rational Recovery

Offers a self-recovery program for substance abuse based on the Addictive Voice Recognition Technique.

US of AA

In the aftermath of Prohibition, America's top scientists joined forces with AA members and put their clout behind a campaign to convince the nation that alcoholism is a disease. They had no proof, but they hoped to find it once research money came pouring in. The campaign spanned decades, and from it grew a multimillion-dollar treatment industry and a new government agency devoted to alcoholism. But scientists' research showed that problem drinking is not a singular disease but a complex phenomenon requiring an array of strategies. There's less scientific evidence for the effectiveness of AA than there is for most other treatments, including self-enforced moderation, therapy and counseling, and targeted medications; AA's own surveys show that it doesn't work for the overwhelming majority of problem drinkers. Five years in the making, Joe Miller's brilliant, in-depth investigative reporting into the history, politics, and science of alcoholism shows exactly how AA became our nation's de facto treatment policy, even as evidence accumulated for more effective remedies—and how, as a result, those who suffer the most often go untreated. *US of AA* is a character-driven, beautifully written exposé, full of secrecy, irony, liquor industry money, the shrillest of scare tactics, and, at its center, a grand deception. In the tradition of *Crazy* by Pete Earley and David Goldhill's *Catastrophic Care*, *US of AA* shines a much-needed spotlight on the addiction treatment industry. It will forever change the way we think about the entire enterprise.

Heavy Drinking

Heavy Drinking informs the general public for the first time how recent research has discredited almost every widely held belief about alcoholism, including the very concept of alcoholism as a single disease with a unique cause. Herbert Fingarette presents constructive approaches to heavy drinking, including new methods of helping heavy drinkers and social policies for preventing heavy drinking and the harms associated with it.

Addiction, Change & Choice

Published by See Sharp Press, PO Box 1731, Tucson, AZ 85702. The author is affiliated with Rational Recovery (an alternative to Alcoholics Anonymous). He covers the questions and controversies in the field: what alcoholism is, what treatments work and don't work, and how the multi-billion-dollar treat

Alcoholics Anonymous

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.

When Man Listens

Adjunctive treatments, in which patients are provided additional modalities that can assist in their behavior change or the maintenance of their behavior change (i.e. telehealth, psychoeducation, consumer-driven treatment planning), have a useful role in addressing problems that can't be solved by face-to-face meetings. The adjunctive therapies covered in this book are all based on improving patient's self management of their problems or the factors that exacerbate their problems. The book is broadly organized into two sections. The first gives a broad overview of the major adjunctive modalities and the second concentrates on a systematic description of their role in the treatment of a number of special populations while providing practical suggestions for the timing and coordination for the use of the adjunctive therapies discussed in the book.

Evidence-Based Adjunctive Treatments

Winner of a 2018 Catholic Press Association Award: Sacraments. (Second Place). In the first book to directly integrate the Twelve Steps with the practice of Catholicism, Scott Weeman, founder and director of Catholic in Recovery, pairs his personal story with compassionate straight talk to show Catholics how to bridge the commonly felt gap between the Higher Power of twelve-step programs and the merciful God that he rediscovered in the heart of the sacraments. Weeman entered sobriety from alcohol and drugs on October 10, 2011, and he's made it his full-time ministry to help others who struggle with various types of addiction to find spiritual wholeness through Catholic in Recovery, an organization he founded and directs. In *The Twelve Steps and the Sacraments*, Weeman candidly tackles the struggle he and other addicts have with getting to know intimately the unnamed Higher Power of recovery. He shares stories of his compulsion to find a personal relationship with God and how his tentative steps back to the Catholic Church opened new doors of healing and brought him surprising joy as he came to know Christ in the sacraments. Catholics in recovery and those moving toward it, as well as the people who love them will recognize Weeman's story and his spiritual struggle to personally encounter God. He tells us how: Baptism helps you admit powerlessness over an unmanageable problem, face your desperate need for God, and choose to believe in and submit to God's mercy. Reconciliation affirms and strengthens the hard work of examining your life, admitting wrongs, and making amends. The Eucharist provides ongoing sustenance and draws you to the healing power of Christ. The graces of Confirmation strengthen each person to keep moving forward and to share the good news of recovery and new life in Christ. Weeman's words are boldly challenging and brimming with compassion and through them you will discover inspiration, hope, sage advice, and refreshingly practical help.

The Twelve Steps and the Sacraments

The Diseasing of America documents the scientific fallacies of the addiction-as-disease movement, and points the ways to positive personal and social change. The author states that most people overcome their addiction to alcohol, drugs, cigarettes, or food on their own. This book shows how society can support people in outgrowing or avoiding addiction altogether.

