



Understanding the Twelve Steps: A Guide to Recovering People

Terence T. Gorski

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Drawing on his 20 years of experience as a certified alcoholism and drug abuse counsellor, Terry Gorski presents an interpretation of the principles behind the AA program. The book also includes information about AA meetings, why a sponsor is important, AA traditions and what the "promises" mean. The author also wrote "Passages Through Recovery: An Action Guide for Preventing Relapse", "Staying Sober: A Guide for Relapse Prevention" and "The Staying Sober Workbook".

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