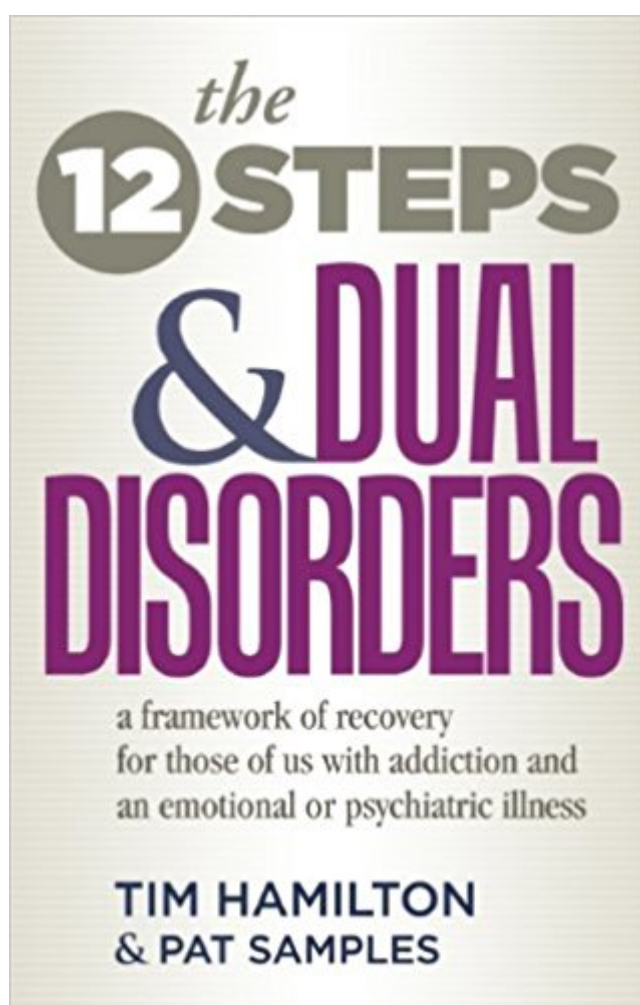


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# The Twelve Steps And Dual Disorders: A Framework Of Recovery For Those Of Us With Addiction & An Emotional Or Psychiatric Illness



## Synopsis

A gentle, spiritual and supportive approach to bolster our recovery, *The Twelve Steps and Dual Disorders* provides an adaptation and discussion of each of the Twelve Steps of Dual Recovery Anonymous. With compassion and encouragement, this book helps us to begin and strengthen our recovery from our addictions and emotional or psychiatric illnesses. A gentle, spiritual and supportive approach to bolster our recovery, *The Twelve Steps and Dual Disorders* provides an adaptation and discussion of each of the Twelve Steps of Dual Recovery Anonymous.

## Book Information

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## Customer Reviews

Pat Samples is a transformational educator and writer. She is the author of *Daily Comforts for Caregivers*, and she is also the principal author of *Self-Care for Caregivers: A Twelve-Step Approach*, and the author of three other books. Samples is the editor of *The PHOENIX*, a newspaper based in St. Paul, Minnesota, that focuses on personal growth. She has published hundreds of magazine and newspaper articles on health, aging, human behavior, addiction, and codependency. Samples speaks and conducts workshops on care giving for family and professional caregivers. Her workshops have been supported through a grant from the Minnesota Department of Human Services and also sponsored by many health care, social service, and religious organizations. She also gives talks and workshops on conscious aging and teaches a course called 'Writing Your Own Permission Slip' on using writing and the wisdom of the body to reveal and revise your personal power story. Samples has a master's in Human Development from Saint Mary's

University of Minnesota.

I love this book! Can't say enough good things about it. I would highly recommend it to anyone recovering from dual disorders or any professional working with clients with dual disorders. The book offers real hope for recovery from both illness, is written in a very gentle tone and is wonderfully supportive. I especially like the way the authors deal with the definition of 'sanity' and the Higher Power aspect of the 12 Step Process. Sanity is defined as 'sound judgement'-how simple is that! What a relief from guilt for the person with mental illness. They describe HP as a circle of helping resources-psychiatrist, case worker, family, friends, sponsor, others in recovery in addition to a spiritual relationship. I use it in a recovery group in an institutional setting and my clients love the material. It's an open-minded view of recovery without all the 'God Stuff' found in the original 12 Steps.