Diseasing of America

A fascinating account of the discovery and program of Alcoholics Anonymous, *Not God* contains anecdotes and excerpts from the diaries, correspondence, and occasional memoirs of AA's early figures. The most complete history of A.A. ever written, this book is a fast-moving and authoritative account of the discovery and development of the program and fellowship that we know today as Alcoholics Anonymous.

Not God

The stories of the first heroic black men and women who joined Alcoholics Anonymous, told wherever possible in their own words, recorded freely and frankly. The story begins with St. Louis (January 24, 1945); followed by Chicago (March 20, 1945), along with the factory and foundry towns which spread eastwards as suburbs. Later that same year (April 1945) came the story of Dr. James C. Scott, Jr., M.D., the black physician who founded the first black A.A. group in the nation's capital, and was the first black A.A. member to get his story in the Big Book. The book concludes with the story of Joe McQuany (March 10, 1962) of the Joe and Charlie tapes, the most famous black figure in A.A. History. The lives of thousands and thousands of alcoholics around the world were saved by listening to recordings of his careful page-by-page explanation of the message of the Big Book. The powerful spiritual messages of all these brave men and women struck the hearts of everyone who heard them speak.

Heroes of Early Black AA

Named a Best Book of the Year by *The New Yorker* and *The Boston Globe* An authoritative, illuminating, and deeply humane history of addiction—a phenomenon that remains baffling and deeply misunderstood

despite having touched countless lives—by an addiction psychiatrist striving to understand his own family and himself “Carl Erik Fisher’s *The Urge* is the best-written and most incisive book I’ve read on the history of addiction. In the midst of an overdose crisis that grows worse by the hour and has vexed America for centuries, Fisher has given us the best prescription of all: understanding. He seamlessly blends a gripping historical narrative with memoir that doesn’t self-aggrandize; the result is a full-throated argument against blaming people with substance use disorder. *The Urge* is a propulsive tour de force that is as healing as it is enjoyable to read.” —Beth Macy, author of *Dopesick* As a psychiatrist in training fresh from medical school, Carl Erik Fisher found himself face-to-face with an addiction crisis that nearly cost him everything. Desperate to make sense of his condition, he turned to the history of addiction, learning that our society’s current quagmire is only part of a centuries-old struggle to treat addictive behavior. A rich, sweeping account that probes not only medicine and science but also literature, religion, philosophy, and public policy, *The Urge* introduces us to those who have endeavored to address addiction through the ages and examines the treatments that have produced relief for many people, the author included. Only by reckoning with our history of addiction, Fisher argues, can we light the way forward for those whose lives remain threatened by its hold. *The Urge* is at once an eye-opening history of ideas, a riveting personal story of addiction and recovery, and a clinician’s urgent call for a more nuanced and compassionate view of one of society’s most intractable challenges.

Research on Alcoholics Anonymous

The “Big Book” of A.A.

The Urge

The definitive guide to the effect of alcohol on people, families, communities, and society, written by two of America’s leading experts on alcoholism and its impact. Throughout history, and across cultures, alcohol has affected the fabric of society through abuse and addiction, contributed to violence and accidents, and caused injuries and health issues. In *Alcohol: Its History, Pharmacology, and Treatment*, part of Hazelden’s Library of Addictive Drugs Series, Cheryl Cherpitel, DrPH, and Mark Rose, MA, examine the nature and extent of alcohol use in the United States, current treatment models and demographics, and the biology of alcohol, addiction, and treatment. In separating fact from fiction, Cherpitel and Rose give context for understanding the alcohol problem by tracing its history and different uses over time, then offer an in-depth look at the latest scientific findings on alcohol’s effects on individuals, the myths and realities of alcohol’s impact on the mind, the societal impacts of alcohol abuse as a factor in violence and accidents, the pharmacology of pharmaceutical treatments for alcoholism, the history of treatment and current therapeutic treatment models. Thoroughly researched and highly readable, *Alcohol* offers a comprehensive understanding of medical, social, and political issues concerning this legal, yet potentially dangerous, drug.

The Freedom Model for Addictions

In addition to being a recovered alcoholic, Dick B. has been an ardent Bible student, especially for the last 22 years of his recovery. It was always his objective to learn the Biblical roots of A.A. of which A.A. Cofounder Dr. Bob spoke so often. Dick wanted to locate and define those roots. And, after many years of digging, he was able to write this first of several books on A.A.’s roots in the Bible, the Book of James, the Sermon on the Mount, and 1 Corinthians 13. Each year of continued research has unearthed more and more facts about early AA. and the Bible. And the facts begin with this Good Book work.

Alcoholics Anonymous

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.

Alcohol

When *The Natural History of Alcoholism* was first published in 1983, it was acclaimed in the press as the single most important contribution to the literature on alcoholism since the first edition of *Alcoholic Anonymous's Big Book*. George Vaillant took on the crucial questions of whether alcoholism is a symptom or a disease, whether it is progressive, whether alcoholics differ from others before the onset of their alcoholism, and whether alcoholics can safely drink. Based on an evaluation of more than 600 individuals followed for over forty years, Vaillant's monumental study offered new and authoritative answers to all of these questions. In this updated version of his classic book, Vaillant returns to the same subjects with the perspective gained from fifteen years of further follow-up. Alcoholics who had been studied to age 50 in the earlier book have now reached age 65 and beyond, and Vaillant reassesses what we know about alcoholism in light of both their experiences and the many new studies of the disease by other researchers. The result is a sharper focus on the nature and course of this devastating disorder as well as a sounder foundation for the assessment of various treatments.

The Good Book and the Big Book

Narratives of Addiction: Savage Usury is the first book to argue, in the face of more than a century's received wisdom, that drug addiction and alcoholism are undoubtedly evidence of individual moral flaws. However, the sense of morality that underlies this book is completely severed from Christianity. Instead, it is influenced in particular by the writings of the nineteenth-century German philosophers Arthur Schopenhauer and Frederick Nietzsche, both of whom insisted that a genuine morality was actually incompatible with Christianity. The sequence of chapters moves from addictions on the streets, into rehab clinics, and finally into the meetings of *Alcoholics Anonymous* and *Narcotics Anonymous*. This is the first book to argue that the search for pleasure drives alcoholism and drug addiction and not the "numbing of pain". Throughout the book I reject the claims of the medical profession, as embodied by the American Medical Association, that drug addiction and alcoholism are diseases, and further argue that they do not have the authority to tell hundreds of millions of Americans that addiction is not a moral failing. I also query throughout the book the claims of neuroscience, psychology, and the social sciences that addictions to alcohol and drugs are attributable to causes that their specific disciplines are best suited to understand. I argue that there is nothing complex about addiction: it is a simple behavioural disorder. The language routinely employed to discuss addiction is similarly not complex, just confused, and so it is also the rhetoric of addiction discourse, especially its use of simile, metaphor and euphemism, that this book evaluates.

Innovations in Adolescent Substance Abuse Interventions

The bestselling guide to overcoming addiction from comedian Russell Brand.

The Natural History of Alcoholism Revisited

Written by leaders in the addictions field, 100 authors from six countries, this handbook is a thoroughly comprehensive resource. Philosophical and legal issues are addressed, while conceptual underpinnings are provided through explanations of appetitive motivation, incentive sensitization, reward deficiency, and behavioral economics theories. Major clinical and research methods are clearly mapped out (e.g. MRI, behavioral economics, interview assessments, and qualitative approaches), outlining their strengths and weaknesses, giving the reader the tools needed to guide their research and practice aims. The etiology of

addiction at various levels of analysis is discussed, including neurobiology, cognition, groups, culture, and environment, which simultaneously lays out the foundations and high-level discourse to serve both novice and expert researchers and clinicians. Importantly, the volume explores the prevention and treatment of such addictions as alcohol, tobacco, novel drugs, food, gambling, sex, work, shopping, the internet, and several seldom-investigated behaviors (e.g. love, tanning, or exercise).

Narratives of Addiction

One-of-a-kind bibliography, research, and history resource containing explicit information about author Dick B.'s 16 years of research: (1) Collecting over 25,000 books and materials on the roots of A.A. (2) Using them in the publication of his 26 titles, more than 120 articles, and over 30 audio talks. (3) Describing where he went for the history, where it is located, who was interviewed, and what it contains. (4) It lists titles Dick used in his writing; all of the background titles involved in A.A.'s use of the Bible, Quiet Time, Oxford Group life-changing program, Anne Smith's Journal, Rev. Sam Shoemaker's teachings, religious literature AAs read, the United Christian Endeavor Movement, Carl Jung, William James, William D. Silkworth, Richard Peabody, Emmet Fox and many other New Thought influences. (5) It lists all the books in A.A. founder Dr. Bob's library and collections--a list found nowhere else. (6) It contains manuscripts from archives and libraries and personal collections all over the U.S. and England. (7) There is a huge collection of temperance books and literature described. (8) Topical books by A.A., about A.A., about alcoholism, about "spirituality," about the Bible, religion, and clergy. (9) Included are records of Dick's notes and interviews. (10) Almost this entire collection of materials has been donated to and can now be found and studied at Griffith Library, which is part of The Wilson House (birthplace of Bill W.) in East Dorset, Vermont. Taken together, this reference volume and the actual materials in the Griffith Library, constitute the largest and most complete record of early A.A. historical materials in the world today, other than the Library of Congress items.