If you're in recovery & familiar with any of the many fellowships' versions of the Twelve Steps, you'll feel at home in this fellowship's version, too. This arrangement of the Twelve Steps concepts blends mental illness recovery alongside recovery from substance abuse- It's probably not necessary to note that all addictive concerns follow similar routes in recovery, no matter how different they might have looked when first entering change. (I'm noting this though! For me, so-called Dual Recovery encompasses any & all action or substance that's become a unsustainable vehicle for using & abusing.) A lovely additional focus of this Twelve Steps book is an emphasis on looking at our plusses as well as our deficits, which most of us who've dealt with half a deck really need to hear on a regular basis. We usually are far too focused on how awful we are when first coming out of the darkness! And I don't just mean the basic accentuation of gratitude, though of course that's in there, too. I mean deliberately balancing what's generally become a spavined view of ourselves & the hard-to-take world around us, by searching out & enjoying our positive qualities at the very same time we're confronting having to let go of our "less-than-positive" horrible sides. One way to share this book is to read it with others in a meeting format, each reading as much or as little as works for them, then commenting on what is stirred up for them, rather than trying to finish each chapter in an hour. That way, anyone who is willing to talk can, rather than having to wait until everything's been read- & possibly already forgotten by those with shorter attention spans! Just let each step roll out gradually, and the group will eventually cover it all, just as each of us does individually, in living with Higher Power in this new conscious fashion.

Sometimes reading the 12 & 12 can be rather intimidating. When you have a dual disorder, it can seem overwhelmingly impossible, at least to me! This book gently guided me through it and also prepared for some of the "book thumpers" reactions to me and also finding the right sponsor and it has mad ALL the difference. A keeper for me and a re- reader.

I bought this book for my cousin who is in a mental institution after a 4-day binge drunk when he held up a gas station. He was diagnosed with paranoid schizophrenia and bipolar disorder... and he was also an alcoholic. He started AA while in the mental institution and he's really get a lot out of it. I thought this book would help him along the way as it deals with the mental illness aspect along with the alcoholic part. He loved it! He read it in no time and said that he had a lot of stuff highlighted in the book. A lot of it he could relate to. I'm so happy that I was able to find him this book that will hopefully help him along his recovery.

I enjoyed the read of this book. It gave me a few new ideas. I often think I am an outcast at AA meetings when I have also have another mental diagnosis. But now I do not feel the same way.

This is a book that makes sense. So much better for me than the AA 12 step book. Dual Diagnosis uses the same 12 steps as AA only this book explains things a lot differently. I am reworking the steps using this book. I am also purchasing 2 more for other people who are also dually diagnosed.

Very useful in developing a presentation on treating clients with the Dual Disorders of Addiction and Mental Disorders. I use the twelve steps of Alcoholics Anonymous in my personal life as well as my counseling clients with addictive disease - this book helps expand my current knowledge into the area of treating the Dual Disorder client

Back to Basics - great resource.

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The Dual Disorders Recovery Book: A Twelve Step Program for Those of Us with Addiction and an Emotional or Psychiatric Illness  
Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling

addiction, addiction recovery, habits, breaking bad habits) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Emotional Intelligence: Why You're Smarter But They Are More Successful (Emotional intelligence leadership, Emotional Quotient, emotional intelligence depression, emotional intelligence workbook) Recovery Essays: Narcotics, Addiction, Recovery, Alcoholics, Twelve Steps, Anonymous Groups, Thirteenth Step, Lions, Tigers, and Bears Twelve Jewish Steps to Recovery (2nd Edition): A Personal Guide to Turning From Alcoholism and Other Addictions – Drugs, Food, Gambling, Sex... (The Jewish Lights Twelve Steps Series) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) The Ultimate Guide Living through the 12 Steps-: How to Live a Life without Gambling, Cutting, Bulimia, Anorexia, Eating Disorders, Smoking (addiction ... disorders, 12 steps) Why Do Christians Shoot Their Wounded?: Helping (Not Hurting) Those with Emotional Difficulties (Not Hurting Those With Emotional Difficulties) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Dual Diagnosis: Drug Addiction and Mental Illness (Illicit and Misused Drugs) Dual Disorders: Counseling Clients with Chemical Dependency and Mental Illness American Psychiatric Association Practice Guideline for the Treatment of Patients with Eating Disorders (2314) (American Psychiatric Association Practice Guidelines) Sex Addiction: The Partner's Perspective: A Comprehensive Guide to Understanding and Surviving Sex Addiction For Partners and Those Who Want to Help Them Gambling: Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction, Gambling, Compulsive Gambling, Roulette, Gambling Systems)

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