Recovery

Do Christians need recovery? Or is recovery something needed by the church itself? Addiction—whether to a substance or to a behavior—is a problem within faith communities, just like it is everywhere else. But because churches are rarely experienced as safe places for dealing with addiction, co-addiction, or the legacy of family dysfunction, Christians tend to seek recovery from these conditions in Twelve-Step fellowships. Once they become accustomed to the ethos of vulnerability, acceptance, and healing that these fellowships provide, however, they are often left feeling that the church has failed them, with many asking: why can't church be more like an AA meeting? Inspired by his own quest to find in church the sort of mutual support and healing he discovered in Twelve-Step fellowships, Stephen Haynes explores the history of Alcoholics Anonymous and its relationship to American Christianity. He shows that, while AA eventually separated from the Christian parachurch movement out of which it emerged, it retained aspects of Christian experience that the church itself has largely lost: comfort with brokenness and vulnerability, an emphasis on honesty and transparency, and suspicion toward claims to piety and respectability. Haynes encourages Christians to reclaim these distinctive elements of the Twelve-Step movement in the process of “recovering church.” He argues that this process must begin with he calls “Step 0,” which, as he knows from personal experience, can be the hardest step: the admission that, despite appearances, we are not fine.

The Cambridge Handbook of Substance and Behavioral Addictions

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.

Making Known the Biblical History and Roots of Alcoholics Anonymous

"In this book, Stanton Peele, a prominent addiction expert, and Zach Rhoads, a child behavior interventionist and counselor, show that defining addiction as a "disease" makes recovery much more difficult, and that twelve-step programs fail for most participants. But they don't just criticize. They provide a solid, research-and-experience-based alternative approach that has proven to be successful in overcoming the scourges of suicide, depression, addiction, and drug-related deaths. The authors show that maturing out of addiction and childhood behavioral problems is a normal process--unless people are sidetracked by the widespread and commonplace therapies that undercut natural growth and self-confidence. They present extensive research data about natural recovery and case studies of fully recovered adults and of children with various conditions, for a developmental model of addiction that has been proven to help those who are suffering. Much of the focus is on childhood addiction, but their conclusions and methods are helpful for people of all ages."--Amazon.com.

Why Can't Church Be More Like an AA Meeting?

This book straddles the divide between personal story and period history. In his finely researched account, Jay D. Moore follows the life of a driven, genius stock analyst brought to the brink of insanity by alcohol. A second thread traces the story of a physician humbled and bewildered by the same struggle. Finally, the story traverses the path through life of an unimaginably wealthy man, telling how he decides to use his treasure to benefit others. It has been said that there are no new ideas, only history we have not yet learned. No new ideas were brought to the Fellowship of Alcoholics Anonymous, for everything the co-founders and early members did had been done before. What they managed to change, however, was to stick to their knitting. The facts presented here help separate the truth from legend, as the story of Alcoholics Anonymous and the Rockefeller connection is presented with more depth and analysis than has been brought to the subject before.

Research on Alcoholics Anonymous and Spirituality in Addiction Recovery

The present volume contains a large variety of treatment approaches to the long-term rehabilitation of the alcoholic, ranging from the biological to the physiological to the psychological to the social. The multiplicity of proposed therapies, each of which has its strong proponents, suggests that alcoholism is either a complex medical-social disease syndrome requiring a multipronged treatment approach or a very simple illness for which we have not yet discovered the remedy. The latter may, indeed, be true, but we cannot use what we do not know and must use what we do know. We do, however, have the obligation to be responsible in our treatment, to provide the best that is known at this time, and to be discriminating in our prescription of appropriate treatment for individual patients. If there is one conclusion we would like to offer in our preface, it is that alcoholics constitute a markedly heterogeneous population with widely disparate needs, for whom, at least at our present level of knowledge, a broad spectrum of treatment modalities is necessary. If this is true, then probably most of this book has validity. With this volume on the treatment and rehabilitation of the chronic alcoholic, we bring to completion our five-volume series, *The Biology of Alcoholism*. As the title of the present volume indicates, we have departed from our original intention to deal solely with biological aspects of the syndrome and have attempted rather to produce a more comprehensive work.

Outgrowing Addiction

Early AAs were cured of Alcoholism. For a decade, the pioneers said so. Alcoholism can still be cured; and this book explores in detail the myth that revisionists, therapists, and treatment folk have perpetuated while ignoring that the original cures were achieved by reliance on the Creator. The whole meaning, history, and detours of the cure situation are thoroughly explored.

Alcoholics Anonymous and the Rockefeller Connection: How John D. Rockefeller Jr. and his Associates Saved AA

Intended for use by recovery newcomers, educational and religious alcoholism programs, recovery groups and treatment centers, and substance abuse agencies. Here, for the first time, is a simple, accurate, concise statement of the origins, trends, changes, and detours leading up to, involved in, and evolving from A.A.'s Big Book and Twelve Step spiritual program of recovery. A must for introducing the A.A./12 Step subject usefully

Treatment and Rehabilitation of the Chronic Alcoholic

This edited volume brings together scholars from across disciplines to examine the relationship between religion and alcohol. It examines the historical, social, ritual, economic, political, and cultural relationship between religion and alcohol across time periods and around the world. Twelve chapters are tied together by two major themes: first, gender identity, and its intersection with religion and alcohol; second, identity construction in religious communities, demonstrating how alcohol can be used as a distinguishing factor for religious, ethnic, and national identity. A key focus of the volume is how alcohol can bridge and divide the point at which the sacred and secular meet. With its interdisciplinary approach and engaging style, this book is an essential resource for undergraduate and graduate students in religion departments and appeals to scholars of material culture, food, and alcohol. Additionally, the book is of interest to professionals in the alcohol industry, particularly those involved in microbrewing and winemaking, who are interested in understanding the historical and cultural contexts of their craft.

Cured

Self-help organizations across the world, such as Alcoholics Anonymous, Croix D'Or, The Links, Moderation Management, Narcotics Anonymous, and SMART Recovery, have attracted tens of millions of individuals seeking to address addiction problems with drugs or alcohol. This book provides an integrative, international review of research on these organizations, focusing in particular on the critical questions of how they affect individual members and whether self-help groups and formal health care systems can work together to combat substance abuse. Keith Humphreys reviews over 500 studies into the efficacy of self-help groups as an alternative and voluntary form of treatment. In addition to offering a critical review of the international body of research in this area, he provides practical strategies for how individual clinicians and treatment systems can interact with self-help organizations in a way that improves outcomes for patients and for communities as a whole.

Introduction to the Sources and Founding of Alcoholics Anonymous

A.A.'s life-changing program derived almost exclusively from the precepts of A First Century Christian Fellowship (also known as the Oxford Group) of which A.A. was an integral part in its early years. This book is the only study devoted exclusively & specifically to the Oxford Group origins, ideas, principles, practices, & specific impact on A.A., its Big Book, & its Twelve Steps.

Holy Waters

A must-have revised and expanded edition of The Disinformation Company's classic anthology, *You Are STILL Being Lied To* 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 on topics ranging from the misleading marketing of antidepressants to the truth about the North American Union, from media consolidation to the New Thought movement. Editor Russ Kick's massive collection acts as a battering ram against the distortions, myths, and outright lies that have been shoved down our throats 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, many others paint a picture of a world where crucial stories are ignored or actively suppressed and the official version of events has more holes in it than Swiss cheese. A world where real dangers are downplayed and nonexistent dangers are trumpeted. In short, a world where you are being lied to.

Circles of Recovery

As our understanding of the mechanisms of the brain and nervous system that underlie the conscious experience of pain has increased over the past 60 years, so too has the field of pain management. What began as almost exclusively the domain of anaesthetists has become multidisciplinary, and now comprises many other specialisms including neurology, psychology, nursing, occupational therapy and physiotherapy. This spate of activity has been paralleled by a similar growth in research: in neurophysiology, psychology and pharmacology as well as clinical medicine. Simultaneously, the pharmaceutical industry has spent billions of pounds and dollars in the search for better drugs for relieving pain. This ground-breaking book is compiled by former contributors to The Special Interest Group for Philosophy and Ethics of the British Pain Society. The issues discussed include satisfactory relief of chronic pain, the inadequacy of scientific biomedicine in offering answers, and ethical problems arising in pain medicine. 'Suffering cannot be found in a laboratory test or imaging study; it is only observable by communicating with the sufferer. The eleven chapters in this book approach this conundrum from vastly different perspectives, some highly personal and others broadly social. Issues such as the interface between the physician and the pharmaceutical industry are also presented. Each chapter describes a facet of the problems of suffering and some of the available paths to recovery.' John D Loeser in the Foreword

The Oxford Group & Alcoholics Anonymous

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 mature 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 drug 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.

You Are STILL Being Lied To

Pain, Suffering and Healing

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